

FREE

# Highlands' Newspaper

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Volume 2, Number 29

Locally Owned & Operated

Friday, July 23, 2004

### The week of July 23-29

#### July 22-25

▪ **WINE & MORE** – “Come Get Uncorked” Thursday through Sunday; 4–6:30 pm at Wolfgang’s on Main. Wine and Appetizer Pairings, Flights of Wine, Wine by the glass or bottle/Appetizers.

#### July 22-24

▪ **ABOUT WINES** – Highlands Wine & Cheese presents Wines of Washington & Oregon. Special wine flights 4:30-6:30.

#### July 22

▪ **NATURE LECTURE** – Zahner Conservation Lecture Series at the Highlands Nature Center. Kefyn Catley, from Vanderbilt University, will give a talk entitled “The ‘Centipede’s Tale’: What a Recent Scientific Discovery Can Tell Us About the Planet’s Biodiversity Crisis.” 7 p.m. Free.

#### July 23

▪ **STREET MUSIC** – Johnny Webb and the JW Band will be at the Gazebo on Pine Street from 7:30-9 p.m. The concert is sponsored by The Joy Team for Relay for Life.

#### July 24

▪ **LIVE MUSIC** – Zorki on the deck at Cafe of the Arts from 9-11 p.m.

#### July 24 & 25

▪ **CHAMBER MUSIC** – Highlands-Cashiers Chamber Music performances Sunday and Monday performances will feature David Deveau on piano and Richard Stoltzman on clarinet. Also free Family Concerts on Monday in Highlands and Tuesday in Cashiers. For more information, call 526.9060.

#### July 25

▪ **AT WOLFGANG’S ON MAIN** – “Dinner and Jazz” from 6:30 pm – 9:30 with Paul Scott on piano and Kyle Wiggins-Rowan singing. Call 526-3807 for reservations.

▪ **BOOK SIGNING** – Author Kevin Adams will be signing copies of his book, North Carolina’s Best Wildflower Hikes – the Mountains, from 2:30-4 p.m. at Shakespeare & Co. in Village Square at 5th & Oak streets. Refreshments.

#### July 26

▪ **FINE ART, FINE WINE, FINE DINING, FINE MUSIC** – at Wolfgang’s On Main with Summit One Gallery. Appetizers & Dinner. Reservations required. Call 526-3807.

## Preliminary plan set for Church St.

By Kim Lewicki

News of the potential loss of parking spaces, the placement of dumpsters, sidewalks, traffic nodes and valet parking on Church Street filled the Town Board room Wednesday night with business owners from S. Fourth and Church streets.

After an hour- and a-half of lively sometime heated discussions between board members, attendees and representatives of Old Edwards Inn, a solution was derived.

A decision on the future design of Church street beyond the old Highland Hiker building to Fifth Street — whether to demand a sidewalk on both sides of the street, and how to salvage needed parking — was put on the back burner.

But commissioners agreed on a plan for the area from Fourth to mid-Church streets. OEI will construct a brick sidewalk – seven feet wide on the

▪ See CHURCH STREET page 12

## New wireless ISP now in Highlands

By Kim Lewicki

A new high-speed, wireless Internet service is coming to Highlands.

At the July 21 Town Board meeting, commissioners OK’d a telecommunication lease between Highlands Computers and the town to attaching equipment to four water tank locations – Upper Brushy Face, Satulah Mountain, Little Bear Pen and Big Bear Pen.

Chris Cutshaw, owner, said the

▪ See WIRELESS page 13



Photo by Jim Lewicki

HIGHLANDS REC DEPT. ADULT SOFTBALL LEAGUE IN ACTION. Tommy Smith, catcher with Ellenburg Bros. Tree Service, watches while Third Baseman Lucas Calloway sets up for the catch. Batter is Dana Fresa with Southridge Construction. Ellenburg Bros. won 18-17. There are three regular season games left followed by tournament games. Games are Mondays and Thursdays, 6:30, 7:30 and 8:30 p.m. Eight teams play – some once at night, some twice.

## Town wants money for infrastructure

By Kim Lewicki

Now it’s in writing. Highlands is formally asking Macon County for a piece of its \$450,000 Infrastructure Reserve Fund.

At the July 21 Town Board meeting, commissioners OK’d a letter which they instructed Betz to draft for Macon County commissioners.

In the letter he explains that the

town has heard two versions of criteria for disbursement of the funds. That the funds will only be designated for projects outside the corporate limits of Highlands and Franklin, and the criteria for applying for the funds has not been set.

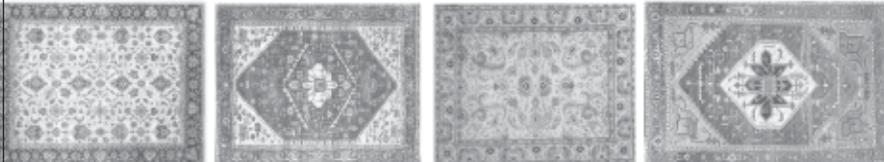
In the letter, Betz asks the county not to limit future funding for water

▪ See MONEY page 13

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## Unofficial primary results are in

The unofficial primary results are in - official results will be in Tuesday, July 27 after the seven-day canvass period is over.

Winners of local races are:

District III County Commissioner Seat incumbent Charlie Leatherman with 1,082 votes; Jimmy Goodman - 494;

District Court Judge incumbent Monica Leslie with 1,238 votes; Sybil Mann - 1,077; and Russell McLean - 304;

Winners on the Democratic ballot:

District II U.S. Congress seat Patsy Keever with 952; Clyde Michael Morgan - 260;

Governor incumbent Mike Easley with 1,090 votes; Rickey Kipfer - 162;

Lt. Governor Beverly Eaves Perdue with 720 votes; Curtis B. Hert Jr. - 250;

Commissioner of Agriculture Tom Gilmore with 739 votes; Britt Cobb - 423;

Secretary of State Elaine Marshall with 940 votes; Doris A. Sanders - 248;

Superintendent of Public Instruction June S. Atkinson with 480 votes; Marshal Stewart - 334; J.B. Buxton - 320;

Winners on the Republican ballot:  
U.S. Senate Richard Burr with 1,044 votes; John Ross Hendrix - 219; Albert Lee Wiley Jr. - 131;

Governor Patrick Ballantine with 531 votes; Richard Vinroot - 509; Bill Cobey - 316; Dan Barrett - 112; Fern Shubert - 62; George Little - 29;

Lt. Governor Jim Synder with 528 votes; Timothy Cook - 443; Thomas Smith - 360;

Attorney General Thom Goolsby with 621 votes; Joe Knott - 396; Wendell H. Sawyer - 325;

Auditor Leslie Merritt with 894 votes; Jasper Albright - 384;

Commissioner of Insurance C. Robert Brawley with 718 votes; Cindy Huntsberry - 563;

Commissioner of Labor Cherie Berry with 849 votes; Lloyd Funderburk - 453;

Superintendent of Public Instruction Bill Fletcher with 692 votes; Jeanne Smoot - 638;

Court of Appeals Alan Thornburg with 959 votes; Barbara Jackson - 930; Marcus Williams - 251; Marvin Schiller - 240.

## Macon County public schools to start later NEXT year - 2005

By Kim Lewicki

Some say the purpose is to save summer family time - others say the purpose is to pull in tourist dollars the month of August. Whatever the reason, starting 2005-2006, the first day of public school in North Carolina will begin closer to Labor Day.

"I'm ecstatic," said Bill Bassham director of the Highlands Chamber of Commerce. "We've been working

on this for three or four years."

According to a study conducted by Eastern Carolina University, because public schools start the first week in August, North Carolina loses \$1.2 billion in tourist dollars - money that can be recouped, they say, if families continued to vacation through August.

"Years ago, business-wise August was like July," said Bassham.

See SCHOOL STARTS page 15

## • OBITUARY •

### Neal Allen Lytle

Neal Allen Lytle, age 88, of White Dogwood Ct. , Sapphire, NC passed away, Friday, July 16, 2004 at his residence. He was born in Erie Co., PA, the son of the late George and Effie Lytle. He was retired after 40 years of service as an airline pilot, check pilot and chief pilot for TWA. He was a Veteran for the US Navy.

He is survived by his wife of 47 years Monique Sauvageot Lytle: a daughter, Linda Anne Lytle of Hyannis, Mass.; two sons, George E. Lytle and wife Kathleen of New York, NY and Richard Lytle of Louisiana.

Memorial services will be held at a later date.

In lieu of flowers, memorials may be made to Friends for Life(Animal Rescue) PO 3033, Cashiers, NC 28717.

Bryant Funeral Home is in charge of arrangements.

# • LETTERS TO THE EDITOR •

## Thank You! Thank You! Thank You!

Dear Editor,

To the Garden Tour Committee, the Garden Hosts and everyone that supported the art center through purchasing a ticket. Our 2004 Garden Tour was a smashing success because of you. The success of this event enables us to continue serving the community through the visual arts. We are truly grateful for your time and effort!

**B-L Gallery Board of Directors**

## Classifieds work

Dear Editor:

Your classified ads really work! I solved two issues with them. Thanks so much for all your help.

**Betty Holt  
Highlands**

## Cosper's addition looks nice – like parking solution, too

Dear Editor,

No sooner had I complimented the Ostemas on how much the lattice work improved the appearance of their shop then I open the local newspapers and read that the Zoning Administrator had in retrospect made a mistake. Where was he when this so-called addition was being constructed? Where were the building inspectors during this period? Just curious.

Congratulations on your Main Street parking solution. I agree, get rid of the middle aisle.

**Anne Boone  
Highlands**

Dear Editor,

## Fred, instead

Keep your hands off my Bowery palace;  
And I'll drop all the charges of malice.  
I'll ask Fred to tea,  
And serve quiche, mercy me,  
And surcease with the edicts from Alice.

**Alice Nelson  
Highlands**

## Parking proposal possible

Dear Editor,

I was pleased to see Kim Lewicki's brave proposal for parking garages in Highlands. For many years I have thought that the best way to improve the appearance of Highlands' Main Street would be to turn it into a pedestrian mall, with no car traffic at all. I don't think that is possible, but Kim's proposal is.

I have been filming on Main Street quite a bit lately and it is true that you can't see the charm of the buildings in our town because Main Street has the appearance of a parking lot. The main impression you get as you drive into Main Street is wall-to-wall cars.

Highlands also lacks a communal park space. There is no heart to our town, no public square where people can converge to relax on benches and visit. Every other small town that I know of has one, but it is strangely lacking here in Highlands. I would love to see Main Street become that central park.

**Katie Brugger  
Highlands**

• See LETTERS page 26

## Walk in the Park dodges the rain



Photo by Jim Lewicki

Scores of folks braved impending rain showers to learn about Highlands' past at the annual Walk in the Park, Friday, Saturday and Sunday last weekend. Nine historical Highlanders were memorialized by local actors. Brian McClellan portrayed Presbyterian minister Robert "Bob" Dupree for whom the Highlands Chamber of Commerce's "Robert Dupree Award" for community service is named.

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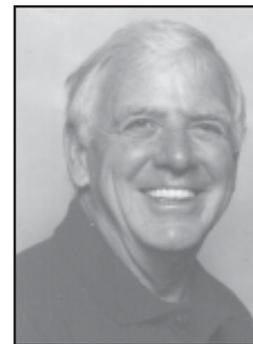
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• **LAUGHING AT LIFE** •

**Fred's theory of evolution**  
(Darwin was a monkey's uncle.)



Fred Wooldridge

I am allowed to trash Charles Darwin and his theories on evolution because he is dead and can't defend himself. Anyway, that is what we like to do. We wait until a person is dead, then we either make him a hero, a saint or a legend or we dismember him piece by piece, along with his research. Sometimes, as in Darwin's case, we first make him a hero and legend, then we dismember him.

There are many reasons to be skeptical of Charlie boy. First, he is a Brit, born in Kent in the early eighteen hundreds. People really talked funny in those days and could not be trusted. They said weird things like "Thou woust thou coust." when asked if they would like passage to the Galapagos Islands.

Secondly, never trust a man from Kent. You know about the poem, "There once was a man from Kent." That alone makes me very nervous and it gets worse. Darwin got to go to the Galapagos Islands only if he promised to entertain the Captain during the long days at sea. Hmmm.

And there is good reason to believe that Charles may have been a couple of clicks left of center. I say this with credibility because he did not take the "woman" species with him. It is a known fact that man cannot exist for too long without the "woman" species. (Father Bill excluded, of course.) All your systems kinda get stopped up and the brain eventually begins to malfunction.

This is probably why he got a little squirrely right in the middle of his research. I have not been to those islands, but if I did go, I would definitely bring the little missus with me, just so I wouldn't start creating weird theories and look at bugs and other critters with my microscope.

Now that I have thoroughly

disproved the Darwin theory by trashing his reputation, let me tell you how it really happened. Although I am still not certain that building contractors did not descend from snails, I am going to stick my neck out and give you the real poop on how it all happened.

Once upon a time, millions and millions of years ago, on a planet far, far away, the king of Karputchecupiania (common spelling) made a proclamation. "I am sick and tired of being sick and tired. Round up all our misfits, which shall include lawyers, quack doctors who like to 'practice' on their patients, CEO's, money grabbing investors, satire writers, car salesmen and real estate agents.

Send them to that obscure little planet in the corner of the galaxy we call Earth and let them live with the other illiterate critters that are already there. Also ship a few apple trees so they won't starve right away and make sure they are naked. I don't want anyone finding them and identifying them as Karputchecupianians. For once, we will have some peace and quiet around here."

So there you have it. The space ship landed at a small oasis somewhere around Iraq or Turkey and dumped the misfits and the apple trees. After sitting there staring at each other for about ten minutes, they did what any group of misfits would do, they began fighting. There were instant splinter groups. The CEO's and investors banded together against the car and real estate salesmen, who were trying to figure out ways to beat the doctors and lawyers out of their money. The satire writers tried to stay neutral and wrote funny stories about all the splinter groups. These writings later became known as bibles.

## Celebrate Highlands in the kitchen

Many of the celebrations in Highlands today are embellished by food. A century ago, Highlanders were dependent on what they could raise at home or hunt in the forest or catch in the rivers. Reaching this small hamlet then was not an easy task, for there were few roads.

Today, people from all around the nation and foreign countries visit our community, bringing with them new culinary skills, ideas, and tastes. Our restaurant chefs and caterers set a high standard. Highlands' taste and dining expectations have come of age.



A sampling of Highlands' cuisine is in the pages of the "Celebrate Highlands" cookbook, available in area stores for \$22.95.

The collection was compiled by the Laurel Garden Club founded in 1982 and dedicated to the protection and conservation of Highlands' natural resources, its village beauty and its road-side charm. Proceeds from the sale of the book benefit the

Highlands Botanical Gardens/Nature Center and other projects which are in agreement with the club's stated purpose.

### Squash Gratin with White Cheddar Cheese

1 medium onion,  
thinly sliced  
2 pounds yellow squash,  
thinly sliced  
1 tsp. salt  
Freshly ground pepper to taste  
2 eggs  
2 Tbls. sugar  
½ cup milk  
8 ounces Vermont or New  
York white Cheddar cheese,  
shredded  
1 to 2 Tbls. butter

Bring enough water to cover the onion and squash to boil in a saucepan. Add the onion and squash. Cook for 10 to 15 minutes or until tender; drain. Arrange in a 2-quart baking dish. Sprinkle with the salt and pepper. Combine the eggs, sugar, milk and cheese in a bowl and mix well. Pour over the squash mixture. Dot with thin slices of butter. Bake at 350 degrees for 45 minutes. Cut into squares or diamond shapes.

Yield: 6 to 8 servings

### Highlands Tomato Pie

1 cup mayonnaise  
1 cup shredded sharp Cheddar  
cheese  
1 tsp. garlic salt or garlic  
powder  
1 tsp. ground pepper  
1 tsp. chopped chives  
1 tsp. chopped basil  
1 tsp. onion powder or flakes  
3 large tomatoes, thickly sliced  
or six Roma tomatoes  
1 baked (9-inch) pie shell

Combine the mayonnaise, Cheddar cheese, garlic salt, pepper, chives, basil and onion powder in a bowl and mix well. Arrange the tomatoes in the baked pie shell. Spoon the Cheddar cheese mixture over the top and press down. Bake at 400 degrees for 40 to 45 minutes or until heated through. Cool slightly before cutting. Serve hot or cold.

Yield: 6 or 8 servings.

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## • MOVIE PIX •

### The Hunt for Red October

The 1990 political techno thriller, based on Tom Clancy's novel, starring Sean Connery, Alec Baldwin, Sam Neil and Tim Curry, directed by John McTiernan. Lots of tension in this cold war thriller, follows the novel quite well as it introduces CIA analyst Jack Ryan, who shows up in other Clancy novels.

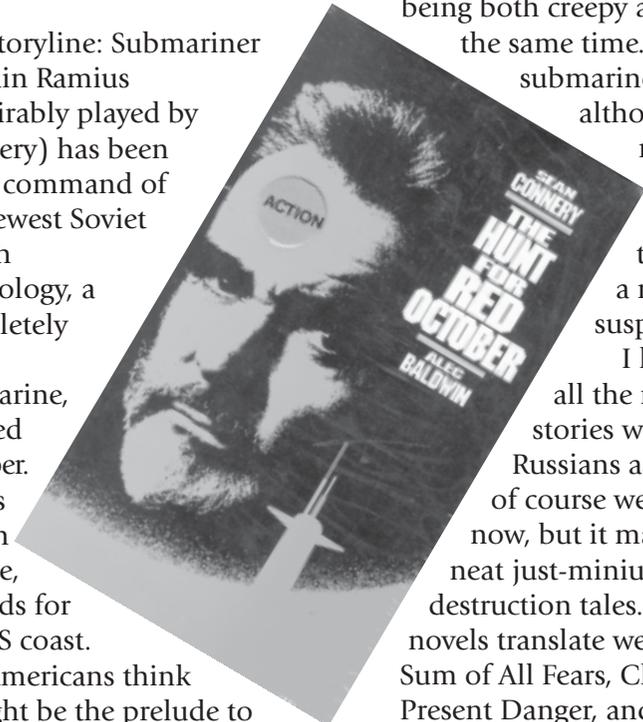


**Stuart Armor**

out with nothing but sonar pings. Can't give away the twists and turns, they are too much fun when you find out the ending. Cool, tense, edge of your seat story here, lots of twists and turns, a few sub plots (sorry, had to say that). Great

performances by Connery, Baldwin, and Tim Curry does his usual excellent job of being both creepy and goofy at

The Storyline: Submariner Captain Ramius (admirably played by Connery) has been given command of the newest Soviet stealth technology, a completely silent submarine, the Red October. On its maiden voyage, it heads for the US coast. The Americans think it might be the prelude to a first strike, the Soviets (some of them anyway) think it might be a rouge commander, bent on starting his own attack, a la Dr. Strangelove.



the same time. I like submarine movies, although they give me a kind of claustrophobic feeling, but they have such a neat way to add suspense.

I had forgotten all the really fun stories with the Russians as the bad guys, of course we are buddies now, but it made for some neat just-miniutes-away-from-destruction tales. Clancy's novels translate well to film (see Sum of All Fears, Clear and Present Danger, and Patriot Games), he must have been sorry to see the end of the Cold War, but he makes do with terrorists. One thing about this Cold War movie is the Russian spoken is better than in some movies, sometimes it's quite comic.

As a director, McTiernan does good work with elaborate thrillers, Rollerball and 13th Warrior were some of his better, but this was his best in my humble opinion.

A few more submarine films are Das Boot, Crimson Tide, 20,000 Leagues Under the Sea, and U257. These and about 5,000 other titles on VHS and DVD are available at Movie Stop Video, come on by and give a look.

Desk jockey CIA analyst Ryan thinks otherwise, and tries to convince his superiors that Ramius is trying to defect. This turns out to be a tough sell until the entire Soviet air and sea commands turn out to hunt down and destroy their own sub. Toss in a saboteur or two, some near misses with a few torpedoes, some aircraft, subterfuge with and on the crews, and you've launched yourself a thriller. Tense undersea cat and mouse games as Ryan and Ramius try to figure each other

... **LAUGHING** from pg 4

The King of K was so pleased with his decision, he later sent other misfits to planet Earth. There were rogues, scalawags and vagabonds who later became moonshiners, insurance salesmen and poets. They also sent us Hare Krishna people with orders to hang out in airports and bus terminals and get us to join them so that we can also smoke those skinny cigarettes that make you not care you are a misfit.

Is it any wonder we are this way, a planet of misfits, trying to grab all the money we can get our hands on before we die or we can pass it on to our misfit children who will do the same?

That's my theory and I'm sticken' to it. Feel free to trash it once I'm dead.

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4:10 Daily Matinee  
2:05 & 4:10 Sat. & Sun.  
Matinees

**KING ARTHUR**

rated PG-13  
7 & 9:30 Nightly  
4:30 Daily Matinee  
2 & 4:30 Sat. & Sun. Matinees

**SPIDER-MAN 2**

rated PG-13  
7 & 9:20 Nightly  
4:20 Daily Matinee  
2 & 4:20 Sat. & Sun. Matinees

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# ● HIGHLANDS EATERIES ●

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### Sample menu

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6-, 10-, 14-, 16-, & 20-inch

#### Toppings

Pepperoni, beef, sausage, bacon, black olives, jalepena peppers, mushrooms, onion, green peppers, spinach, Pineapple, feta cheese, anchovies, sun-dried tomatoes, ham, green olives, banana peppers, Canadian bacon, extra cheese

#### Specialty Pizza

BBQ, Taco, Fajita, Greek, Club, BLT

#### House Specialties

Calzone  
Italian Chicken  
Mouffalata  
Whole or half  
Plowboy  
Lasagna – meat or vegetable  
Spaghetti

Ravioli – meat or cheese

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Served hot with chips and pickle  
Grinder  
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Pastrami Seasoned Turkey  
Italian Sausage  
Smokie  
Pizza Sub

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Served with chips & pickle on your choice of bread – sub roll white, wheat, rye sourdough, pumpkinnickel  
Ham & Cheese  
Roast Beef  
Turkey  
Chicken/Tuna Salad  
Salami  
Salads  
Chef  
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Fajita Chicken

Tosses – large or small

#### Side Orders

Bread Sticks  
Garlic Bread  
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# ● LIFE UNDER CONSTRUCTION ●

## Notes to myself

I've decided to start a collection similar to my first book, *Random Thoughts and Mine Always Are...Conscious Detours to Creative Power*. It's simply going to be Notable Notes to Myself. Hopefully it will be a way to impress upon myself some of the lessons I've learned of late that I seem to have a tendency to forget...again and again.



Dr. Maryellen Lipinski

In order for these notes to be "noteworthy", I am going to start the process of reading my journals over the last decade or so. Now that will be rather revealing.

"In the middle of difficulty lies opportunity." Albert Einstein

Below are a few unassuming observations of life that might be worth exploring.

1. Learning is moment to moment, breath to breath.
2. Recovering a sense of strength is sometimes a daily experience.
3. Synchronicity sounds easier to achieve than it really is.
4. Signposts for life are everywhere – you just have to stop

and look.

5. Surround yourself with people who respect you, are kind to you and treat you well.

6. Trust yourself. Listen to that small voice that says, "This just might work."

7. You can't learn much by staying safe.

8. When the world of reality is letting you down, spend a few

minutes with your own boundless imagination.

9. Saying no can be the best gift of self-care.

10. Never lose your sense of faith. "Explore the daily will of God". – C. G. Jung

11. Nourish your inner dream.

12. Do not indulge or tolerate anyone who throws cold water in your direction. (Michele).

13. Often less is more... Hence the end of this column.

"Music is your own experience, your thoughts, your wisdom. If you don't live it, it won't come out your horn."

— Charlie Parker

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](mailto: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](http://www.ilovemountainrealestate.com)! [www.maryellenlipinski.com](http://www.maryellenlipinski.com)



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**The Bascom-Louise Gallery @ Hudson Library - 526-4949**  
Accommodations for Ms. Cassidy provided by Old Edwards Inn and Spa



# Resolution to help county collect taxes

By Kim Lewicki

The county's stance on back taxes is pretty lenient, but an inability to collect has the tax office stepping up its efforts through foreclosure proceedings.

"The tax department doesn't need the board of commissioners' permission to begin foreclosure proceedings, but we need authorization to proceed this way," said staff attorney Rick Moorehead.

At the July 12 Macon County Board of Commissioners meeting, the board OK'd a resolution with a little more teeth in it.

"This effort is to collect taxes that are two or more years delinquent," said Commissioner Allan Bryson. "The county has 10 years to collect delinquent taxes but after that we can't collect."

Delinquent real estate taxes stand at \$824,663, said Margaret Perry, Macon County tax collector.

But Moorehead says the tax office makes every effort to contact property owners and works with them as much as possible.

"Property owners are contacted two and three times. Sometimes we can't identify or find the owner," said Moorehead. "If we find an owner, we work out a payment plan and partial payments."

But since written communication and garnishment and attachment procedures don't always work, the new resolution allows for the tax department to foreclose on the property.

Foreclosure proceedings will follow a mortgage-style foreclosure which will include attorney fees and commissions.

Once the foreclosure begins, the tax collector won't accept any partial payments on any tax being foreclosed.

If after notification that foreclose procedures are about to begin, taxpayers agree to make partial payments under an agreed upon payment schedule, foreclosure won't take place.

Should all efforts to collect back taxes fail and the property goes into foreclosure, the resolution allows the county to bid on the property.

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Photos by Cynthia Strain of Mill Creek Gallery

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executive retreats, weddings and exclusive gatherings. The Barn, Function Lawn, Wedding Garden, Bride's Pavilion, and the Farmhouse provide both indoor and outdoor facilities for groups up to 200. State-of-the-art technology and wireless Internet are also available to enhance executive meeting and entertainment potential.

Additional wedding details and photographs are available to accompany publication.



Photos by Jim Lewicki

Featured at the "Truck Sale" at The Farm July 16 were "Settings by Mona" - fine table linens that are 100 percent cotton and machine washable - and table decor all available at Acorns.

# Municipalities' hands tied when it comes to billboards

By Kim Lewicki

Efforts to block House Bill 429 failed last week and it's got Mayor Buck Trott and members of the League of Municipalities hopping mad.

"This puts a tremendous financial burden on towns," said Mayor Buck Trott. "It's all because of the billboard lobby that represents Allison and Lamar," he said. "They're in Raleigh all the time wine and dining our representatives."

On July 9 Governor Mike Easley vetoed HB 429 - Monetary Compensation - Outdoor Advertising - the bill prohibiting amortization of billboards and instead requiring monetary compensation when billboards are required to be relocated.

In vetoing the bill, Governor Easley said the bill required excessive payment of taxpayer dollars by our cities and counties, referring to the provision that would require monetary compensation of up to five times the annual revenue of a billboard when a local government requires a nonconforming billboard to be relocated.

Officials say a governor's veto is very unusual - there have only been three other vetoes since the power was granted to governors.

At 7:31 p.m. July 12, the governor's veto was overridden in the House. There were 113 votes tallied - 79 votes to override the veto and 34 not to.

With the bill in place, a county can't enact or amend an ordinance to require the removal of any nonconforming, lawfully erected off-premises outdoor advertising sign without the payment of monetary compensation to the owners of the off-premises outdoor advertising - payment of up to five

times the sign's annual income.

Payment of monetary compensation is not required if: The off-premises outdoor advertising is determined to be a public nuisance or detrimental to the health or safety of the populace.

Or, the removal is required for road widening or other governmental development projects, and the county allows the off-premises outdoor advertising to be relocated to an equally visible and comparable location.

Mayor Trott said the bill opposes municipalities' efforts to "clean up" the visual-scape of towns and counties.

## Recognize these notorious Highlanders?



The Highlands Rotary Club-Mountaintop begins "PROJECT LOCK UP" Aug. 24 at the Macon Bank Gazebo. Several of our notorious citizens, will be charged with working hard to improve their beloved Highlands. Bail bond will be set and they will call on you for help with funding. You may also "pay" the jailer (Bill Zoellner) to keep them in jail. All proceeds go the The Rotary Club of Highlands-Mountaintop to fund community projects.

## • SHOPS 'ON 4TH ST. ...ON THE HILL' •

### Look beyond the construction!

**T**HE CHRISTMAS TREE, Highlands' original Christmas Shop located "On the Hill" has been serving customers nationwide since 1975.

Owners Trisha and Bob Kieltyka and Ben McInnes seek out unusual items from regional artists as well as the finest in Christmas treasures from around the world. They and the staff bring it all together into a Christmas fantasy land that makes shopping fun for children of all ages. Open year round, THE CHRISTMAS TREE, is well known for the finest in holiday décor and collectibles. THE CHRISTMAS TREE is one of the original Department 56 "Gold Key Dealers" and displays many villages in a winter wonderland setting.

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**... CHURCH STREET continued from page 1**

north side and six feet wide on the south side. Angled parking at 45 degrees will be configured for 12 parking spaces. On the north side of Fourth there will be four spots – one of which will be used as a valet parking spot for use after 5 p.m. and one as a full-time handicapped spot.

"The valet spot will be designated by a temporary sign they will put in whichever spot is empty at 5 p.m.," said Mayor Pro Temp Amy Patterson.

Traffic nodes which will house trees and shrubbery designed to "green

up" the area will be constructed at the north and south corners of Fourth and Church streets with a minimum 24-foot throat onto Fourth Street and another one at Fourth and Main streets.

Two valet parking spots will stay on Main Street in front of the OEI entrance and the 15-minute space at the corner of Main will be eliminated.

"They are entitled to three valet spots based on the one-to-20 ratio," said Patterson. That means for every valet spot, OEI has 20 parking spots elsewhere on its property to park cars.

They plan on using the upper and lower lots at the Rib Shack.

Two dumpsters, which have historically been sitting in the vacant lot just inside Church Street off Fourth and the other on the road near the Church playground area, will have to find new homes.

Now that OEI has plans for the lot at the corner of Fourth and Church streets, OEI has proposed moving both dumpsters to behind ornamental gates enclosing the generator mid-way down Church Street. Though the dumpsters are rented by the First Presbyterian Church and Fourth Street business owners and are meant for their use only, OEI offered to let them house the dumpsters behind the gates. But neither side was happy with that scenario. First Presbyterian said the possibility of seeing the dumpsters from the sanctuary bothered them. The distance from Fourth Street bothered the Fourth Street business owners.

"The dumpsters are our responsibility," said Patterson. "If you don't want them on private property, then they will have to go in the right-of-way which is going to take up two parking spaces."

The loss of parking spaces on Church Street was the issue of most concern. Initially, OEI proposed constructing a sidewalk down both sides of the street from Fourth to Fifth streets, with parking the entire length of Church on the north side but only mid-way on the south side.

"We really think there are problems on Church Street as it is right now," said Bronce Pesterfield for OEI. "The travel-way isn't safe. We are professionals – we do this for a living. We're not trying to do anyone harm."

Jeremy Smearman with Planters Landscaping said they were also trying to save a 36-inch oak tree on the bank above the street on the Kelsey-Hutchinson campus and to conform to the town's mandate that OEI put a sidewalk down both sides.

But attendees weren't pleased with that scenario. "Parking is more important to business owners and the church," said Bob Wright, representing First Presbyterian Church. "Maybe the town could waive the requirement for a sidewalk on the south side."

Though the Town Board didn't decide that issue Wednesday night, it's possible the south-side sidewalk requirement beyond the old Highland Hiker building could be waived. That

■ See CHURCH STREET page 13

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**... CHURCH ST from 12**

way a rock-faced and landscaped retaining wall could salvage the tree on the lot directly overhead and parking spaces could be maintained. OEI says constructing both a sidewalk and parking would make Church Street too narrow and congested to travel safely.

As a temporary solution, commissioners told OEI to restripe the parking spots along the south side until they are ready to develop that property at which time the board will rule on the sidewalk/parking space issue.

Mayor Buck Trott was attending the "Good Turn for America" banquet.

**... WIRELESS from 1**

project will be constructed in two phases. "The first phase will be from Upper Brushy Face and Satulah Mountain which will enable us to transmit to Clear Creek, parts of Scaly and Highlands Falls Country Club." The second phase set to transmit from Little Bear Pen and Big Bear Pen will enable him to reach Horse Cove, the Cullasaja Club and the remaining part of Wildcat Cliffs Country Club at U.S. 64 east.

The lease is for five years beginning Sept. 1, 2004. Rent to the town is \$275 per month per antenna. "That's \$9,000 a year revenue to the town," said Town Administrator Richard Betz.

Cutshaw said customers would need a 12-inch antenna set up near a window in their houses and a small 8-inch box on their roofs. Service would cost anywhere from \$29.95 on up depending on the services.

Cutshaw the name of the business could change because he may want to branch out farther than Highlands.

**... MONEY from 1**

and sewer infrastructure to areas outside municipalities.

He said over the years Highlands has provided infrastructure to Highlands-Cashiers Hospital, for both sewer and now water, without annexation. "Provision of sewer service to the hospital has been a significant cost to the town," wrote Betz. "Hospital sewage has accounted for about 10 percent of the capacity at the wastewater treatment plant for more than 15 years."

The town is requesting help with three projects - Holt Knob Water System Improvements for \$150,000; Poplar Street Sewer Line for \$280,000; and further expansion of the wastewater treatment plant for \$3.9 million in 2004-2005.

**• HOME DECOR & FIXTURES •**



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Now Meridith Watson has joined The Custom House as artist-in-residence. Using accessories from the shop, she hand-paints custom designs on lamp shades, mirrors, boxes, chargers and lamp bases.

Meridith enjoys collaborating with clients and sharing ideas that convey their personal style. These one-of-a-kind accessories make a truly unique statement in their home.

Come by and see Janet and Meridith and enjoy customizing your nest at The Custom House on Carolina Way.

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- 2 - two pocket folders with brads to insert paper
- 2 - plastic folders with double pockets without brads
- 1 - 8 count box of Crayola markers (basic colors)
- 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 (not a 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

\$5 for a School Agenda

## 1ST GRADE

### Please label everything!

- 1 - back pack
- 1 - plastic pencil box that will fit into a student desk to hold pencils, glue stick, etc.
- 4 - large glue sticks
- 2 - two plastic pocket folders with brads to insert paper (one red, one purple)
- 1 - 16 count box of Crayola markers (basic colors)
- 1 - pair Fiskar scissors
- 1 - regular boxes of tissue
- 1 - pack of pencils (sharpened if possible)
- 1 - square eraser
- 1 - bottle of hand sanitizer (i.e., Germ-x)
- 2 - boxes of baby wipes (anti-bacterial)
- 1 box - Band-Aids
- \$5 Agenda Book

•NO MARKERS PLEASE

## GREAT BEGINNINGS (K-1)

### Please put their name on everything but the folders.

- 1 - back pack (things go home daily)
- 1 - plastic storage container (shoe box size with lid)
- 4 - large glue sticks (fat ones, not the skinny ones)

- 5 - two-pocket plastic folders with brads to insert paper (no names on these)
- 1 - 24 count box of Crayola crayons
- 1 - 8 count box of Crayola markers (If we have the same kind, there is less fussing)
- 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, zip 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 (not a mat for Rest Time)
- \$5 for a School Agenda

## 2ND 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
- 2 - boxes Kleenex
- 1 - small box Band-Aids
- 2 - boxes Clorox Clean-up Wipes or Equate
- Anti-Bacterial wipes
- \$5 for Agenda Books

## 3RD GRADE

- 3 - Packages wide-ruled notebook paper
- Highlighters
- #2 Pencils
- 1 - small package of Crayola crayons
- 1 - small package of Crayola colored pencils
- 5 - folders with bottom pockets (brads in middle)
- 1 - 80-page spiral notebook
- 2 - large glue sticks
- 2 - boxes Kleenex
- 1 - pair student scissors (Fiskar)
- 1 - standard size clipboard
- 1 - Hand-held pencil sharpener
- \$5 for Time for Kids
- \$5 for Agenda Book

## 4TH GRADE

- 1 - 12-inch ruler (inch and metric scales)
- 3 - package of wide ruled notebook paper
- 3 - highlighters (different colors)
- 1 - package of crayons
- 1 - package of colored pencils
- 6 - folders with bottom pockets (3 center brads)
- 1 - spiral notebook (80 pages or more)
- 2 - large glue sticks
- 1 - pair of blunt student scissors
- 3 - boxes of Kleenex (200 Count)
- #2 Pencils
- 1 - package of cap erasers
- 1 - hand pencil sharpener, self-contained
- \$4.30 Time For Kids
- \$5 Agenda Book
- No notebooks, mechanical pencils or pens.

## 5TH GRADE

- Wide lined notebook paper
- Clipboard (no Trapper Keepers)
- Pencils
- Large erasers
- Colored pencils
- Crayons
- Markers
- 2-pocket plastic folder
- 3 x 5 lined index cards

- 3 boxes of Kleenex
- Scissors (large student size)
- Small bottle Elmer's school glue
- \$5 for Time for Kids
- \$5 for Agenda Book

## 6TH GRADE

- Clipboard, binder or folder
- Wide-ruled notebook paper
- Pencils
- Pack of markers
- 1 - Compass
- 1 - Protractor
- 1 pkg. 3x3 post-its
- Pencil sharpener
- graph paper
- erasable blue or black pens
- 2 - boxes Kleenex
- \$5 Agenda Book

## 7<sup>th</sup> and 8<sup>th</sup> GRADE (Math)

- Loose leaf binder (1-1/2") 3-rings
- Notebook paper
- Graph paper
- TI-30XIIS or TI34II calculator (Scientific calculator with trig-functions under \$20)
- "NO-STICK" book covers only
- Spiral notebook or loose leaf for notes
- Homework assignment book
- Dividers for notebook paper
- No pens that "click"

## 7TH and 8TH GRADE (English)

- Pencils
- Black or blue pens
- 1 - 3-ring binder Notebook paper
- \$5 Agenda Book

## 7TH and 8TH GRADE (Science)

- 1 - 3-ring notebook - no less than 1 inch with dividers - to be labeled as homework, worksheets, labs, journal, and miscellaneous)
- Loose-leaf notebook paper (for 3-ring binder)
- Spiral notebook (either 4 one-subject {one for each 9 weeks} or 1 three-subject).
- 1 - two-sided folder - WITHOUT BRADS
- Pens and pencils allow any color as long as I can see it. You are not allowed to write with coloring pencils!
- Coloring pencils
- One red ink pen
- One highlighter (your choice of color)
- White-out is NOT permitted!
- Pencil holder for notebooks
- 6- or 12-inch rulers

## 7TH and 8TH GRADE (Social Studies)

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

## MIDDLE SCHOOL SPECIAL ED

- 2 - boxes Kleenex
- 1 - Pocket Folder
- 1 - pack of #2 pencils

## ENGLISH - Van Hook

- One 3-Ring Notebook
- College Ruled loose leaf paper
- Dividers to separate sections of notebook
- Ink pens - 2 black or blue
- Colored pens for revisions
- #2 Pencils
- Glue
- Small scissors
- 2 computer disks

## FRENCH STUDENTS

- French Dictionary



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# Open House at Highlands School

The Highlands School Parent-Teacher organization and Highlands School Principal Monica Bomengen will cohost a Back-to-School Open House at the school on Wednesday, Aug. 4, from 4 to 6 p.m.

Students and parents are invited to drop in and view the posted classroom assignments and meet their teachers. High school schedules will be available at this time.

Several local school support organizations will be on hand with informational tables and sign-up opportunities, including the PTO and the Athletic Booster Club.

Parents are encouraged to drop off their children's classroom supplies at this time (see the school's website, <http://www.highlands-school.org>, to see the supply list requests for each grade level). Also see page 14.

The PTO will provide refreshments, and new students are welcome to tour the school at this time. Organizations wishing to set up an informational table should contact the school to request space.

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## Junta de Regreso a Clases en la escuela, el Miercoles

Padres de la escuela de Highlands-La organizacion de maestros y la señorita, directora Bomengen, dirigiran una junta de Regreso a Clases en la escuela, el Miercoles, 4 de Agosto, de 4 a 6 p.m. Estudiantes y padres estan invitados a venir y ver los trabajos de clase y a conocer sus maestros.

Varias organizaciones locales que apoyan a la escuela, estaran presentes dando informacion sobre su trabajo, por si alguien esta interesado en participar con ellos, incluyendo el club de PTO y el Athletic Booster Club.

Pueden los padres entregar los utiles de sus hijos en ese momento si lo desean (las listas de utiles de cada grado estaran disponibles en la pagina de internet, <http://www.highlands-school.org>).

La PTO provera refrigerios, y los nuevos estudiantes seran bienvenidos a recorrer la escuela. Las organizaciones que deseen preparar una tabla de informacion contacten la escuela para solicitar espacio.

Cualquier comunicado podra dirigirse a la señorita Bomengen al Tel. 526-2147.

## HIGHLANDS



## SCHOOL

P. O. Box 940  
Highlands, NC 28741

(828) 526-2147  
FAX (828) 526-0615

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### ... SCHOOL STARTS from pg 2

"Lately it's been more of a shoulder season due to early school start-ups. Early start-ups significantly impact our economy."

But the Macon County Board of Education isn't happy, particularly Superintendent Dr. Rodney Shotwell.

"It still is beyond me how the commerce committee in the House can decide an education issue and to ensure the public that the bill is educationally sound," said Shotwell. "We elect a local board of education to represent the people of Macon County and if the folks here wanted to change the calendar, they would do so because the people here want it and not because of the economic boom that will impact

the coastal region of our state."

Superintendents across the state, particularly in Western North Carolina where geography and weather play a big part, resent losing local control of their school calendars. Because of winter weather, the calendar change could end up affecting holidays during the school year, they say.

There are two parts to the bill – one dealing with the start up date "To provide that public schools shall open after August 25 and close not after June 10, except in unusual circumstances or good cause."

Unusual circumstances or good cause means schools closed an average of eight days per year during any of the last 10 years because of severe weather conditions, energy shortages power failures or other emergency situations.

"The weather exemption is the only out for the WNC school districts," said Dr. Shotwell. "Macon County may qualify for the exemption. I'm researching that right now."

The other part of the bill deals with the use of workdays.

"To ensure that teachers may be paid in August if they so desire and to provide that salaries not decrease as a result of the reduction in teacher workdays."

The bill eliminates five workdays for teachers.

"Not only is the law dictating when the beginning and end will be for the school calendar, but it also specifies when five of the workdays should be used," said Shotwell. "Our calendar has traditionally been one that works for the people of Macon County and it is wrong for the state to give a one size fits all model to all 115 school districts."

"There is limited flexibility in using workdays for make-up days," said Dr. Shotwell. "If we have a real bad winter, we will have to go to school on Saturday if we do not have the flexibility to use the 20 workdays that have traditionally been used for staff development, make-up days, and parent conference opportunities."

Some state superintendents believe the change will cost the state millions because teachers will get paid for 200 days but the work year will be 195 days, they say.

Shotwell said he's disappointed that the bill was not studied longer to see what the financial and educational impact would be on the school districts and the children. "But I am pleased that our representatives and senator kept in contact with us throughout this process and helped as much as they could given the voting power of the other side of the state," he said.

Shotwell said this is just one more in a long line of state mandates school districts have to deal with.

• **SPIRITUALLY SPEAKING** •

**"A Visit From God – Revival"**



Pastor Steve Kerhoulas  
Community Bible Church

**W**hat is revival? It is something that occurs when God's people experience His presence in unmistakable ways. It is "...the extraordinary work of God among His people causing extraordinary results in and through the church." It is "...that the Holy Spirit comes down upon a number of people together, upon a whole church, upon a number of churches,... It is if you will, a visitation of the Holy Spirit." (Martyn Lloyd-Jones). Our friend, Dale Schlaffer, says "Suddenly without warning, God is present, and the people are brought face to face with God's holiness and their sin. It seems God is dealing with them alone so that whatever the spiritual state of the person, saved or unsaved, a mighty work of transformation occurs."

Do we need revival? Yes! The church has lost something that a revival will restore. Henry Blackaby says, "If society as a whole seems to be getting darker and darker, it is not the problem of the darkness: the darkness is acting like its nature. But it is that the light no longer dispels the darkness, and the salt no longer preserves. It is time for the light to say, "if things are darker, the problem is with us." The light is dim and the salt is contaminated."

If you were to ask me, "What would you request of God if you could ask for one thing?". My answer would be, "Lord, start a revival". My heart's desire is for an outpouring of the Holy Spirit in revival. I long for it because I know what this will mean for our church and community. When revival happens God will become everything to us. Jesus will be enthroned in our lives. The Father will be worshipped with a new passion. The Holy Spirit will be allowed to transform us into a holy people. And the lost will experience a new life in Christ.

Never before in my ministry have I longed for a special move of God as I do at this time. I'm consumed by the thought of it. It's become the "cry of my heart". And having heard from a number of you, it's the "cry of your hearts".

The other day I was given a CD with a hymn that states so well what I've been praying. It's entitled "Visit Us."

•See **SPIRITUALLY** page 19

• **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**

**"A Bible-based liturgical church"**

Services: Sundays at 4 p.m. at the  
Community Bible Church in Highlands  
Holy Communion at most services.

**Clear Creek Baptist Church**

Pastor Everett Wilson, (828) 743-3379  
Sundays: School – 10 a.m.; Worship – 11  
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  
Sundays: Worship – 8:15 a.m., 10:45 a.m., 6:30  
p.m.; School – 9:30 a.m.; Youth – 6:30 p.m.; Choir  
– 7:15  
Wednesdays: Dinner – 5:30 p.m.; Team Kids – 6  
p.m.; Prayer – 6:15 p.m., Choir – 7:30 p.m.

**First Presbyterian Church**

Rev. J. Hunter Coleman, Pastor, 526-3175  
Sundays: Worship – 11 a.m. (child care at 11 a.m.);  
School – 9:30 & 9:45.  
Wednesdays: Children's Devotions – 9:30 a.m.;  
Supper – 6 p.m.; Choir – 7 p.m.  
Thursdays: Bible Study – 10 a.m.  
Sat: Adventistas del Septimo Dia – 10 a.m. & 5

**Highlands Assembly of God**

Rev. Scott Holland, 524-6026, Sixth Street  
Sundays: School – 10 a.m.; Worship – 11  
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

# ● HIKING THE HIGHLANDS PLATEAU ●

## Make a day of it at Panthertown

By Leah Ferree

Contributor

Panthertown Valley is a great place for all of you explorers out there. The wilderness, with its 6,700 acres, is said to contain a more diverse landscape than any other similar-sized area in the Nantahala National Forest. If you own a mountain bike, this is the perfect place to be able to ride. With so much area to cover, this form of travel is a great way to be able to try and capture all of the natural beauty that you will find here. However, if you are on your bike, be sure and stay on the trails designated for this specific activity. The trails in the area are restricted to motor vehicles and are only accessible by foot, mountain bike, or horseback.

If you have the time, I would suggest spending a weekend out there and making a camping trip out of it as well. There are tons of camping spots just off the main trails or you can find some a little more secluded off of one of the smaller foot paths. They even have some that are shelters built from wood where the rain will just slide off the back. If you don't have enough time to go camping or you are just not the "roughing it" type, at least plan to spend a full day at Panthertown Valley. There is so much to see that if you only allow yourselves a few hours here, you would not be able to even skim the surface of what it has to offer. When you do decide to take advantage of this vast wilderness practically in our backyards, please be sure to pick up a map of the area. You can purchase them



*One of the many waterfalls off the Panthertown Trail*

at the Highlands Ranger Information Center on Main Street, or you can also find one at the Highlands Hiker. Without a map, it is extremely easy to lose your way on all of the paths that intertwine within each other.

As you may wonder, panthers did indeed inhabit Panthertown in the past. However, the forest ranger at the information center assured me that there are no panthers there anymore. Locals may tell a different story, though. There are many people that like to believe the panthers still guard over this valley. Either way, Panthertown contains many other

species of wild animals including deer, fox, squirrel, raccoon, bobcats, skunk, barred owl, grouse, and snakes (mostly timber rattlers). It is also a black bear sanctuary and a wild turkey restoration area.

There are two main entrances to Panthertown Valley, an east entrance and a west entrance. The closest to Highlands is the west entrance at Salt Rock Gap. To reach the Salt Rock Gap Trailhead, take Hwy 64 East to Cashiers. At the stoplight, go straight and continue on 64 East for two miles to Cedar Creek Rd. Take a left on Cedar Creek Rd. and follow that

for 2.3 miles to the top of the mountain. There will be a National Forest sign on your right once you reach the top of the road. Turn right on Breedlove Rd. and follow that for 3.5 miles to the service gate. The road gets a little rough in the last three-tenths of a mile, so unless you have four-wheel drive, you may want to park your car right before the road becomes gravel and walk for the last three-tenths to the service gate.

Join me next week for a more personal look at this awesome wilderness known as Panthertown Valley.

## Highland Hiker

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• **SPORTS PICKS** •

**Who'll be the pick for MLB**

With the MLB trading deadline fast approaching, the big news is the Big Unit (also known in some circles as Randy Johnson or the guy that killed a bird with a 98 mph fastball or the guy that made John Kruk soil himself at the 93 all star game – which is not to say Randy is the only guy to make Kruk soil himself, as several mexican restaurants can make that claim as well), would accept a trade to a team guaranteed to make the playoffs. Dang, I guess that means that the Pirates are out of the running.



**Ryan Potts**

Seriously though, it appears that Johnson will probably stay in Arizona unless either the Yankees or perhaps the Rangers can work out a three way deal with a team that has prospects to trade. Another Dback being mentioned in trade rumors is Steve Finley who will likely end up in Florida, although the Dodgers are another possibility.

Other players on the market are Colorado's Shawn Chacon, Montreal's Rocky Biddle and any number of the Seattle Mariners not named Ichiro, as the Mariners are beginning to gut their roster through a fire sale. Naturally, I will spend the rest of this paragraph talking about my beloved Pirates, who just happen to be one of the hottest teams in the majors of late and who still are 5 games below .500. They will almost certainly ship Kris Benson, and want an everyday player plus a top prospect in return. Teams that have shown interest have been the Yankees, Angels, White Sox and Twins-but no team has yet to make the Bucs an acceptable offer. My personal thoughts on Benson are this. He has incredible stuff, great mechanics, and the cajones of a gnat. Of course, Jason Schmidt was the same way with the Pirates and look how he is doing in San Francisco. Benson has the chance to be a number one guy but only if he gets mentally tougher and his body holds out on him. A team with a great pitching coach like Atlanta would be a great fit for him, but only for the right price. Also look for the Pirates to trade Jose Mesa, who is having an incredible season. (This is a tremendous stroke of luck for Pittsburgh. Mesa appeared done last year and has hit the Julio Franco rejuvenator. He will likely get the Bucs a top level prospect in a trade with either Chicago, San Diego or Texas).

In other trade news, Shaq arrived in Miami yesterday to a hero's welcome,

promising to bring the city a championship. Now I am not the biggest Shaq fan in the world, but I think Miami is a great place for him. He is going to receive all the glory and attention that his massive ego needs, (which he had to share in LA) and he is going to get to play with a guy like Dwayne Wade, who is a phenomenal talent without the phenomenal ego.

However, I am not sure that Wade, Angry Shaq and an aging Eddie Jones is enough to carry the Heat to a championship but it IS better than what most of the East has to offer.

Also of note was the Carlos Boozer situation with Cleveland. In short, Boozer had one more year left on his contract at under a million dollars. Boozer was obviously going to be underpaid this season had Cleveland ownership approached him about negotiating a new deal for more money. The only catch is that Boozer would have to be released from his current contract in order to sign a newer, more lucrative offer. Boozer informed the Cavs that he wanted to stay in Cleveland, and the offer was going to be for 6 years \$48 million dollars, which is an obscene amount. Here's where it gets screwy. Cleveland couldn't offer any more than \$48 million because of the salary cap however, other players BELOW Boozer's caliber were signing elsewhere for more money. When Boozer was released the Jazz offered him 6 years for over \$20 million MORE than what the Cavs were offering so Boozer gave Cleveland a chance to match the offer, they couldn't and so now Boozer is hanging in Utah. So who is the villain here? Boozer for putting a price tag on his loyalty, or Cleveland management for trying to lock Boozer in at a price well below market value (all under the guise of doing him a favor in the process)? Well they both are – if Cleveland wanted Boozer they either shouldn't have released him or they should have at least attempted to match Utah's offer, even if they had to backload the contract. Boozer gave his word that he wanted to stay in Cleveland, and he broke it when offered that much more money. It's not even that Boozer is a bad guy, it's just that he's got a price. (Mwahahahahaha-courtesy of the Million Dollar Man). Speaking of wrestling, tune in next week as I honor some of the finest wrestlers of all time.

# Bel Canto lineup announced

The Bel Canto Recital, acclaimed as "one of the most memorable events of the summer," will be presented on Sunday, Sept. 5 at the Martin-Lipscomb Performing Arts Center.

The 12<sup>th</sup> annual recital will star Joyce Guyer, one of the Metropolitan Opera's most versatile and admired sopranos, and Issac Hurtao, a young American tenor on the threshold of a bright operatic career.

The program of exciting solos and duets from the world's favorite operas and musical theater, will make possible the growth of the permanent art collection of the Bascom-Louise Gallery.

No benefit performance leaves more tangible assets than Bel Canto, which for the last 11 years has been the Gallery's primary support for acquiring works of art that the public can enjoy for years to come.

Joyce Guyer, who has made 190 appearances in her 14 years at the Met, says the fact that Bel Canto's mission is to provide "fine music for the sake of fine art" is one of the reasons she is delighted to sing in Highlands.

She will present some of the vocal highlights from her celebrated operatic roles by Mozart, Verdi, Puccini and Massenet. Her versatility also will be demonstrated in songs by Leonard Bernstein and Jerome Kern, and in duets with Hurtado that will include the final scene

from the first act of Donizetti's Lucia di Lammermoor.

An integral part of every Bel Canto Recital since its inception is the masterful accompaniment of Dr. Stephen Dubberly, the piano virtuoso who will be making his 12<sup>th</sup> appearance as a major contributor to the recital's success.

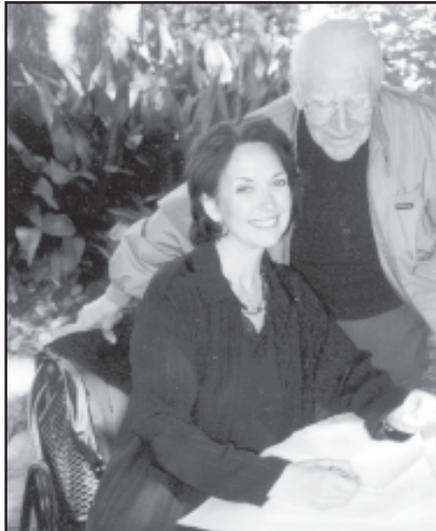
Although Dr. Dubberly, head of the Opera Theater at North Texas University, is now devoting his time and talent to opera conducting and teaching, he saves his rare appearance as an accompanist for Bel Canto in Highlands.

Beautiful singing – the true meaning of bel canto – will take center stage at the Performing Arts Center while the culinary art of Chef Mark Barnett will take the spotlight at the elegant buffet reception at the Highlands Country Club that

will follow the recital on Sept. 5 and is included with benefactor subscriptions.

Because of the growing popularity of the one-of-a-kind vocal recital over the last 11 years, benefactor subscribers have filled the Performing Arts Center to capacity, with stage seats provided for the overflow in recent years.

With the 12<sup>th</sup> Annual Bel Canto promising to be another memorable event with Joyce Guyer, Isaac Hurtado and Stephen Dubberly, benefactors are urged to subscribe early by calling 526-5252 where additional information may be obtained.



**Metropolitan Opera's Joyce Guyer who will perform during Bel Canto with Richard Joel.**

## ... SPIRITUALLY continued from pg 16

Visit us, visit us  
 Come Lord Jesus now visit us  
 As You did in days before  
 When Your Spirit was outpoured  
 How we hunger for the new thing from You Lord  
 Visit us, visit us

Come Lord Jesus now and visit us  
 Let the wind begin to blow  
 Let the rain begin to fall  
 Spirit of Almighty God  
 Touch us one and all and  
 Visit us, Jesus, visit us.

(Words by Terry MacAlmon)

What must we do? Pray, confess sin, sing, read the Scriptures, do this everyday until it happens. "God", as someone has said, "sets His people to praying before He answers their prayers." Pray!

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## 'Honk' based on 'Ugly Duckling'

The musical *Honk* presented by Highland's Playhouse, sponsored by Schmitt Building Contractors, and featuring the cast of Annie is currently on stage at the Playhouse.

*Honk* is the beloved story of Hans Christian Anderson's novel *The Ugly Duckling*.

The Playhouse opened its doors

at 7:30 pm on Wednesday with the performance beginning at 8 pm. Seating will be on a first come first serve basis.

*Honk* will run Thursday, July 22 through Sunday, August 8.

To make reservations please visit our Box Office at 362 Oak Street or give us a call at (828) 526-2695.

## In between garden tours



As part of the Bascom-Louise Gallery Garden Tour, lunch for 400 was enjoyed on the covered porch of Monya Monroe on Bowery Road. Guests enjoyed a catered box lunch while enjoying the view of Horse Cove.

## • SHOPS AT VILLAGE SQUARE •



The Mill Creek Gallery will be exhibiting works by photographer Bill Lea in August. **Come meet Bill at our Open House, Friday July 30 from 6 to 8 p.m.** Bill, who lives in Franklin, is best known for his portrayal of deer, black bears and scenery in the Smoky Mountains. This is Bill's first gallery showing.

The Mill Creek Gallery is located in Highlands Village Square at 5th and Oak St. behind Wolfgang's Restaurant.

Regular business hours are from 12 to 5 p.m. Monday thru Sat. Phone 787-2021.

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787-2021 **81**

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## • POLICE & FIRE REPORT •

The following are the Highlands Police Department log entries for the week of July 15-21. The only names are of public officials and/or people who were arrested.

### July 15

- At 11:45 a.m., officers responded to an accident between two vehicles at Fourth and Main streets. There were no injuries.
- At 10:30 a.m., officers responded to an alarm at Laurel Heights. All was secure.
- At 10 p.m., officers responded to an accident between two vehicles at Mountain High Lodge. There were no injuries.
- At 3:30 p.m., officers responded to an accident on Hudson Road. There were no injuries.

### July 16

- At 8:40 a.m., a motorist on N.C. 28 and S. Fourth Street was cited for hauling equipment improperly.
- At 12:30 p.m., officers responded to a call of two vehicles illegally parked on Fifth Street in the area of Highlands School.
- At 1:35 p.m., a resident reported a larceny, but it was unfounded..
- At 4:30 p.m., officers responded to an accident between two vehicles. There were no injuries.
- At 10 p.m., a motorist was cited for improper passing at Holt Knob Road and U.S. 64 west.

### July 17

- At 2 a.m., a motorist was cited for running a red light at Main and Fifth streets.
- At 7:07 a.m. a motorist at Main and Second streets was cited for speeding 36 mph in a 20 zone.
- At 7:15 a.m., a motorist at U.S. 64 west and Webbmont was cited for speeding 51 mph in a 35 zone.
- At 7:35 a.m. a motorist at U.S. 64 west and Webbmont was cited for speeding 49 mph in a 35 zone.

- At 11:10 a.m., officers received calls of residents receiving threats.

- At 9:45 a.m., officers received a complaint of a dog barking on Satulah Ridge Road.

- At 1 p.m., officers responded to a complaint of a dog barking on Satulah Ridge Road.

- At 4:30 p.m., officers responded to a domestic disturbance call on Wahoo Trail. The parties were told to stay away from each other.

- At 3 p.m., officers responded to an accident between two vehicles. There were no injuries.

### July 18

- At 7:30 a.m., a motorist at N.C. 106 and Talley Road was cited for driving without registration.

### July 19

- At 1:30 p.m., officers responded to an accident at the Highlands Country Club security house. There were no injuries.

- At 2:45 p.m., officers responded to an alarm at a residence on Rock Road. All was secure..

### July 20

- At 4:20 p.m., officers received a call of a missing Jack Russell Terrier in the vicinity of Dog Mountain. If found, people are asked to call 526-5770.

- At 7:05 a.m., a motorist on U.S. 64 west and Webbmont was cited for speeding 50 mph in a 35 zone.

- At 5:40 p.m., the proprietor at Highlands Custom Coverings reported a person trespassing on his property.

- At 10:20 p.m., a motorist at U.S. 64 east and Poplar Street was cited for speeding 40 mph in a 25 zone.

### July 21

• See POLICE & FIRE page 25

# ● UPCOMING EVENTS ●

## On-Going

• The musical talents of Regis at the Piano at Cafe of the Arts, until 9 p.m. every night.

• Round Robin Tennis with the Nantahala Tennis Association at the Rec Park every day at 9 a.m. and Mondays at 6 p.m. Meet at the Memorial Bench and allow 15 minutes for other players to arrive. Sometimes we're slow at the beginning of the season.

• At ...on the Verandah - Happy Hour every Thursday at 4:30 p.m. \$20 per person.

• The Mountain View group of Alcoholics Anonymous now meets in the remodeled basement meeting 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.

## July 22-25

• "Come Get Uncorked" Thursday through Sunday; 4 pm - 6:30 pm at Wolfgang's on Main. Wine and Appetizer Pairings, Flights of Wine, Wine by the glass or bottle/Appetizers.

## July 22-24

• Highlands Wine & Cheese presents Wines of Washington & Oregon. Special wine flights 4:30-6:30 p.m.

## July 22

• Zahner Conservation Lecture Series at the Highlands Nature Center. Kefyn Catley, Assistant Professor of Science Education at Vanderbilt University, will give a talk entitled "The 'Centipede's Tale': What a Recent Scientific Discovery Can Tell Us About the Planet's Biodiversity Crisis." 7 p.m. Free.

## July 23

• Johnny Webb and the JW Band will be at the Gazebo on Pine Street from 7:30-9 p.m. The concert is sponsored by The Joy Team for Relay for Life.

## July 24

• Zorki on the deck at Cafe of the Arts from 9-11 p.m.

• The Nantahala Hiking Club will hike to Rock Mountain near High Hampton Inn. This is a moderate 4-mile hike with a 800-foot elevation to the top to enjoy a beautiful view of the surrounding mountains. Meet at the Cashiers Wachovia Bank at 9:30 a.m. Drive 2 miles round trip, returning 2-3 p.m. Call leader Eva Hansen, 743-1611.

## July 24 & 25

• Highlands-Cashiers Chamber Music performances Sunday and Monday performances will feature David Deveau on piano and Richard Stoltzman on clarinet. Also free Family Concerts on

Monday in Highlands and Tuesday in Cashiers. For more information, call 526.9060.

## July 25

• Wolfgang's On Main presents "Dinner and Jazz" from 6:30 pm - 9:30 pm with Paul Scott on piano and Kyle

Fine Dining, Fine Music" with art by Hunter Coleman, Wines by Selby winery and music by Paul Scott on piano and Kyle Wiggins-Rowan singing. 6 pm - Passed Appetizers. 6:30 pm - Dinner. Reservations 526-3807

## July 22 through Aug 8



**Coming July 30 & 31, is American weaver Carol Cassidy, who will demonstrate and discuss Laotian weaving. She has been in Laos since the early 90s and has been helping revive the country's weaving industry through a U.N.-backed job. Carol and her weavers combine her 20 years of experience with hundreds of years of Laotian heritage. The exhibition and lecture is at the Old Rangoon, ...on the hill at 290 S. Fourth Street, Friday from 5:30-7:30 p.m. Saturday morning she will discuss the Laotian weaving revival and traditional techniques at the Bascom-Louise Gallery in the Hudson Library.**

Wiggins-Rowan singing. Call 526-3807 for reservations.

• Author Kevin Adams will be signing copies of his book, North Carolina's Best Wildflower Hikes - the Mountains, from 2:30-4 p.m. at Shakespeare & Co. in Village Square at Fifth & Oak streets. Refreshments will be served.

## July 26

• Wolfgang's On Main and Summit One Gallery present "Fine Art, Fine Wine,

• "Honk" at the Highlands Playhouse. Performances are Tuesday-Saturday at 8 p.m., Sundays at 2 p.m. Adult tickets, \$22; Children 12 and under, \$9. Call 526-2695 for tickets or visit the box office on Oak Street.

## July 30

• Open House at the Mill Creek Gallery from 6-8 p.m. featuring noted wildlife and landscape photographer Bill Lea. Located at Oak & 5th St. in Highlands

Village Square 787-2021.

## July 31

• A car show and a flea market are two summer fund-raising events for the 2004 Macon County Senior Games/Silver Arts. The car show is from 10 am to 2 pm at the County Community Building parking lot at 1288 Georgia Road (U.S. 441 South), Franklin. Registration fee for cars to be displayed is \$10 per vehicle and will be accepted from 10 am to noon the day of the show.

## Aug. 2

• The Right Reverend John Shelby Spong, Bishop of the Diocese of Newark, Retired, will present the sixth public lecture in the Highlands Institute's Public Lecture/Seminar Series on Monday, August 2, at 7:30 p.m. in the Martin-Lipscomb Performing Arts Center. The topic of Bishop Spong's lecture is "Beyond Theism, But Not Beyond God."

## Aug 3

• The Right Reverend John Shelby Spong, Bishop of the Diocese of Newark, Retired, will lead a discussion/seminar for the Highlands Institute's Public Lecture/Seminar Series on August 23 at 10 a.m. at PAC. Bishop Spong will lead the discussion on his lecture on "Beyond Theism, But Not Beyond God."

## Aug 4

• Open House at Highlands School. Meet the new principal Monica Bomengen and view classroom assignments.

## Aug. 7

• Highlands Fire & Rescue Open House from 11 a.m. to 3 p.m. Enjoy free hotdogs, drinks and rides on a firetruck.

## Aug 9

• Highlands Playhouse Annual Golf Tournament 2004 at Highlands Cove 12 noon Shotgun Start; \$125 per golfer includes box lunch & dinner at Peregrine Restaurant. 2 Hole-in-One Prizes: 2004 Chevrolet Corvette and an Applachain Golf Cart Tournament format: Captain's Choice. For more info call Tim Greene at 526-4450 or the Highlands Playhouse at 526-2695.

## Aug 14

• Historic Home Tour, sponsored by Highlands Historical Society, 9:30 to 3. Call 787-1050 for reservations.

## Aug 15

• Annual Audubon picnic at the Highlands Civic Center south shelter. Cost is \$5 per person for hamburgers. Bring a covered dish. Call 787-1387.

• email events to [highlandseditor@aol.com](mailto:highlandseditor@aol.com)

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### It's about, savoring and imagining

A few weeks ago, I had the opportunity to drink a 1983 Burgundy. Perhaps I should have gone to the Internet, researched the wine, the year, the auction prices. I could have studied the precise terroir of the village and vineyard from which it comes. I could have read



**Bert Mobley**  
**Highlands Wine & Cheese**

others' descriptions of the wine, the nuances of texture, the balance of floral and mineral overtones.

I did none of this. I simply watched the pale ruby pinot noir fill the glass; I sniffed and swirled, inhaling deeply of another world. I tasted the earth and climate and vegetation of a time gone by, a place I know of only in dreams.

What were you doing in 1983?

Before moving to Highlands a few months ago to be a part of the Highlands Wine and Cheese Shop, I worked at the University of Georgia in Athens. Many of my students had not even been born in 1983, a fact which quite quickly puts my world into perspective. In 1983,

I was just starting out, looking for what the post-college world had to offer. I ran my first Peachtree Road Race that summer. I moved to a new apartment and bought some furniture and started taking graduate classes.

And somewhere on the other side of the world, men and women were doing what people in Burgundy had been doing for centuries: growing grapes and making wine.

One of the most pleasurable aspects of drinking wine is its impact on the imagination. Who are these people who make this wine? Where does it come from? What's it like to live there? How do these people live their lives? What do they do on a normal Wednesday afternoon?

Amazing that somehow 20 years later their lives and mine intersect.

I love to travel, but an uncertain world and a hectic life all too often keep me at home. Fortunately, I've been to many of the beautiful wine-growing areas of the world: Napa and Paso Robles in California as well as the Rhone Valley and Rioja. But every time I encounter a wine, I'm traveling across time and space. When I have a Chateaufort du Pape, for instance, I can picture the rocks piled on the roots, keeping the hot summer heat in the vine throughout the cool Mediterranean night. I've been

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Rand Soellner Architect shares office space in Wright Square, in Downtown 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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## • HEALTHY LIVING •

### Perimenopause

#### A woman's changing health status after her mid-thirties

"I'm having hot flashes and night sweats, but I'm only 36-years-old. Am I going through Menopause?"

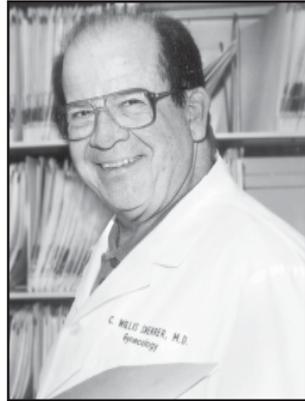
This is a common question in a gynecologist's office, and probably much more commonly experienced than expressed. While the average age for menopause is between 51 and 52, ovarian hormone production begins to fluctuate or "sputter" in the mid-thirties.

As a consequence, menopausal symptoms can occur with regularity – more in some women than in others. Untreated, these symptoms may last five to 10 years before menopause occurs.

This problem has most likely always been with us, but only in the past five to 10 years has it become a discussion point between patients and physicians. It is projected that by 2030, worldwide, 1.2 billion women will be menopausal. With the U.S. population aging in larger numbers the problem is becoming more common. Remember the "boomers" refer to those 38 or so million women born between 1946 and 1964. The first boomer turned 50 on January 1, 1996. The youngest turned 35 in 1999. The nature and culture of that generation demands accurate and in-depth information, characteristics that will lead to more information gathered and changing treatment modalities based on the new research.

Here's what's currently reported: The fluctuation of the ovarian hormones estrogen and progesterone probably play the largest role in the causation of symptoms. Of the two, estrogen has the most impact on symptoms. Older belief held that estrogen production peaks at about age 25; thereafter it gradually tapers off. By a woman's mid-30s, it will have reached a level low enough to cause symptoms we classically attribute to menopause, even though the woman continues to have periods.

The current understanding, based on good clinical studies, maintains that estrogen levels remain in the normal



Dr. Willis Sherrer

to slightly elevated range until ovulation ceases.

Until recently, the perimenopausal era has been viewed as a relatively uninteresting and uneventful time in the female life span, constituting the space between childbearing and menopause.

What are these symptoms? As many as 25 percent of premeno-

pausal women will experience hot flashes and night sweats, which are hot flashes at night. Mood swings, insomnia, changes in menstrual cycle, changes in duration of menstrual flow, heartbeat irregularities, chest pain, forgetfulness, lack of energy and lack of concentration can be experienced during this time. While not clearly understood, the level of estrogen is not thought to play as great a role as the fluctuations in levels.

The perimenopause is a critical time to insure that good lifestyle choices are made. It provides an opportunity to develop preventive health programs. Chronic illnesses such as diabetes, heart disease, high blood pressure, thyroid disease, osteoporosis and cancer should be screened for as appropriate. Recreational drug use, smoking and excess alcohol consumption should be addressed as appropriate.

While achieving pregnancy can be difficult during this time, it does occur and means should be taken to prevent unwanted pregnancies. Low dose birth control pills in the appropriate patient provide both contraceptive and non-contraceptive benefits. The non-contraceptive benefits include regulation of periods, minimization of menopausal symptoms, decreased risk of anemia, bone loss protection and protection from some reproductive cancers (ovary and uterine).

A key to good care in these transitional years is understanding between physician and patient. Equally important is the opportunity for informed choices. Preventive care can have major impacts on the lifestyle and overall wellness of women as the years pass.

## Rotary Club of Highlands



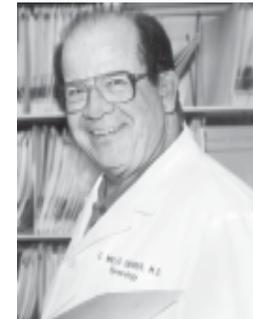
Photo by Barbara Lawrence

**Doc Holiday was the speaker at this week's Rotary Club of Highlands. Doc spoke about the Relay for Life event, being held on August 27 at the Village Green in Cashiers, and he stressed the importance of supporting the American Cancer Association, which has sponsored vital research in the fight against cancer. Seen here with Rotary President Selwyn Chalker who presented Doc with the famous Rotary walking cane.**

## Highlands-Cashiers GYNECOLOGY

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### BY OWNER

**4TH ANNUAL TAILGATE/  
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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

- A little past midnight, officers responded to the call of a person with mental problems living in her car at the Town Hall parking lot.

- At 9:20 p.m., officers responded to an alarm at a residence on Split Rail Road. All was secure.

**The following are the Highlands Fire & Rescue log entries for the week of July 14-20**

#### July 14

- The dept. responded to a brush fire at N.C. 106 and Hudson Road. It was a controlled burn.

- The dept. responded to a two vehicle accident at Wyanoak Drive. There were no injuries.

#### July 15

- The dept. responded to a car rolling away and pulling the driver with it. There were no injuries.

- The dept. responded to a grass fire on Dog Mountain Road. It was extinguished.

#### July 16

- The dept. responded to a grass fire on Dog Mountain Road, again. It was extinguished..

#### July 17

- The dept. was first-responders to assist EMS with a medical call at Laurelwood Ridge Road. There was no transport.

#### July 18

- The dept. was first-responders to assist EMS with a medical call at Upper

▪ See POLICE & FIRE page 25

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**... POLICE & FIRE continued from page 24**

Clear Creek Road. The victim was transported to Highlands-Cashiers Hospital.  
**July 20**  
 • The dept. was first-responders to assist EMS with a medical call at Laurelwood Ridge Road. There was no

transport.  
 • The dept. searched for two missing hikers on the Yellow Mountain-Shortoff Trail. The U.S. Forest Service found them safe.

**Highlands Fire & Rescue Open House**  
**Aug. 7, 11 a.m. to 3 p.m.**  
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Book Review	pg. 6
Healthy Living	pg. 8
Forum	pg. 2
Florist Tips	pg. 12

## FREE Highlands' Newspaper

Volume 1, Number 2 Locally Owned & Operated Friday, July 25, 2003

### The week of July 25-Aug. 1

- The Macon Aeromodelers will hold an "Old Timers" fly-in at the flying field on Tennessee Road in Otto on Saturday, July 26 from 9:30 a.m. to 12:30 p.m. with other models flown afterwards. Spectators of all ages are invited.
- Our Lady of the Mountains Catholic Church is holding its annual yard sale on Saturday, July 26 at 9 a.m. Items for sale will include books, old records, toys, kitchen items and linens.
- Miller-Talley Reunion is Saturday, July 26 at 11 a.m. at the Rec Park. Drink and paper goods will be furnished. Please bring a dish of food. For more information, call 526-2588.
- Wright Family Reunion is Saturday, July 26 at 11 a.m. at the Rec Park. Ms. Ellen Greenwald will portray the life of Jemima Norton Wright.
- Sunday, July 27, from 2-3 p.m. Scudders Gallery will be

### 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.

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

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

•See WATER page 3



Friends across the seas

### 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

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## ... ABOUT WINES continued from pg 22

there; I've felt those rocks, warm to the touch well into the night. And I've had a glass of Chateauneuf, sitting into the sunset on a mountain perch outside of Highlands, tasting the warmth of those pebbles lingering in the wine as the night grew cold around me.

When I open an Australian Shiraz, however, I have to travel a different way, not in memory, but solely in imagination. I've read a bit and seen "Crocodile Dundee," so I'm not totally oblivious, but I've not been there. I must be creative in my own way, creating my own experience with the wine as I imagine the terrain of Barossa

or Clare Valley. That strong perfume of eucalyptus so prevalent in fine Australian wine: where does that come from? what does the air smell like? What's it like standing at the end of a row, looking off into the distance? I'd like to know.

Whether I'm wandering in my mind though hillside vineyards of Australia or Burgundy or just holding a bottle as I make a recommendation for a customer in the Wine and Cheese Shop, I'm engaged in an ongoing wine journey. Thank God I have a long way to go.

Highlands is full of wine enthusiasts. Some places that feature an extensive wine selections can be found for sale at Highlands Wine & Cheese, Byrson's Food Store, Mountain Fresh Foods, Highlands Quick Mart Wine Cellar and the Farmers Market.

## ... LETTERS continued from pg 3

### Fred's Driving Tutorial

Dear Editor,

I found Fred's essay on Highlands' drivers to be insightful and entertaining. However, I do believe some pertinent points were overlooked. The relationship between Florida and Georgia drivers is symbiotic. For Florida drivers the magic numbers rule is almost always observed, while Georgia drivers in this area always tend to enforce the "double yellow" rule. Each of these rules has an effect on the drivers of the other species.

The magic numbers for Florida drivers are one and eight. If the road they are currently traveling is two lanes and has a bend, they are required to drive 18 miles per hour. If the road has no bend or is four lanes or more, they are required to drive 81 miles per hour. The exception to this rule is that if they at any time detect a Georgia driver behind them, they are required to not exceed 18, regardless of the road.

The effect on the Georgia drivers is that at 18 miles per hour, they no longer are in their "plus 20 hold your breath" mode. In fact, they can be seen talking quite loudly while positioning their vehicle six inches behind the one in front of theirs! Since they are now going slowly enough to look at the scenery, they are probably extolling the beauty of the surroundings.

When approaching or leaving the Highlands area, Florida drivers strive to align the sighting device (a.k.a. hood ornament) with the narrow space between the double yellow lines in the center of the road. Some of the Georgia drivers find this habit to be a bit disconcerting. So, they are required to practice the "double yellow" rule. This is achieved by driving as fast as possible and crossing over the double yellow lines on all blind curves. This action causes the Florida drivers (and North Carolina drivers also) to be able to closely observe rock walls and precipitous drop-offs. This also causes the Florida drivers to be a little more cautious about driving with the center line under the middle of their cars.

An unfortunate side effect of the "double yellow" rule is that it is contagious. Some vehicles with North Carolina plates have been seen practicing the rule - especially if the vehicle is a pickup with ladders and/or tools in the back.

Larry Brannan  
Highlands

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