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# Highlands' Newspaper

## FREE

Volume 1, Number 17

Locally Owned & Operated

Friday, Nov. 7, 2003

### The week of Nov. 7-14

#### Nov. 6-9

• **LIVE PERFORMANCE** – The Highlands Community Players present "You Can't Take It With You," Thurs.-Sunday at the Martin-Lipscomb Performing Arts Center. Shows are at 8 p.m., Thurs. through Sat., and at 2:30 p.m. on Sunday. For tickets call 526-8484 or visit the box office from 10 a.m.-2 p.m.

#### Nov. 7

▪ **LIVE MUSIC** – Cy Timmons presents a free concert at The Wine Bar at Highlands Wine & Cheese at 7 p.m.

#### Nov. 8

▪ **LIVE MUSIC** – Singers & songwriters, Katy & Arthur present a free concert at Buck's Coffee Cafe on Main Street 8-11 p.m.

#### Nov. 9

• **WINE TASTING** – Jean-Luc Joillot, the president of the Pommard Winemakers Association in Burgundy, France will be in Highlands conducting a tasting of his fine wines at the Falls on Main. The tasting will include fine cheeses. Seating will be limited to the first 36 reservations. The charge will be \$25 per person or \$45 for two persons. Call Highlands Wine and Cheese Shop at 526-5210 for more details or to make reservations.

#### Nov. 11

• **AT THE MOVIES** – The film, "The Mystery of George Masa," 7 p.m. at the Martin-Lipscomb Performing Arts Center on Chestnut Street.

#### Nov. 12

• **ENVIRONMENTALLY SPEAKING** – The "Conservation Easements and Other Land Preservation Techniques" workshop 8:30 a.m. to 3 p.m. at the Ramsey Center at WCU. For more info, call 919-515-3723.

#### Nov. 14

• **LIVE MUSIC** – Hurricane Creek will be at Buck's Coffee Cafe on Main Street, Friday, from 8-11 playing "country-fried" rock & blues.

## Town revokes Highlands Cable franchise

By Kim Lewicki

At the Nov. 5 Town Board meeting, the board of commissioners ruled unanimously to end its franchise agreement with Highlands Cable Group and give it 30 days to remove its cable from town poles.

The town's franchise consultant,

Dave Harris, said since 1996 the Town has acted in good faith in all its dealings with Highlands Cable Group (HCG) while trying to provide the citizens with good, competitive cable services.

"It negotiated a franchise agreement with HCG in good faith and

extended the construction schedule and other requirements to help this get going – all in good faith," said Harris. "HCG has not responded in good faith. It has violated safety and town ordinances, refusing to stop

▪ See CABLE page 18

## Voters pick next round of commissioners

By Kim Lewicki

Over the last several weeks, they've answered questions put to them by the citizens of Highlands and the voters have spoken – even if it was just 326 of them.

The year 2004 will see new faces around the Town Board conference table.

The biggest vote getter was Dennis DeWolf with 206 votes.

Next was Alan Marsh with 199 then Herb James who was reelected to his seat with 184 votes.

Eric Pierson got about 159 votes and Mike Caverder about 148.

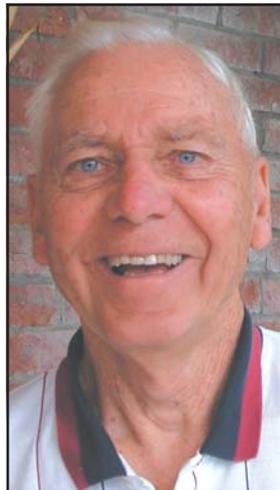
"All the candidates are fine people," said Mayor Buck Trott. "I'm sorry everyone couldn't win, but the

constituents have spoken."

"I'm excited about the way the board is made up,"

said Dennis DeWolf. "It's a pretty good cross-section of people from different backgrounds. I expect there will be open discussions about the issues."

Alan Marsh is thankful for the community's support. "I plan to work hard for the citizens and taxpayers of High-



Alan Marsh



Dennis DeWolf



Herb James

lands for the next four years."

Herb James said working for the town has always been a big part of his life. "I'm real interested in the town and I'm glad to be back," he said.

▪ See VOTERS page 20

## Board endorses 'Firefighters Affordable Housing Act'

By Kim Lewicki

Macon County Commissioners say they're for firefighters affordable housing act, should the MC fire commission want their endorsement.

At the Nov. 4 Macon County Board of Commissioners meeting held in Highlands, Commissioner Ricky Bryson requested the board

back House Bill 2961.

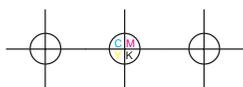
"I just want to be ready if the fire commission needs our backing," said Bryson.

The Firefighters Affordable Housing Act authorizes the Secretary of Housing and Urban Development to provide mortgage assistance to qualified volunteer firefighters.

Mortgage assistance would end if the home isn't used as the primary residence or if the firefighter duties end within ten years of the mortgage's execution.

The bill amends the National Housing Act to provide for one percent down payments (and deferral

▪ See FIREFIGHTERS page 20



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## Northland activates high-speed Internet

By Kim Lewicki

Several homeowners and businesses in various parts of town are now enjoying high-speed Internet access and expanded cable channels.

Northland Cable is upgrading its entire system which involves several nodes in the Highlands area - nodes Zero through Four extend from the Little Bear Pen head-in east along U.S. 64 to areas along U.S 64 west and everything in between.

"We have launched our new services in Node Zero and Node One, said Bill Staley, of Northland. "The other nodes will soon follow."

The company is upgrading the system from the head-in and moving outward. "We are upgrading from the head-in and adding new services to each node as we go," said Staley. "We want to upgrade the entire system within the Town Limits before we go very far into the county," he said. "The entire town will be completely upgraded very soon."

Although the situation involving Highlands Cable Group, Verizon and Northland Cable lines on poles in

the Hicks Road area is delaying the launching of new services there, Staley said they are continuing to work in the Mirror Lake area.

"We can't do anything in the area involving those 67 poles until all of that is ironed out, but we are working in areas adjacent to that," he said.

Highlands Falls Country Club and some other customers in Node Zero have been enjoying Northland Express, the high-speed Internet service. as has **Highlands' Newspaper** which is in Node One.

This means that **Highlands' Newspaper** can now upload to the Asheville Citizen-Times press with a high-speed Internet connection.

Staley said by February, every business and home within the town limits will have access to Northland Express, Digital Cable and 130-140 cable channels.

"We're just asking folks to be patient," said Staley. "We can't offer everything to everyone until the entire system is upgraded. And we are working as fast as we can."

## • Letter to the Editor •

### Chamber Halloween a disappointment

Dear Editor

I have been taking my son trick or treating in Highlands for the last 5 years. I was very disappointed this year to see so few businesses participating.

I find it a bit aggravating that these shops can ask for a hundred dollars for a shirt or a purse but they can't afford to buy candy for the children in this community. It's very sad when the candy store isn't even giving out candy.

I realize that some shops were nice enough to leave out candy but what is the fun in just to going up and taking it out of a bucket? What happened to good ole' fashion trick or treat? Isn't that the fun in it, getting to ask someone? However I would like to give many thanks to all the people of Highlands who spent their night fulfilling one of the few nights that our children look most forward to. Thank you for keeping the holiday spirit alive for all of our children and for us adults who enjoy watching the excitement in their eyes.

**Charissa Robinson  
Highlands**

**We welcome letters from our readers. All letters are subject to editing. We reserve the right to reject letters. Anonymous letters will not be accepted. Letters bearing identification can arrive by post or email. Published letters do not necessarily represent opinions of Highlands' Newspaper. Letter deadline: Monday prior to publication.**

## A Highlands Halloween tradition



It took Edward Forrest of The Little Flower Shop 16 hours to carve this masterpiece pumpkin for Halloween. It weighed 375 pounds. To ensure illumination, he cut the pumpkin into sections, cleaned them out and then reassembled the pumpkin with shish-ka-bob sticks.

Photos by Jim Lewicki

## Patagonia Trunk Show Saturday October 18



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**Got a hankering for some rice?**



After the Highlands Own Craft Show in October, the Mountain Garden Club had lots of gourmet rice mixtures left over. If you didn't get to the fair and want some extra special rice, stop by The Hen House on Main Street. They're selling it for the club.

• **Movie Pix** •

The Video Guy presents:

**Young  
Frankenstein**

"Young Frankenstein," the 1974 comedy classic, directed by Mel Brooks, written by Brooks and Gene Wilder, and starring one of the greatest comedy ensemble casts ever brought together for a single film (Yeah, I'm kinda of a fan of this film), Gene Wilder, Marty Feldman, Teri Garr, Cloris Leachman, Madeline Kahn, Gene Hackman, and Peter Boyle as "The Creature."

The Story Line: Each and every scene of the 1930 John Whale "Frankenstein" movie is flawlessly recreated and parodied, assisted by using some of the original sets and much of the original lab equipment, filmed in black and white, and even the same 1:85 film ratio that was used at the time.

Young Dr. Fredrick Frankenstein (pronounced fronk-in-steen) inherits his grandfather's castle and library, and despite the fact that he starts off thinking that his grandfather's theories on the reanimation of dead tissue is (pardon my crude language here, I'm only trying to accurately review the movie) "a bunch of doo-doo!" he, natch, decides to build a creature of his own.

He is ably assisted by Igor (played by Marty Feldman, who could stand on a street corner reading names out of the phone book and still be funnier than most comic actors), the beautiful lab tech Inga (Terri Garr, whom I've been in love with since, well 1974, when I saw her in this film), the very scary Frau Blucher (no one but Cloris Leachman could pull this role off, she is spectacular). Of course, they do indeed construct a creature (flawlessly portrayed by Peter Boyle, a fantastic physical comedian), who can not only terrorize small villages but can sing and dance as well.

Wonderful effects, make up, set



**Stuart Armor**

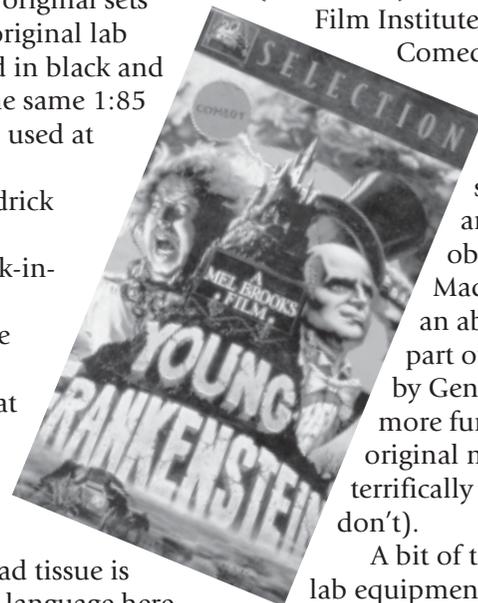
design, and a laugh-'till-you-hurt-yourself script make this one of the funniest movies of all time (incidentally, it made the American Film Institutes list of Greatest Comedies, number 13).

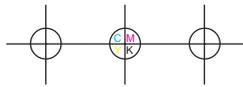
Wonderful supporting roles played by the superbly talented, annoying and obnoxious Madeline Kahn, and an absolutely inspired part of the blind hermit by Gene Hackman. (It's more fun if you know the original movie, but terrifically funny even if you don't).

A bit of trivia, much of the lab equipment was from the 1930 movie and was sitting in the basement of the designer, Kenneth Strikfaden, who loaned it for the movie. Kenneth Mars, whom Mel Brooks fans may remember as the crazed Nazi playwright from "The Producers" played the role of the constable.

A must for fans of old classic horror films, Mel Brooks, Gene Wilder, and movie spoofs. Some others on similar lines are "Blazing Saddles," "Producers," "Dead Men Don't Wear Plaid," "Robin Hood, Men in Tights" and "Top Secret." Also, check out the 1930 version of "Frankenstein," and "Marry Shelly's Frankenstein." These and about 5,000 other titles are available at Movie Stop Video, stop on by and give 'em a look.

Wonderful effects, make up, set





## • Laughing at Life •

### Praise the Lord and pass the A-bombs

*This is my final article for the season and, by design, it's not humorous. I am probably getting myself in real hot water, but what else is new. Because of the times we live in, it just needs to be written. Try not to be too upset with me or my editor for publishing it.*



Fred Wooldridge

everyday Egyptians, like you and me.

Next, Moses caused the death of each family's eldest son. How would you like your child murdered because George Bush would not obey the orders of a prophet, sent by God? In the end, Moses wound up destroying

Since the beginning of recorded history, we humans have had this insatiable need to kill each other in the name of God. We are the only species on this planet that does that. History will show that mankind has not advanced very far down through the ages.

If you ask the average person the causes of war and violence, most will say greed and territory. I believe religion tops them all.

Make no mistake of my intent here. I simply refuse to believe that the God I have come to know and love has ever, or will ever, ask humans to kill for Him. But murdering humans in the name of religion or in the name God has been going on for centuries.

I won't even go into the millions of Hindus and Muslims that are still killing each other over whose religion and God is the right one. Don't have enough paper to get into the massive slaughter of Christians. Let me just comment on four events.

According to the Old Testament, Moses was commanded by God to secure the release of his people from bondage. In his attempts to do that, thousands of innocent people, who had nothing to do with their King's decision to enslave Jews, died from the many plagues at Moses' hand. Just

thousands of soldiers, swallowed up by the Red Sea. Much like our troops in Iraq, they were just following orders from superiors.

It gets worse. When the slaughter had finally ceased, Moses gave his people God's Ten Commandments, one of which was "Thou Shall Not Kill." Hmm.

And then there was Joan, a 15-year-old illiterate farm girl who, after many visions and hearing voices in her head since she was 12, received a message from God to raise an army to kill the English. The fact that Saint Joan, just a child, was able to pull this off makes you want to believe it was God's will. Thousands were killed so Joan's form of Christianity could prevail in that tiny corner of the world. How many soldiers, at the brink of battle, knelt to pray that God would help them kill Englishmen. She died, burned at the stake, pleased with her crusades. But was God pleased with Joan for killing so many people?

Adolf Hitler, an atheist, wanted to rid God from the face of the planet. So in the name of that cause, he set out to take over the world. Killing Jews and ridding the world of Judaism was only a small part of his grand plan. Atheism would be the new religion and in

▪ See WOOLDRIDGE page 6

### "DEAR FRED" column coming

Want to have some fun this winter? Starting with the Nov. 14 issue, Highlands' Newspaper will feature an advice column with our very own Contributor/Columnist Fred Wooldridge. The sky's the limit. All published questions are anonymous and, of course, don't expect a straight answer. E-mail us at askfredanything@aol.com. Put "Dear Fred" in memo line.

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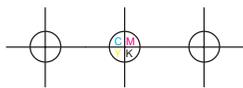
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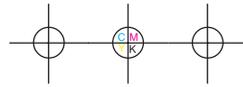


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– Alan Marsh

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### ... WOOLDRIDGE from p. 4

the end, Hitler yearned for a superior, Aryan race who did not believe in God. His crusade almost succeeded and hung in the balance on the shores of Normandy for two days.

Finally, in the 21st century, Osama bin Laden, known to be a great spiritual leader and prophet by thousands of his followers, has set out to rid the world of infidels and devils. (That would be you and me.)

In the name of God and after much prayer, Osama blessed the death of thousands of innocent people at the World Trade Center and Pentagon. “Praise be God,” Osama prayed as the towers fell. He longs for a holy war with the evil ones, a war where God is on his side, where he can rally millions against us. While in hiding, he is

winning in that effort. Look at the huge numbers of people on this planet who currently hate Americans. Make no mistake, Osama is considered the new prophet, sent by God, to kill all evil doers on this planet. In death, he will be honored as a great prophet and holy man by his followers.

And so we continue, progressing little, destroying human life in God's name. Man has always pondered his mission on this earth and I certainly don't have the answers. It seems we are doomed to stay here, repeating history, until we stop killing each other in the name of God.

In 1,000 years will mankind still be killing his fellow man in God's name? If history is any barometer, the answer is yes. He must be so disappointed in us.

## • Obituaries •

### Carl L. Talley

Carl L. Talley, age 95, of Highlands, NC passed away Monday, November 03, 2003 at Wilmington, NC.

Funeral services will be held Friday, November 7 at 2 p.m. at Highlands First Baptist Church. The family received friends Thursday from 6-8 p.m. at Bryant Funeral Home in Highlands which was in charge of arrangements.

### Carolyn Nan Yarbrough

Carolyn Nan Yarbrough, 84, of Fayetteville, N.C., died November 2, 2003. She was born April 10, 1919, was of the Baptist faith. She is survived by her husband, Ralph Claude Yarbrough; her sons, Don and his wife Barbara Yarbrough; and Jim and his wife Elaine Yarbrough; a daughter Nancy and her husband Joe Edens, all of Fayetteville.

Also surviving are eight grandchildren and 5 great-grandchildren.

Funeral services were held November 4, 2003 at the Carl J. Mowell & Son Chapel in Fayetteville and burial was at 11 a.m. at Forest Lawn Memorial Gardens in College Park.

Rev. Glenn Stringham officiated and Carol J. Mowell & Son was in charge of the arrangements.

### Leonard Travis Rippetoe

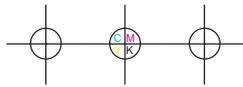
Leonard Travis Rippetoe, age 86, of Decatur, Texas, formerly of Macon County, died Sunday, November 2, 2003 at Decatur. Leonard was born to Morrison and Cora Bell Wilson Rippetoe on August 17, 1917 in Weatherford. He married Francis Hedden in 1962 in Henrietta. They were married for 39 years until her death on May 19, 2001.

In addition to his parents and his wife, he was preceded in death by a brother, Charles. Leonard was a member of the Plumbers & Steam Fitters Union Local 100, the Masonic Lodge and National Rifle Association. He loved hunting and fishing. He was of the Baptist faith and was a steam fitter.

He is survived by three sons, Robert Rippetoe and Carl Rippetoe both of Azle, Texas, and Larry Rippetoe of Rogers, Ark.; one sister Argilete Lazenby of Kingsland, Texas. Seven grandchildren and seven great-grandchildren also survive.

Masonic graveside services will be held Saturday, November 8 at 2 p.m. at Highlands Memorial Park with Rev. Walter Wilson officiating. Bryant Funeral Home is in charge of arrangements.





## • Life Under Construction •

# The Road Less Traveled

Dr. Maryellen Lipinski

Robert Frost once wrote: "Two roads diverged in a wood, and I - I took the one less traveled by, And that has made all the difference." That's describes how I felt when I decided to construct my life in the mountains.

Oh, the road less traveled. Yes, indeed, it is an interesting road. One with twists and turns and many curves, but then so are the mountains.

Fall has come and almost disappeared. Just a few trees protesting and holding on tight to the leaves. The traffic will be less and the collection of people much reduced. Maybe a time to start to pay more attention to yourself? Do you enjoy your own company? It's not about knowing how to just being alone but also about being comfortable with you? It's what I call being at home in your life.

A friend once told me that it is most important to get very comfortable with yourself and accept the place you are in life right now. That can be difficult for all of us at times.

Being alone doesn't mean being lonely. It may be the same for men and women, but it seems to me that when women live alone, they are often asked if they miss the presence of a man. Let me put it this way, I have discovered that it takes a mighty good man to take the place of no man at all.

If you feel dissatisfied with your life, or if you feel as though something is missing, you might want to consider this...it might just be that what is missing from your life is you.

**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). Her first book, *Random Thoughts and Mine Always Are. Conscious Detours to Creative Power* will make you laugh, cry, and think! Her next book, *Life Under Construction...A Work In Progress* is due out this month and can be purchased @ Chapter 2 in Cashiers or by visiting [www.maryellenlipinski.com](http://www.maryellenlipinski.com)**



A few things to think about or put into practice.

1. Write in a journal or just write your thoughts down anywhere. It's a sure way to establish a relationship with yourself. Yes, men do this as well.

2. Write down a few things you really want from your life. Are you constructing your life in that direction?

3. Cultivate a relationship with a friend that you can share your future dreams with. One that knows how to listen.

4. Show up. Spend time with yourself.

Everything begins with YOU. Your relationship with yourself is at the center of a meaningful life. When I worked in San Francisco, my boss was heading out the door one day and I asked her where she was going. She said, "I have a meeting with myself". I've never forgotten that. I know most of you are very busy indeed. It's hard to take time to enjoy your own company. It might even sound funny. Well, try it anyway. You never know...

Can you accept yourself? Once you accept yourself, there's no reason to hold anything back.

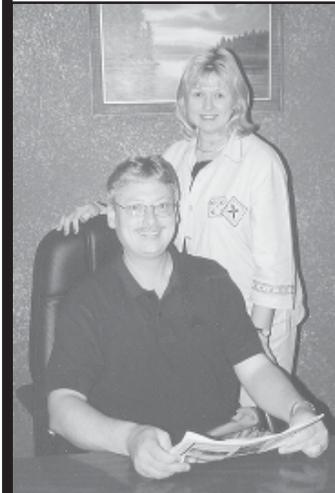
"Be able to be alone. Lose not the advantage of solitude." - Sir Thomas Browne

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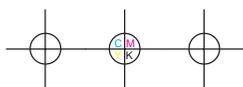
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## They're learning from a pro



Anna Claire Sims and Amber Manley, accompanied their Foods II teacher, Anne Tate, to a Gingerbread House Workshop at Grove Park Inn on Oct. 27. Aaron Morgan, the Inn's executive pastry chef, led the workshop, answering questions and giving many creative and unique tips on making gingerbread houses.



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## • Sports Picks •

### Things to watch in the NBA

The start of the Non Basketball Association season is upon us, and boy howdy am I excited.

Well, to be honest, I was more excited when I discovered two dollars in change under my couch.

See, I used to love the NBA back in the days of Larry Legend, Magic Johnson, Zeke Thomas, and my all time favorite white-boy Tom Chambers.

Then, Jordan mania took hold and the NBA started to slip away from a true team game to the superstar-oriented offenses of today.

However, the most damaging blow to the NBA came when Pat Riley became the coach of the New York Knicks and demonstrated that you could get to the finals with little or no talent by taking the shot clock down on offense and then going to the post and beating the ever living daylight out of the opponent on defense. (Fans of Rosman high school basketball will tell you that Riley did not invent this strategy)

By turning basketball into football, Riley started a trend that culminated in the Los Angeles Lakers winning three consecutive titles with nothing more than two players and several officials. (Don't believe me-watch the tape of Game seven versus Portland in 2000 where Kobe Bryant physically assaults Steve Smith on four straight possessions with no call.

Or how about Game six in 2001 against Sacramento when Kobe Bryant elbows Doug Christie in the face and the foul is called on Christie. Utterly contemptible officiating that turned many fans-including myself into conspiracy theorists). While many things are the same in the NBA. There is some



Ryan Potts

light at the end of the tunnel, so without further ado here are 10 things to watch this year in the NBA. (Just so people will quit calling me a pessimist)

#### 10. The Duke Curse:

I used to not believe in this, being a Duke fan, but it is starting

to get eerie. Grant Hill, Jay Williams and now Elton Brand all are down. Grant Hill was the next Oscar Robertson before he ruined his career playing on a broken ankle in the playoffs. Jay Williams had all the makings of a future star before entering mental-pause by buying a motorbike and maybe ending his career. Elton Brand was a double-double machine and the best Clippers player in ages-now relegated to rehabbing a broken foot. Next thing you know Carlos Boozer will contract malaria and Mike Dunleavy will be beaten up in a back alley by a gang mistaking him for an accountant.

#### 9. The bald and the beautiful:

Also known as the soap opera that is the Lakers. Kobe's on trial for rape, feuding with Shaq and acting more diva-esque than those five guys on Queer Eye for the Straight Guy. Even with Kobe I think the Spurs are better, but without him, the Lakers could be fighting for home court come playoff time.

#### 8. Vince Carter.

I have been extremely critical of Carter for as long as he has been in the league, but there is no denying his ability and talent. If he stays healthy, then he is one of the top 3 most entertaining players in the league. Unfortunately, he is not very reliable and...shall we

■See SPORTS PICKS page 16

# • Healthy Living •

## The Post Menopausal Hormone Quandary

On July 9, 2002 the arm of Women's Health Initiative (WHI) study to evaluate the use of a combined estrogen and progestin product was halted prematurely after 5.2 years of a planned 8.5 year study because the risks outweighed the benefits.

The specific medication used for those who had a uterus was Prempro a combination of Premarin (estrogen) and Provera (progestin). Those who had a hysterectomy took Premarin only.

The study involved over 16,000 women average age 63 and was constructed so that neither patient nor investigators knew whether individuals were taking hormones or a placebo (sugar pill). Over one year later uncertainty and debate continues regarding the significance of the findings and basically "what to do". The arm of the study with Premarin only is ongoing.

The findings were as follows: If 10,000 women take the hormone combination for one year compared to 10,000 not taking hormones:

- 8 more will develop invasive breast cancer
- 7 more will have a heart attack or other coronary event
- 8 more will have a stroke
- 8 more will have a blood clot in the lungs
- 6 fewer will have colorectal cancer
- 5 fewer will have hip fractures
- 6 fewer will have spine fractures

The breast cancer risk is of the most concern to women, I believe. Breast cancer takes many years to develop. Progress from one cancer cell to a one centimeter lump takes about 10 years.

In this study four years passed before a clinically apparent increase was evident. According to



Dr. C. Willis Sherrer

the American College of Obstetricians and Gynecologists (ACOG) we cannot infer that any time on combined therapy is absolutely safe. That said the risk for the individual is small. While a 26% increase in the risk of breast cancer seen in

this study seems a lot, remember the initial risk is low. Another way of looking at it is the increase of 8 cases per 10,000 women per year.

The stroke and heart risks were greatest during the first two years of hormone use. The reduced risks of colorectal cancer emerged after three years of use. Other studies have shown that there is approximately 10 percent increase in bone density in the spine and five percent increase in the hip with two years of hormone replacement. Because of the increased risk of breast cancer, while individually small, when applied to the millions taking combined therapy it becomes a public health issue, so much so that the risk is greater than the benefit re colorectal cancer and osteoporosis protection.

A later emerging finding was the increased risk of the development of dementia, including Alzheimer's in women aged 65 years or older when starting the medication. Study results showed an increase of 23 cases per 10,000 women per year when compared to those on no combined hormone therapy. I believe the key here is the age of initiation of therapy, significantly older than the average age of an individual initiating therapy.

So what is the bottom line? ACOG recommends that if one is taking combined therapy for the protection and treatment of heart disease, stop the medication. There is no evidence it helps, and in fact the risk of stroke and

• See HEALTHY LIVING page 10

## Spooky Winners



The Fidelia Eckerd Living Center was inhabited by all kinds of strange critters last Friday, as the center held its annual Halloween costume contest. Winners of the resident contest were (L\_R) Carolyn Hancock (third place), Freda Martin (first place), Charles Fox (second Place), and Bea Bird (honorable mention). Residents capped off Halloween by hosting a special Trick-or-Treat for area youngsters Friday night at the center, located on the hospital campus.

## Grassroots politician talks on FOX



Ken Locke

Ken Locke, of Lake Glenville and Highlands, was recently invited to the Fox Radio Hour broadcast from Philadelphia, Penn. He was there to listen but to also talk about his ideas for a new kind of politics – getting back to basics where politicians are for the people not for party lines, he says. He alleges he was escorted from the premises, for expressing different ideas. To learn more, email him at [ncpaintballman@aol.com](mailto:ncpaintballman@aol.com)

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Highlands Rotary gave each teacher at Highlands School a check for \$100 to use as they see fit. "We know there are a lot of out-of-pocket expenses that you take care of and this is our way of thanking you for that," said Rotary President Thomas Craig.



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## ... HEALTHY LIVING from p. 9

blood clots is increased in the first 2 years. If taken to lower cholesterol, stop and use drugs specifically designed for that purpose. Lifestyle changes—a good diet, stop smoking, a good exercise program and weight loss are very important as well. If one is taking the drug for osteoporosis prevention or treatment only, stop and use drugs equally effective. Local application to the vagina should be effective for those suffering from vaginal or urinary symptoms. Women taking hormones for the relief of hot flashes, insomnia, mood swings etc. should take as small a dose as

effective and for as brief a time as possible.

How does one come off the hormones? No one good way has evolved, but it seems that those who stop abruptly are more likely to suffer a recurrence of hot flashes than those who taper off gradually over a number of weeks.

Finally, the decision to take or not to take hormone replacement must be made on an individual basis after the evaluation of risks and benefits. The same advice applies to those already on hormone replacement. Work this out with your physician.

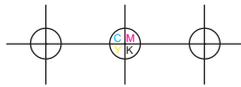
## Strange 'Staffers'



Not only did residents at the Fidelia Eckerd Nursing Center get into the spirit of Halloween, so did a number of the staff members at the center. Those competing in the annual staff costume contest were (L-R) Tami Mason, Jo Ane Workman (honorable mention), Caren Gahring (first place), Shorty Billingsley (third place), Linda Lane (second place), Becky Mathews (honorable mention), and Julie Sanfilippo.

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## • Book Review by Katie Brugger •

### High and Mighty SUVs: The World's Most Dangerous Vehicles and How They Got That Way

by Keith Bradsher

I am not now, nor have I ever been, an SUV owner — and I have been prejudiced against SUVs. I expected this book to be a delicious read that reinforced my stereotypes. But it didn't.

Throughout the book the author congratulated himself that he had written a blazing exposé on the order of Ralph Nader's classic *Unsafe At Any Speed*, but I never saw any 'wrong-doing' in the illegal sense. There are no villains, no evil-doing, just the inevitable outcome of capitalism interacting with government regulation and the American people's desires.

Here is the story of the SUV: In the late 1970s in reaction to the OPEC oil embargo and the increasing awareness of pollution and safety concerns, many regulations were written to increase mileage, decrease emissions, and improve safety on automobiles.

So called light trucks, which included pickup trucks and vans, were exempted from regulation because they were primarily used by small businessmen, farmers, ranchers, etc.

The Jeep had been a fringe part of the auto market since WWII, but by the early 1980s each of the automakers had added an off-road vehicle to their line. Because these vehicles were built on pickup truck chassis, they were exempt from the mileage, emission, and safety rules governing cars. These new vehicles could be bigger with more powerful engines than regulated cars. Because the American consumer had not lost his/her taste for big and powerful, these vehicles began to sail out of the car lots. There was no one colluding to create gas-guzzling polluting behemoths — just businessmen following profit.

That said, this is an exposé, but of something entirely

different. This book exposes the America of the late 20th century and it reads like a Shakespearean drama, either a tragedy or a comedy depending upon your point of view.

First this is an expose of the American character. SUVs were not foisted on a poor manipulated people; Americans flocked to the showrooms and ordered so many of them the factories couldn't keep up. One automaker is quoted as saying, "We could not sell big cars, so we turned it into a truck. The culprits are not frankly the trucks themselves — they are the American customers who

appearance than usefulness. They are apt to be self-centered and self-absorbed, with little interest in their neighbors or communities. The author says, "Rising sales of SUVs represent a triumph of image and marketing over practicality. The gradual decline in sales of safe, practical minivans over the last few years represents another sign that Americans care more about image than anything else."

I think an argument could be made that these "SUV owner attributes" describe the modern American character:

*We are self-centered — we care*

third) acquired the image of "mommy-van" and it seems many people don't want to project the image of "mommy" or "daddy" as they drive down the interstate.

*We are shallow — we care more for appearance than substance. Look at our worship of celebrities! We buy SUVs because we think they make us look cool. We elect movie stars for governor.*

This is also an exposé of the American political system. Congress is bought and sold by special interests, and legislation reflects much more of what's good for business than what is good for the people. (Unless of course, you buy that what's good for GM is what's good for the country.)

Consider the legislative path of the SUV. In the early 1960s, frozen chicken sellers were complaining that Europe, particularly Germany, subsidized their chickens, so Congress passed a trade measure that levied retaliatory tariffs. To punish Germany, the home of Volkswagen, one of the tariffs was on light-trucks. Conveniently, this tariff applied not just to Europe but also to the whole world so it kept the truck market safe from the Japanese. Even though every other tariff levied in that measure has been lifted, the light-truck tariff remains, ensuring that Detroit had a monopoly in this country on pick-up trucks until the late 1990s.

As mentioned above, in the late 1970s legislation was passed regulating the mileage, emissions, and safety of cars. But the businessman's light-trucks were exempted from regulation. There were also tax incentives: for example, a luxury tax was imposed on fancy cars but not on fancy trucks.

Why should we be surprised that automakers would take a

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**"Rising sales of SUVs represent a triumph of image and marketing over practicality. The gradual decline in sales of safe, practical minivans over the last few years represents another sign that Americans care more about image than anything else."**

---

– Keith Bradsher

don't want to drive small cars with four-cylinder engines. We never had a Machiavellian plan, we offered something people wanted to buy." In 2001, 3,501,000 new SUVs were sold. On a random day in October a friend and I counted cars on two blocks of Main Street. 40 percent of the vehicles were SUVs: 70 SUVs, 84 cars, 14 vans, and 12 pick-ups.

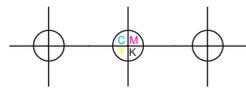
According to the author, the automakers employ excellent psychologists to understand the thinking of their customers, and the following is a composite picture of the average SUV owner, formed from tens of thousands of surveys: SUV buyers are afraid. They are frequently nervous about their marriages and uncomfortable about parenthood. They choose SUVs because they want to look adventurous and virile. They care more about

about our comfort and we give little thought to the consequences. Who cares if my vehicle choice means that I contribute more pollution, more greenhouse gases, and more deaths on the highway? We are 5 percent of the planet's population and we consume 25 percent of the resources.

*We are afraid — people buy SUVs because they want an urban assault vehicle that will get them out of any tight spot. Women tell the automakers that they want high vehicles that they can be sure no one is hiding under or behind. An auto market researcher declares, "I usually say, 'If you put a machine gun on the top of them, you will sell them better. Even going to the supermarket, you have to be ready to fight.'"*

*We are ambivalent about our families — the eminently practical minivan (I know, I am driving my*





# GARDEN ART MAKING IT BIG

By Kim Lewicki

What do you decorate after you've decorated the house? The garden, of course. And it's turned into a big business all over the country.

Search on "garden art" on the Internet and you get a list of stores and cataloges dedicated to such whimsy.

But you don't have to surf the Internet to find whimsy for your garden, there are plenty of places right here in Highlands. Crystal & Bark, Highlands Lawn & Garden, Call of the Wild, Dutchman's Designs, The Bird Barn, The Speckled Hen, Southern Hands and countless other stores. In fact such merchandise is really ampidexerous. It works inside or out.

Larry Smith, 58, who builds to-scale birdhouses replicas of historical homes and buildings builds them "for the birds" but more times than not, they end up as conversation pieces in someone's living room.

He started his venture about three years ago after he lost a hand in an electric saw accident. After 18 years, he'd gotten used to living with Multiple Scorlis, but losing the hand almost did him in spiritually. "I kept praying for a hobby and this just evolved," he said.

Creating objects of beauty lifted his spirits, and satisfied his yearning to investigate history through architecture.

About six months ago, Larry began selling his creations to the public. Prior to that, they were cherished gifts to friends and family.

"Everyone said he should try to sell them," said his wife, Gail. "So that's what we're doing."

At the Bird Barn in Highlands Larry's birdhouse replicas of The Episcopal Church of the Incarnation, The First Presbyterian Church and other historical structures decorate the store.

Each building is made from recycled pine and tin - typically an 8-inch by 8-inch piece of timber gleaned from from old cotton mills and tin from defunct chicken houses which dot his native north Georgia. A friend in the business of recycling old timber keeps him in wood.

Each house includes 200-600

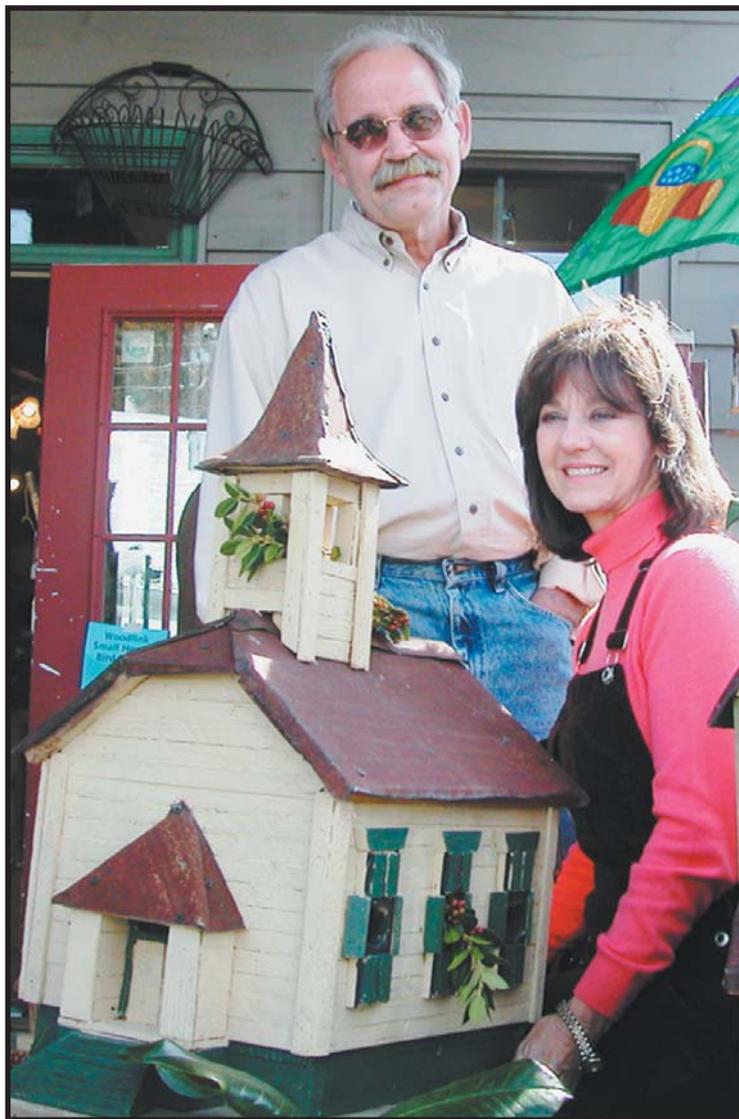
pieces where staircase newels from "real" houses become plantation columns for birdhouses.

Though the houses sell from \$200-\$500 Smith says it's "not a money thing" for him. "I enjoy doing this. It's just for fun. It's a way I can mix my love for architecture and history together. I never dreamed there would be a market for this."

To be "architecturally correct," he studies buildings in the library and finds a lot of what he needs on the Internet. "If I can see the front, I can generally tell you what the side and back looks like," he said.

"He gets so involved in them that he feels like he's lived in each one," said Gail.

His favorite architectural period is 1700-1865. In fact, if someone wants to commission him to build a replica of their home "for the



Larry and Gail Smith with a birdhouse replica of The First Presbyterian Church.



Mary Finnell displaying her lineup of crazy cats for birds, her expression strangely reminiscent of her creations.

birds" it has to be a special kind of house.

"I only do about 20 percent commission work because a lot of the houses just don't interest me."

To keep it interesting he works on about 15 houses at a time but don't ask him to figure out how much time he spends on each house. "I don't like to keep up with the time," he said. "Then it becomes a job and no fun. This is therapy for me."

Other whimsical birdhouses featured at The Bird Barn are by artist Mary Finnell and they're a little kooky.

Like Smith, she went public about six months ago and "it's been a great ride," she said. The name of the business is Cat's Eye Design and many of the houses are cats.

"I needed an outlet. I was helping a friend redo his house and got a saw and went crazy."

Her whimsical creations - reminiscent of the characters in "Alice in Wonderland" are made from stuff she finds on the side the road.

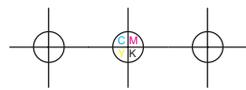
"I'm like a buzzard," said Mary. "I look along roadways for treasures I can turn into something beautiful."

Because she realized many "self-respecting birds may not want to live in a cat house," she also builds rustic, fun designs - a combination of wood and metal.

Like Larry's birdhouses, all her houses are "bird friendly," with different homes meant for different birds.

"All birds don't like the same kind of house," said Mary. "Blue birds like a certain kind of house but sparrows will live in anything."

All of her homes are treated with bird-friendly materials sanctioned by the Audubon Society. They range in price from \$50-\$275 with something "for every bird."



# One woman's journey to finding pain relief

By K.E. Evans & S.L. Busch  
Contributors

## Magical Beginnings

**K**athryn "Kit" Barker was born into a world most of us can only imagine.

From an early age she was surrounded by movie stars. Clark Gable, Jean Kelly, Lucille Ball, Elvis Presley and Vincent Mannelli frequented her house. Liza Mannelli sat with her on the living room floor and taught her to count with pennies.

Ester Williams taught her to swim on stage 12 while filming "The Million Dollar Mermaid."

Kit, flanked on one side by her Aunt and the other by William Boyd ("Hopalong Cassidy"), had the honor of cutting the dedication ribbon at the opening premier to "Hoppy Land."

Kit often accompanied her father, Harkness "Harky" Smith, to work. "Harky" worked at MGM as director of photography for 54 years. Much of Kit's family was involved in the movie industry. But it was her favorite Aunt Aileen that she would grow up and emulate. Aunt Aileen was a Hollywood stuntwoman.

Kit became an accomplished stuntwoman performing alongside many famous stars. Elvis Presley threw her into a pool in "Live a Little Love a Little." In the original "Planet of the Apes" she ran, fell and tumbled in both human and ape form. Kit crashed in "Airport." She was a regular stunt double for Linda Evans during the filming of "Big Valley" Being an expert equestrian, Kit was a natural to fill in when the script called for Ms. Evans to be on a runaway horse, buckboard or carriage.

## Enter the World of Pain

Kit's first serious movie injury happened when filming the TV show "Dial Hotline" The script called for her to "drop a motorcycle." The stunt turned into a critical accident because there was oil on the set instead of water. In an uncontrollable crash, she broke her neck. This did not keep her down. After months of healing she was back at work falling off horses and motor cycles on cue. Then one day, while wing walking on a biplane

during the filming of "The Bold Ones" a strut snapped. A free flying bolt lodged into her head as the plane made a controlled crash landing. Months of rehabilitation were required for Kit to learn to walk and talk again. During the course of her career as a stuntwoman Kit endured numerous broken bones and injuries but the near fatal plane accident was her final cue. It was time to retire.

Kit returned to school, earning her undergraduate degree in Education from California State University Northridge and then perused graduate studies at UCLA. With her love of people and her proclivity for physical activity it was an obvious choice to become a Physical Education teacher. But with each passing year the constant pain from her injuries made teaching PE impossible. Now Kit was forced again to reconsider her path in life.

## Searching for Answers

It didn't take long for Kit to chart a new course. She had always loved science and was nearly disabled with pain.

The answer was clear. She returned to school with a new purpose — to research a way to deal with her level of personal pain. Soon she would suffer more pain. Kit was in a minor motor cycle accident, she was hit by a Cadillac. When she landed on the hood of the car it did considerable damage to her lower back. The result was numbness in her legs and continual sciatic pain.

At this time she was working as a Massage Therapist at "The Spa Hotel" in Palm Springs California. Full use of the marvelous spa facilities, frequent medical interventions and increased medication could not ease her excruciating pain. Then she was introduced to Dr. Wong.

Dr. Wong had come from China and was testing the little known treatment called Microcurrent Acu-Point Therapy and Kit agreed to try the procedure. He ran the probes down each side of her spine, addressing traditional acupuncture points and activated the microcurrents of electricity that pass through the probes into the tissue underneath.

The effect was instantaneous it was as though the pain was erased. Kit had finally found the solution to her chronic pain. It was then that she decided to become a licensed Acupuncture Physician with a Ph.D. in Cellular Biology.

What is Microcurrent Therapy?

## Microcurrent Acu-Point

Therapy uses small pulsating currents of electricity that are finely tuned to the level of normal electric

The process involves probes that may be as small as Q-tips or include various size balls or rollers that run smoothly on the surface of the skin. The electrical current is so low that the only thing the patient feels is the cool sensation of the water-moistened electrodes or the gel used to conduct the current more effectively. Some patients may feel an immediate release of pain. Acute pain can be alleviated fairly



**From stunt woman to pain relief physician, Dr. Kit Barker has a story to tell and help to offer from what she's learned.**

pulses that take place on the body's cellular level. These currents of electricity safely and effectively stimulate, regulate and heal the traumatized cells.

Invented in 1942 by the military, its original purpose was to quicken healing and fight infections in soldiers wounded on the front lines. It has been primarily used in sports medicine but that is only the beginning. This therapy is very effective in cases involving soft tissue inflammation. It hastens the healing process by helping to normalize the ordinary activity that is taking place in the cell. It is currently being successfully used to treat arthritis, whiplash, TMJ syndrome, disc disease, migraines, stroke rehabilitation, tendonitis, bursitis, neuropathies, carpal tunnel syndrome and many other disorders. Microcurrent Acu-Point Therapy has been successfully used in China for the past 25 years.

quickly while chronic pain or old injuries take more time and patience.

## The Science Behind It

When the body is injured, over exerted or otherwise compromised there is a disruption of the normal activity that takes place within the cells. When a muscle is traumatized it reacts by going into a contraction, spasm or in the worst case even atrophy. This response decreases the flow of blood which in turn reduces the amount of nutrients, oxygen and ATP (adenosine triphosphate) available to the cells. Normal muscle contraction requires stimulation from a nerve impulse and a good deal of energy, which comes from large amounts of nutrients and oxygen. ATP molecules are the immediate source of energy for muscle contractions and other cellular activities. The

■ See JOURNEY page 18

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# • Hiking the Plateau •

## Hiking Horse Cove – Part II

By Leah Ferree  
Contributor

Two weeks ago, I took you down to Horse Cove to the Giant Poplar Tree and got to explore the places of interest located to the right.

This week, I am going to let you in on what is in store for you if you take a left at the fork. To review, you go down Main Street past Mountain Fresh and the Hudson Library. You will be on a two lane road with many switchbacks that will take you down into Horse Cove. Once you get down to the bottom, the road will level out and will become straight for about a quarter of a mile. After that, you will see a sign indicating the road is about to become gravel.

At this point, you will reach a fork where you can either take a right and go to the Chattooga River or you can take a left and go to Cashiers. Take a left here. (You will now be on Whiteside Cove Rd.)

The first place that you will arrive at will be Granite City. The trail to Granite City will begin 1.3 miles from the fork. There will be a cleared area on the left where you can park your vehicle. It is somewhat easy to miss. If you see a lake on your left, you have gone too far. From the parking area, hike straight up the hill, less than a mile, and you will come to a small gorge. Take a left here and let the exploring begin. There is no trail system here. Therefore, there is no correct way to go about walking around. It is a great place to wander through the granite caves and see just what you can find. Be careful of getting onto high rocks with no place to go except straight down. There are also many places that may look like caves that lead somewhere but quickly become too narrow to pass through. But, this is the fun of Granite City, you never really know where you will end up. I would definitely suggest a stop here. It is well worth the short hike to investigate around and let your imagination run wild.

Once you spend an adequate amount of time discovering the caves of Granite City, continue down the road. Shortly after Granite City, you

will pass by the smallest operating post office in the United States. Of course it is not still operational, but there is a small plaque and you can walk inside. There will also be a lake on your left offering a great view of Whiteside Mountain above it; very picturesque in the mountains.

Less than a mile past the lake on your left, you will come to a pull off/ parking area on both sides of the road. This will be Slick Rock. It really is a natural waterslide carved out by the stream on the rocks. In summer, it can feel quite refreshing and be a lot of fun for people of all ages. Any other time, though, the water will be a bit cold and if the outside temperature is not at its peak, it may feel a bit frigid. I suggest testing the water with an extremity before walking up to the top and sliding right down. Either way, whether you get in the water or not, it's a great place to enjoy watching others or simply enjoy the beauty. It is amazing how the rushing water can make those rocks so smooth and enjoyable.

Once you have enjoyed Slick Rock, you will be very close to the highway that will lead you to Cashiers and back to Highlands. Stay on the road that you have been traveling on until you come to the intersection of Highway 107. Take a left onto the highway and then another left at the stoplight in Cashiers.

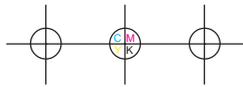
If you still have some time and energy left in your day, I recommend a hike up to Whiteside Mountain. The trailhead is located halfway between Cahiers and Highlands on Highway 64 and is only a two mile loop. You will turn left onto Whiteside Mountain Road and the parking area will be a mile on the left. There will be plenty of signs for you to follow. If you decide to hike up to Whiteside Mountain it will be a great opportunity to look down into the area that you have spent the rest of your day.

The mountain offers great views of not only Horse Cove, but also Shortoff and Yellow mountains to the north, Chimneytop Mountain to the east, Lake Keowee to the south, and to the west, you can see the Nantahala Mountains.

## Sponge Bob for birthday boys



Sponge Bob lovers Toby Barnes (left) who was 3 on Oct. 13 and his brother Matthew who was 2 on Oct. 25 got a big surprise when Sponge Bob and Winnie the Pooh visited them recently at a dual birthday party.



# Group of friends bridge gaps in the community

By **Barbara Lawrence**  
Contributor

**M**ore than three years ago, a group of friends decided to meet at the Highlands Civic Center to play bridge and now it's a regular bridge party for everyone — beginners to advanced players.

The group meets on Mondays from 1-4 p.m. all year 'round. One of the players is Phyllis Tietze of Highlands, who has been playing bridge for 30 years and always looks forward to her Monday game. "Bridge is a game meant to be fun, not a life choice," she says. "Sometime we have up to 48 players." Recreational Bridge doesn't involve a lot of regulations. "We only ask that anyone who plays brings a partner. The charge is \$3 a person and usually averages 10-12 tables." People of all ages attend the bridge party, the youngest is around 40 and the oldest is over 90 years old.

What many folks don't know is that all the money taken in goes out to the community. Once a year we donate our winnings to various organizations in the community. Typical recipients are the Highlands Fire & Rescue Department, the Literacy Council of Highlands, the Peggy Crosby Center and the International Friendship Council.

The group has been quietly donating to these causes for years. For 2003 the group donated \$2,500 to the community.

"We wanted to enjoy ourselves and help the Highland's community at the same time" she said.

If you are interested in learning bridge, watch the newspapers where upcoming classes are announced. The Center for Life Enrichment holds classes for beginners in the summer, and there are also classes held in Cashiers.

Phyllis said Recreational Bridge isn't stressful or highly competitive. It's just for fun. "We had one lady come to play, who was a complete beginner, and she has steadily improved week by week." This group provides great fellowship, and it's a good way to make new friends while doing your part to help the community.

For more information, call the Highlands Civic Center or just show up Mondays at 1 p.m. Everyone is welcome.



Deep in the game are Phyllis Tietze, Derice Pulte and Bob Tietze.

## How do you get to and from North Carolina?



Cut your 8-hour drive or 6-hour airline trip down to 1.5 to 2.5 hours to or from the surrounding states. Take off and land at the municipal airport just down the street rather than the big one hours away.

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... **SPORTS PICKS** from p. 8

say...hurt more than Ike Turner's last girlfriend?

**7. Yao Ming**

How can you not love this guy? He is charismatic enough to do commercials, but he doesn't tick you off like other ego-driven stars. Not to mention he is the best passing center in the game and he is younger than I am!!! I love watching him play-he doesn't force the issue and he has this sort of awkward grace about him. Reminds me of myself. (at about 3:30 am this morning)

**6. Tim Duncan**

If Yao is awkward grace, then Duncan is amazing grace. Watch Duncan and you will see soft bank shots, deft passes, quick footwork and a silent presence that dominates the floor.

**5. Bill Walton**

Yes, I can't believe it but I have been converted. I am now a Bill Walton fan. Ever since he stopped believing that he knew it all and turned himself into a TV persona I have enjoyed every "Shaq is DOM-inating in the Poooooost" that the Big Redhead has delivered. New to my hated broadcaster list-Tom Tolbert. Dude, just shut up-you were a career waterboy.

**4. The Phoenix Suns new uniforms**

Since when is Gerber strained carrots a color choice?

**3. Lebron and Carmelo**

Frankly, I was sick of Lebron mania until I saw his debut. Whew-maybe there is something to all that hype-and that is a scary thing. Plus-the kid seems to be pretty unselfish-here's hoping that he is the anti-Kobe. Melo's debut didn't go as well, but he will be fun to watch on a young Denver team.

**2. The Memphis Grizzlies**

Finally a team without a superstar that is going to play hard for 48 minutes. There will be no mailing in the first half against the Grizzlies, and they will be exciting and fun to watch. Southern fans of college basketball-adopt the Grizzlies! They deserve support and you won't regret checking out a game or two.

**1. The Dallas Mavericks**

The new college spread offense has been likened to basketball on grass, well if that is the case, then the Mavericks are NASCAR on the hardwood. Scoring, scoring, scoring and hmmm, how about some scoring? The Mavs will put up 150 at least twice this year, and maybe more than that-there may have never been a more potent lineup in the history of the NBA, and that is saying something. These guys couldn't guard my daschund, but they won't have to. If Nash, Jamison, Findog, Dirk, and Walker can play together and share the wealth, then nobody-and I mean nobody, will beat these guys.

# Prudential youth service awards winners recognized at ceremony

**By Jennifer Jones**

Macon County Schools Prudential Markham Bankston McGaha Realtors and the Volunteer Council of Franklin are pleased to announce the middle school and high school level winners of the Prudential Spirit of Community Youth Service Awards for 2003.

Miss Rachel Lewicki, daughter of Kim and Jim Lewicki of Highlands, and Mr. Tyler Kilpatrick, son of Penny Hodgkin of Franklin, are Macon County's recipients of the award and will have their project entries submitted for competition on the state level.

Prudential Realtor Stephanie McGaha met with Cynthia Hann, Lenora Clifton, and Jennifer Jones representing the Volunteer Council of Franklin to judge the entries.

Criteria for judging included local impact with additional breadth of impact, originality of service project, maturity of inspiration shown in the applicant, project origination and presentation quality of the application.

Miss Lewicki, a senior at Highlands School, began The Girls' Clubhouse, a community service group consisting of middle school girls with a focus on impacting its members with a sense of camaraderie and purpose in helping people by doing good deeds. They help shut-ins, service the library, raise funds for needy people and more.

Mr. Kilpatrick, a seventh-grade student at Macon Middle School, took an idea for helping young children be less fearful in difficult circumstances by what was provided

for him after surgery at a children's hospital. He donates time in designing and stuffing bear figures using materials he finds at garage sales and from donations to provide these bears to the police and fire departments for distribution to help alleviate fear of young children in difficult situations.

Each of these recipients gave an account of personal skills he or she developed in each volunteer project as well as how each of their lives were impacted as their volunteer service impacted others.

Other applicants were Katherine Betz, daughter of Richard and Martha Betz of Highlands, Jamy Beth Suminski, daughter of Joe and Claire Suminski of Franklin, and Shelbie George, daughter of Dana and Julia George of Franklin.

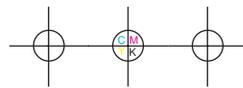
Youth volunteers and nominees for the North Carolina Awards for Outstanding Volunteer Service were recognized by the Volunteer Council of Franklin on Oct. 30.

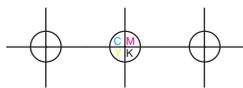


**Prudential Realtor Stephanie McGaha presented Rachel Lewicki, with her award at the Oct. 30 ceremony in Franklin.**



**Tyler Kilpatrick, of Franklin, received his award from Stephanie McGaha. Both Lewicki's and Kilpatrick's entries will be submitted for competition at the state level.**





## ■ Spiritually Speaking ■

### Judging

Matthew 7:1-5

To understand Jesus' exhortation on judgment, we must be careful to distinguish between judgment as ethical appraisal and judgment as quick condemnation. Jesus dressing the

We are frain from wrongs in human in- are to be the judgment, out against working for Pacino in Woman. His friend who is expelled



**Rev. Hunter Coleman**  
First Presbyterian Church

school is trying to defend himself. The harsh headmaster overseeing the trial calls him out of order. Pacino raps his cane on the table and, with the backbone of the prophet Micah and the conviction of the prophet Amos, screams out, "out of order, out of order. I'll show you out of order."

Sadly, that's the kind of judgment the church shies away from. A part of the dilemma we're now in with so much violence and suffering has to be traced in part to the church, which in too many places and at too many times, has chosen the safe, quiet way, making sure not to make trouble, not to unset the order of things, not to rock the boat, keeping quiet rather than speaking boldly for God's righteousness and justice.

The judgment Jesus warned against is the kind of judgment that is idle rumor, vicious gossip - the kind of judgment that is fault finding, harsh criticism. The kind of judgment that is first and lasting impressions, the kind we're too quick to invoke. "Judge not, that you be not judged."

Jesus follows this exhortation with an interesting question, "Why do you see the sawdust that is in your neighbor's eye, but do not notice the plank that is in your eye." Carpentry was a bit more primitive than PBS's Yankee Workshop with Norm's goggles and vacuum hoses attached to various saws. Having served as an apprentice in his father's carpentry shop, Jesus learned, first hand, that sawdust comes from a plank. The shop was filled with sawdust from all the sawing, chiseling, and planning of the various planks. It was everywhere - ears, nostrils, clothes. It easily got in your eye.

The sawdust we judge in another all too often comes from the plank in us. We see in others something that reminds us of our own harsh unrelenting judgment of things we detest about ourselves, things we can't seemingly change, things that make it hard to be at home in our own skin. We deal with it by dealing with it in others. It's less painful that way, or so it seems.

To try and deal with the plank in you by faulting the sawdust you see in another person does not solve anything. You are still left with the uneasiness, the disappointment you feel about you. You can judge the

■ 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 a.m.  
Sunday night services every second and fourth Sunday at 7 p.m.  
Wednesdays: Mid-week prayer meeting - 7 p.m.

### Buck Creek Baptist Church

Sundays: School - 10 a.m.; Worship - 11 a.m.  
First Saturday: Singing at 7:30 p.m.

### Christian Science Services

On the corner of Spring and Third streets  
526-2830  
Sunday: Morning Service - 11 a.m.  
Wednesday: Evening Service - 7 p.m.  
Tuesday & Friday: Study room open 2-4 p.m.

### Church of Jesus Christ of Latter Day Saints

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

### Clear Creek Baptist Church

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

### Community Bible Church

(Evangelical Presbyterian Church  
Steven E. Kerhoulas, Pastor, 526-4685  
3645 U.S. 64 east  
Sundays: School - 9:30 a.m.; Worship - 10:45 a.m.  
Tuesdays: Women's Bible Study - 9:45 a.m.  
Wednesdays: Supper - 5:30 p.m.; Bible Study - 6:30  
Thursdays: Guys Sr. High Discipleship - 6 p.m.

### Episcopal Church of the Incarnation

Interim Priest: Stephen Hines, 526-2968  
Sundays: Holy Eucharist - 10:30 a.m.; Adult Class - 10 a.m.; Children's - 11 a.m.  
Tuesdays: Men's Cursillo @ Hampton Inn - 8 a.m.  
Wednesdays: Supper and Program @ First Presbyterian Church - 6 p.m.  
Thursdays: Women's Cursillo Group @ Library - 9:30 a.m.; Holy Eucharist - 10 a.m.

### First Baptist Church

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

### First Presbyterian Church

Rev. J. Hunter Coleman, Pastor, 526-3175  
Sundays: Worship - 8:30 a.m. & 11 a.m. (child care at 11 a.m.); School - 9:30 & 9:45.  
Wednesdays: Children's Devotions - 9:30 a.m.; Supper - 6 p.m.; Choir - 7 p.m.  
Thursdays: Bible Study - 10 a.m.  
Sat: Adventistas del Septimo Dia - 10 a.m. & 5 p.m.

### Highlands Assembly of God

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

Wednesdays: Prayer & Bible Study - 7 p.m.

### Highlands Seventh-Day Adventist Church

Wednesday evening prayer & Bible Study  
Call Lloyd Kidder at 526-9474

### Highlands United Methodist Church

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

### Lutheran Church of the Holy Family - ELCA

Rev. Pam Mitcham, Pastor,  
2152 Dillard Road - 526-9741  
Sundays: Worship/Communion - 10:30 a.m.

### Macedonia Baptist Church

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

### Mountain Synagogue

St. Cyprian's Episcopal Church, Franklin 369-6871  
Friday: Sept. 12 Sabbath Eve Services at 7 p.m.  
For more information, call (706)-745-1842.

### Our Lady of the Mountains Catholic Church

Rev. William M Evans, Priest  
Parish office, 526-2418  
Wednesdays & Fridays: Mass - 9 a.m.  
Sundays: Mass - 11 a.m.

### Scaly Mountain Baptist Church

Rev. Clifford Willis  
Sundays: School - 10 a.m.; Worship - 11 a.m. & 7  
Wednesdays: Prayer Mtg. - 7 p.m.

### Scaly Mountain Church of God

Pastor Allen Melton  
Sundays: Radio Program 1340 AM - 8:30 a.m.; School - 10 a.m.; Worship - 11 a.m.; Evening - 6  
Aug. 31: Rev. Melvin Shuler, a Pentecostal preacher will preach. For more information call 526-3212.

### Shortoff Baptist Church

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

### The Church in the Wildwood

Horse Cove Road  
Old-fashioned hymn-singing led by lay people.  
Every Sunday Memorial Day - Labor Day at 7 p.m.

### Unitarian Universalist Fellowship of Franklin

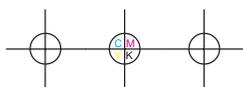
526-9769  
Rev. Maureen Killoran (part-time)  
Sundays: Worship - 11 a.m.

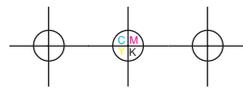
### Westside Baptist Church

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

### Whiteside Presbyterian Church in America

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





### ... CABLE from page 1

when asked to and has even attempted to hide cable by going down a pole, through the trees and winding around other cable."

Harris said HCG shouldn't be concerned about Verizon and Northland being out of compliance, because HCG shouldn't have been on town poles in the first place.

"It flies in the face of good safe business practices," said Harris. "It has acted as if it is above the law and doesn't have to act in good faith."

Harris said the town bent over backwards to allow HCG to come into compliance even though HCG didn't have permission to be in the town limits.

HCG's attorney, Mr. Hamlin, said as far as he knew cable wasn't illegally strung since the Oct. 15 Town Board meeting.

But Commissioner Amy Patterson said prior to the Oct. 15 meeting, the town disconnected several cables hung illegally by HCG. "We obviously didn't want them re-strung and he did what the town asked him not to do," said Patterson referring to owner Nin Bond. "You jeopardized your entire franchise over what, six customers in town?"

Board members discovered the

cable had been run through the trees and along the ground after the Oct. 15 meeting, but the act itself took place prior to that meeting.

"I got permission from the property owner to run the cable on his property," said Bond. "It was a temporary solution on private property."

But Patterson said Bond deliberately flaunted the town's authority and restrung cable after the town cut down his illegally strung cable.

Harris said there are numerous poles where Verizon and Northland Cable are out of compliance but could be in compliance once HCG's lines are taken off their lines and put back where they were originally placed. Northland and Verizon allege HCG illegally detached, moved and reattached their lines to make room for its own.

If HCG doesn't remove the cable in 30 days, the town has the right to use the company's Performance Bond money to do the job itself.

Meanwhile, the town plans to use a GPS system to look at all 1,900 poles in town and to map its entire system.

Verizon and Northland Cable will also be given a time line to come into compliance once the town knows exactly what needs to be done on each of its poles.

### ... JOURNEY from page 13

external application of microcurrents increases the production of ATP, oxygenation, absorption of nutrients, elimination of waste products and other processes necessary to normal cellular function.

#### The End of a Journey

Dr. Kit Barker has had almost 10 years of experience as a Licensed Acupuncture Physician. She believes in the concept of complimentary medicine where "Microcurrent is used in combination with other forms of medicine all working synergistically towards the well-being of the patient." Whether you are an athlete with an injury or a weekend warrior, a victim of an accident, recovering from surgery or just living with nagging age-related pain you will find relief, a feeling

of improved health and renewed energy from Microcurrent Acu-Point Therapy.

Dr. Barker has spent the last 20 years in Florida. After commenting to a friend that she missed the mountains of California she was invited to visit Highlands. Like so many others, it was love at first sight. She opened her mountain office last summer and is now dedicated to a full-time and year-round practice here.

"People typically don't have a choice about needing to work, it's not an option, but we can make a choice about where to work," said Dr. Kit. "My choice is to stay in Highlands. I especially love the people here, the community and the mountains. I feel like I've finally come home."

### ... BOOK REVIEW from page 11

light-truck chassis that had no foreign competition and was exempt from regulations and build a passenger vehicle on it, giving the customer what they want: a *really* big car? The feeling as I read was of watching an inevitable process unfold. But some may ask, isn't circumventing the spirit of the law "wrong-doing"? In a system like ours, though, that is the way the game is played: for example, the latest campaign finance legislation "reforms" the soft-money system that was a circumvention of the previous campaign finance reform that followed Watergate.

A National Academy of Sciences panel found in early 2002 that it would be cost-effective to re-engineer mid-size SUVs to get 26-30 mpg — the savings in gas would offset the \$1,000 added to the price tag. But you may remember the auto industry's PR campaign that fostered the belief that Congress was trying to take away people's pick-up trucks. The resulting outcry ensured that Congress voted the way industry wanted. If you want a villain it's the misinformed/ignorant American public.

I drive a Chrysler Voyager with a six-cylinder engine that (supposedly) gets 19 mpg in the city and 23 mpg on the highway. The average car mileage is 27.5 mpg, and this was a standard achieved in 1985. With current technology that number could be much higher. Toyota is proving that hybrid cars getting 80 mpg can be mass-produced alongside conventional-engine cars on the same assembly line. How can any of us, except hybrid car drivers, motorcyclists, or those who eschew motorized vehicles altogether, criticize SUV drivers for getting 15 or 16 mpg?

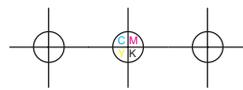
There is some important information in this book about safety issues. Reading it has made me a more defensive driver. If you

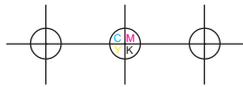
are one of the brave souls who still drive a car, you might consider reading this book just to learn how bad your odds are in an accident with an SUV. The main problem is the height of an SUV's hood — if you look at an SUV next to a car the hood comes up to the top of many cars' side windows. In a front collision the SUV will ride up and over your car and in a side collision the people in the car don't have a chance. SUVs are safe for their occupants (except in rollovers) but lethal for everyone else.

A contributing factor to the danger of SUVs is that drivers have a heightened sense of security in bad weather conditions, mistakenly thinking that 4-wheel drive will save them. For example, SUV drivers will go faster on a slick road, not knowing that 4-wheel drive cannot help them in that situation.

The auto industry does respond to consumer pressure. One of the depressing parts of this book had to do with Ford. Bill Ford, the grandson of Henry Ford, is an environmentalist. When he became CEO of the family company, he believed that an increasing number of people were making purchasing decisions based on social and environmental issues, and he decided to transform Ford into an auto company those people would feel comfortable buying from. A week after he made the announcement of Ford's new direction, the Firestone-Ford Explorer debacle began, and the company's transformation was shelved in the interest of pure survival. But there is plenty of evidence in this book that if enough consumers start making their vehicle decisions based on social and environmental concerns rather than image, the auto companies will provide.

(Available at the Hudson Library, call letters 629.2B)





## ... SPIRITUALLY from pg. 17

sawdust in others 'til you are blue in the face, but nothing changes because you have done nothing to address the source. You are left to live as best you can with what you see as a burdensome plank. What's your plank? What is it you don't like about yourself? What is it that sticks to you like a shadow, no matter how fast you run, how busy you get?

Jesus used the sawdust and the plank to make a very important point. The judgment we find hardest to bare, the judgment from which comes most of our harmful judgment of others, is our harsh, unrelenting judgment of self. I remember a note placed in the offering plate one Sunday addressed to me. That God should love me, when I find it so hard to love myself, that God should believe in me, After I have blown so many chances,

That God should welcome me, When I, a flimsy facade, a cousin of zero, bring so little, Is more than I can accept. Whereas none of us is very good at showing mercy to ourselves, God is patient, kind, understanding, and would grant us what we cannot gain alone.

"Come unto me all who are weary and burdened and I will give you rest. ...Learn from me and you will find rest for your soul." To all gathered here today who are carrying the heavy weight of self-imposed judgment, an invitation to hear these words as words addressed to you.

The Lord is merciful and gracious  
Slow to anger and plenteous in mercy.  
The Lord has not dealt with us after our sins  
Nor rewarded us according to our iniquities.  
As the heavens are high above the earth,  
So great is God's mercy towards them that fear God.  
As far as the east is from the west  
So far hath God removed our transgressions from us.

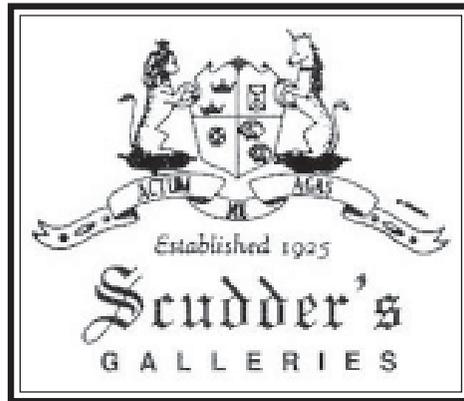
Jesus' warning about judging is an invitation to know a judgment that empowers you to drop the burdensome sentence you've imposed on you. You can go easier on yourself. You can be lighter of heart. You no longer need to judge the you, you see in others.

The concern is not only the harm our judging does to us, but the harm it does to those we judge. It only adds to the burden of a life that may already be heavily weighted down by alienation and guilt.

Will Tweedy, the central character in Ann Burns' Cold Sassy Tree, comes upon a suicide note left by his uncle Campbell. As he starts to read it, he remembers events evenings earlier. Aunt Loma, Uncle Campbell's wife was helping his mother and Queenie clean up from supper. Uncle Campbell was watching little Campbell who fell and started crying. Aunt Loma rushed in yelling at Campbell with words Will had often heard her use on him, "swanny to God, Campbell Williams. Looks like you could at least see after your son when I'm in the kitchen." "I'm sorry, Loma, I'm sorry." "You sure are. You're just sorry. That's he smartest thing you said since the last time you said it."

The suicide note read. "Dear Loma, I loved you since the day I first laid eyes on you. It's I ain't no good for nothing which you know. It's got so gettin' outa bed every morning is too much. My leaving this world don't have nothing to do with you being mad at me. I love you and always will. But now you can have some peace."

▪ See SPIRITUALLY page 21



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**Fridays and Saturdays**  
8 p.m.  
**Doors open at 7:30 p.m.**  
**Open daytime Fridays and Saturdays**  
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NC Company License 966  
Frank A. Scudder License 992

## • Highlands Eateries & Light Fare •

### The Pizza Place

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



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

### Highlands Hill Deli

526-9632  
4th Street across from Old Edwards Inn  
Made-to-order sandwiches,  
green & fruit salads, ice cream  
Open 7 days a week 10 a.m. - 5 p.m. MTW  
and 10 a.m. - 8 p.m. Th., Fri., Sat. Sun.

### Buck's Coffee Cafe

384 Main Street  
Coffee, grilled sandwiches, desserts & wine  
Open 7:30 a.m. - 6 p.m., Sun.- Wed.  
Until 11 p.m., Thurs., Fri. & Sat.  
Live Entertainment Thurs., Fri. & Sat. evenings

### Pescado's

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

### Hilltop Grill

Fourth & Spring "on the Hill"  
"Quick Service Not Fast Food" - 526-5916  
Hamburgers, fries, sandwiches & salads  
Mon.-Fri. 11 a.m. to 3:30 p.m.

### Don Leon's

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

### Brick Oven Pizza

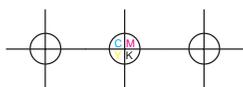
526-4121  
Mtn. Brook Center next to Movie Stop  
Made-to-order pizza, calzones & salads  
Open for lunch & dinner year-round

### Backroom Deli

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

### Sports Page

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



## ... FIREFIGHTERS from page 1

and reduction of up-front premium) for Federal Housing Administration mortgage loans for qualified professional firefighters.

Loans will only be issued for homes within the jurisdictions for which the volunteers work.

Furthermore, firefighters can't have owned interest in a principal residence within that jurisdiction during the 12-month period ending

## ... VOTERS from page 1

The terms are for four years and the new board members will be sworn in at the Dec. 3 Town Board meeting.

In two years, two more seats will come open on the board, that of Commissioners Amy Patterson and Hank Ross, as well as the Mayor's seat.

Meanwhile, Mayor Buck Trott is excited about the makeup of the

upon the mortgage's issuance.

The bill was introduced July 25, 2003 by Bill Pascrell, (D-NJ) and is cosponsored by 14 Democrats and three Republicans in the House.

Warren Cabe, MC director of Emergency Services said the bill is a good thing. "Anything the federal government can do to entice people to volunteer is a wonderful thing," he said.

new board.

"I know we can work well together and continue to improve our town," he said.

The Mayor also had kind things to say about Commissioner Mike Cavender.

"I want to thank Mike for all he has done for the town over the years. I know he will continue to be an active and informed citizen.

## Bryson Quick Lube changes hands

Come the end of November, Bryson Quick Lube will change hands.

There was nothing out of the ordinary about the buyout, said Zoning Administrator Larry Gantenbein.

"It was simply a family-to-family transaction," said Zoning Administrator Larry Gantenbein. "The Neville Bryson family to the Gantenbeins."

Larry's son Michael bought Bryson Quick Lube "lock, stock and barrel" and he and his son will be operating the businesses.

Though the company will con-

tinue offering auto repair, lube and tire services, Michael Gantenbein is bringing in Goodyear in addition to the current Michelin and Uniroyal lines.

"He's been wanting to get Goodyear up here for a while and the Brysons and he worked out a deal," said Gantenbein.

Mike and Becky Bryson will still be on the scene. "Mike is retaining one of the bays for repairing and maintaining his grading and excavating business," said Gantenbein.

Becky said she'll be helping Mike with that business instead of the "quick lube" business.

## Changes at Peggy Crosby Center

Those visiting the Peggy Crosby Center will see a new face, effective immediately.

Christy Kelly was appointed the new Executive Director, Tuesday, Nov. 4 and began work immediately.

She is replacing Jean Kosartes, who was hired about a month ago.

"The job just didn't turn out to be what she thought it was," said board member Jodie Cook.

The position is full time but

Kelly will hire part-time help on a temporary basis while the administrative department is re-organized.

"I am very happy and excited about the opportunity to once again work in nonprofit management," said Kelly. "I'm proud to be associated with such a fine volunteer organization."

Up until two years ago, Kelly was director of the Highlands Chamber of Commerce for five years.

## • Upcoming Events •

### On-going

• The Highlands Rec Dept. is running a special on Fitness Memberships. One year for \$90 per person.

• Highlands School needs a microwave. The one in the Teachers' Lounge died, recently. If you can help, call 526-2147.

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

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

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

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

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

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

• The Instant Theatre Company Education Program is for children grades first through 12 and adults over 18. Children's Beginning Acting & Theatre Games Grades 1-4, Mondays 4-5 p.m. Beginning Acting & Theatre Games Grades 5-8 Wednesdays 4-5 p.m. Teens Acting & Improvisation Grades 9-12 Mondays 6 p.m. to 7 p.m. Adults - all ages Scene Study & Improv - Wednesdays 6-7 p.m. To sign up call 828-526-1687. All classes are held at the Peggy Crosby Center. Email at [instanttheatre@earthlink.net](mailto:instanttheatre@earthlink.net)

### Nov. 8

• The Eastern Star is holding a breakfast buffet at the Highlands United Methodist Church from 8-10:30 a.m. Adults are \$6 and children under 12 are \$4. Proceeds will benefit Eastern Star projects and the HCCDC. Main dishes include egg casseroles with cheese, sausage, bacon and ham; biscuits; grits, pancakes, sausage patties, and scrambled eggs. Beverages include coffee, milk, orange juice and water.

### Nov. 6-9

• The Highlands Community Players present "You Can't Take It With You," Thurs.-Sunday at the Martin-Lipscomb Performing Arts Center. Shows are at 8 p.m., Thurs. through Sat., and at 2:30 p.m. on Sunday. For tickets call 526-8484 or visit the box office from 10-2.

### Nov. 9

• Jean-Luc Joillot, the president of the Pommard Winemakers Association in Burgundy, France will be in Highlands conducting a tasting of his fine wines at the Falls on Main. The tasting will include fine cheeses. Seating will be limited to the first 36 reservations. The charge will be \$25 per person or \$45 for two persons. Call Highlands Wine and Cheese Shop at 526-5210 for more details or to make reservations.

### Nov. 11

• The film, "The Mystery of George Masa," 7 p.m. at the Martin-Lipscomb Performing Arts Center on Chestnut Street.

### Nov. 12

• The "Conservation Easements and Other Land Preservation Techniques" workshop 8:30 a.m. to 3 p.m. at the Ramsey Center at WCU. For more info, call 919-515-3723.

### Nov. 14

• Hurricane Creek will be at Buck's Coffee Cafe on Main Street, Friday, from 8-11 playing "country-fried" rock & blues.

### Nov. 15

• The Chamber of Commerce Window Decorating Contest is in the works. The deadline has been extended to Nov. 15. Get your entry forms from the Chamber of Commerce.

### Nov. 16

The Satolah (Ga.) Volunteer Fire Department is holding an open house, 2 p.m. to commemorate its 25th year of operation. Free hot dogs will be served and a local country music band will provide the entertainment, The Ragin' Rebels.

### Nov. 29

• The annual Christmas Tree Lighting is the Saturday after Thanksgiving in front of the Highlands United Methodist Church.

**Don't miss the Highlands Community Players production of "You Can't Take It With You," Nov. 6-9 at the Performing Arts Center. Call 526-8484 for ticket information.**

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## ... SPIRITUALLY from page 19

The person being wrongly judged needs someone who will discard the fault finding, the harsh criticism, someone who is willing to wade through all the defenses and understand and care. That can only be a person who truly knows the merciful judgment of the one who commands us not to judge.

"Judge not, that you be not judged," said Jesus. The next time you find yourself about to engage in some idle rumor, some vicious gossip, some harsh criticism, some fault finding, ...the next time you are about to make a first and lasting impression, ...the next time you are about to pass judgment on someone, I urge you

first to stop and ask yourself: What is this saying about what I believe about God's judgment?  
 Only when we are able to stop judging ourselves will we stop judging others.

## Thanksgiving Day Buffet



### Menu:

<b>Turkey &amp; Dressing</b>	<b>Southern Cream Corn</b>
<b>Baked Ham</b>	<b>Waldorf Salad</b>
<b>Prime Rib</b>	<b>Tomato-Cucumber Salad</b>
<b>Squash Casserole</b>	<b>Fresh Baked Bread</b>
<b>Sweet Potato Casserole</b>	<b>Choice of Dessert</b>
<b>Country Green Beans</b>	<b>• 11 a.m. to 3 p.m. •</b>

**Adults: \$23**  
**Children: 5-14 \$14**  
**Under 5: FREE**  
**Plus tax and gratuity**

**Call 526-3380 for reservations**

## Giving back to the community



Photo by Kim Lewicki

In the course of a year, the Recreational Bridge group, that meets every Monday, 1-4 p.m. at the Highlands Civic Center, donates money won during games to various community organizations. This week the Rec Dept., represented by Tom Harris, received \$1,000 from club president, Phyllis Tietze.

## Dr. Baumrucker closes medical practice after 33 years

After more than 3 decades years of doctoring, local family physician Dr. John Baumrucker has closed his active medical practice in Highlands. But he's not hanging up his stethoscope just yet.

Beloved "Dr. B" or "Dr. John" to thousands of Highlanders over the years, Baumrucker officially closed his active medical practice here Oct. 31, in order to devote more time to his on-going mission project in Montero, Bolivia. And next summer he will continue his practice at Highlands-Cashiers Hospital, helping

community about 40 kilometers from Montero. He plans to commute to Montero to continue his work volun-



**The Highlands-Cashiers Hospital "family" honored Dr. John Baumrucker last week for his years of service to the community. One of a number of tokens presented during a special party honoring his retirement from office practice was a plaque made from an old suture tray and syringe saved from the former hospital (pre-1993) where John began his medical career in 1971. Jane Yates, RN, (R), vice president for Clinical Services and Linda Dryman, RN, (C), manager of acute care/ER and long-time nurse at the hospital, are shown making the presentation. Several speakers, including Baumrucker himself, shared a number of memories and stories, some humorous, some touching.**

teering at free medical clinics, and he also hopes to teach at the hospital there.

In addition to the medical work, Baumrucker plans to devote much of his time to better assessing the needs of the people of Montero so that the efforts of those who participate in the annual Mission to Montero trip each spring can be more effective. Approximately 30 volunteers from a num-

ber of area churches make the 1,200

mile trip spending anywhere from a week to two and a half weeks building houses and community projects, working with several area orphanages, and providing medical and dental care at a number of different clinics.

Baumrucker says a particular goal this year is to start an adoption program that will bring Bolivian children to homes here in the states.

Aside from feeling God's call, Baumrucker says the business part of running a busy medical practice is becoming more difficult.

"It's not fun to be a doctor anymore," he says. "I still enjoy seeing patients, but the rest of it has begun to outweigh the fun. I used to be able to see 25 to 30 patients a day. Now I'm lucky if I can see 18 people in a day."

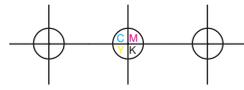
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"It's not fun to be a doctor anymore," he says. "I still enjoy seeing patients, but the rest of it has begun to outweigh the fun. I used to be able to see 25 to 30 patients a day. Now I'm lucky if I can see 18 people in a day."

"When I started out in practice my overhead was about 35 percent; now it's about 75 percent. At the same time the reimbursement from Medicare and managed care is staying the same or being cut back. It's hard to make a living practicing medicine now," he laments. "I think the public needs to know what's taking place in medicine these days."

Initially, Baumrucker says he plans to spend approximately three months each year in Bolivia - from mid-December through the end of March. Baumrucker and his wife Joanna will live in Buena Vista, a small rural com-



## • Police Report •

The following are the Highlands Police Department log entries for the week of Sept. Oct. 27-Nov. 5. The only names are of public officials and/or people who were arrested.

### Oct. 27

- At 11 a.m., a resident reported missing a cell phone.
- At 10 p.m., officers reported a person walking on Chestnut Street who acted suspiciously when approached by the police. When police turned around to approach him he was gone.

### Oct. 30

- At 3:25p.m., damage to a Highlands Police car was reported by an officer.
- At 4 p.m., a motorist was cited for driving without a license at Little Bear Pen and U.S. 64 east.
- At 4 p.m., officers responded to an accident involving two vehicles at U.S. 64 east and Little Bear Pen. There were no injuries.

### Oct. 31

- At 10:15 a.m., officers responded to an accident on Cullasaja Drive and a private driveway. There were no injuries.

### Nov. 1

- At 7:30 a.m, a construction company owner complained of nightly vandalism to the port-a-cans at a construction site at Highlands School.
- At 10:15 a.m., officers responded to a construction noise complaint at the Old Edwards Inn site.

### Nov. 2

- At 4 a.m., Saul Patino, 26, of Scaly Mountain, was arrested for DWI and cited for driving left of center.

### Nov. 3

- At 7:14 a.m., a motorst was cited for driving 44 mph in a 25 zone.
- At 8:41 p.m., a resident reported losing a cell phone.

## Woman's Club donations announced

The Highlands Woman's Club is proud to announce their annual donations of \$24,925 for the year 2003/2004. Money was generated through clothing and accessory sales from Fibber Magee's Thrift Shop now located on U.S. 64 east by Memorial Park. Recipients were:

- |  |   |
|--|---|
| • Scholarships — \$5,000                                 | • Martin-Lipscomb Performing Arts Center — \$500      |
| • Highlands Civic Center — \$2,000                       | • Highlands School Music Program — \$500              |
| • Highlands Community Child Development Center — \$2,000 | • Highlands School Arts Program — \$500               |
| • First Presbyterian Child Care — \$2,000                | • Highlands School Great Beginnings — \$500           |
| • Highlands-Cashiers Hospital Foundation — \$1,000       | • Highlands School Family & Consumer Sciences — \$500 |
| • Highlands Fire Department — \$1,000                    | • Friendship Circle — \$500                           |
| • Scaly Mountain Volunteer Fire Department — \$1,000     | • New Century Scholars — \$500                        |
| • Highlands Head Start — \$750                           | • Highlands Senior Adult Luncheons — \$300            |
| • Highlands Literacy Council — \$750                     | • Highlands Senior Adult Trips — \$300                |
| • Hudson Library — \$750                                 | • Macon County Humane Society — \$200                 |
| • Bascom Louise Gallery — \$500                          | • Highlands/Cashiers Humane Society — \$200           |
| • Highlands Biological Station — \$500                   | • Highlands Cemetery Fund — \$200                     |
| • Highlands Community Players — \$500                    | • Highlands Volunteer Fire Department — \$200         |
| • Highlands Playhouse — \$500                            | • Highlands Girls Scout Brownie Troop — \$150         |
| • Highlands Historical Society — \$500                   | • Christmas Baskets — \$125                           |
| • Kids Place — \$500                                     |   |
| • Lewis Rathbun Wellness Center, Asheville — \$500       |   |

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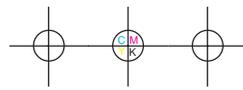
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