BOE chair Edwards steps down after 20 years

Monday night’s Macon County School Board meeting in Nantahala marked a big change for the Macon County School Board where Chairman Donnie Edwards presided over his last meeting. Edwards first joined the board 20 years ago and decided after five terms, not to seek re-election for a sixth.

“We’re going to have to find him another hobby,” said his wife Linda. Though his children are grown and gone, Edwards has stayed involved in the school system both as a board member and a volunteer basketball coach — a post he plans to resume now that he’ll have more free time.

Also leaving the board are Susie McCoy and Roberta Swank. Like Edwards, McCoy chose not to seek re-election — she was on the board 10 years. Swank, who held the unexpired term of Guy Gooder who relinquished his seat two years ago, lost the election to Bobby Bishop. Superintendent Dan Brigman spoke highly of all three board members.

Sheriff backs deputy’s actions during Franklin car-jacking attempt

A youth has been arrested and an investigation into the Sheriff’s Department’s actions is ongoing in conjunction with activities involving both parties on Oct. 19 on Wayah Road in the vicinity of the LBJ Job Corps facility in Franklin.

On Friday, Nov. 21, Jeffrey Thompson of Huntersville, N.C., was formally arrested in Charlotte, N.C., for the incident that occurred on Oct. 19. Thompson was not arrested at the time of the incident because he was hospitalized for complications he suffered during the incident.

Following the incident, Sheriff Robert Holland formally requested an investigation by the State Bureau of Investigation into the use of force by his agency. However, the sheriff has publicly maintained that his officers acted appropriately during the incident. “This request is not because I question the actions of my officers, but instead, allows an outside agency to conduct a non-biased investigation and produce their findings into the incident,” said Holland.

While the SBI continues to conduct their investigation, Macon County Detectives have continued to investigate Thompson’s activities on October 19th.

So far, detectives have determined that a motorcyclist was traveling on the Wayah Road toward Franklin when Thompson was found in the roadway not just impeding the flow of traffic but refusing to allow traffic to pass through the area.

According to accounts, Thompson walked up to the motorcyclist and demanded his motorcycle while attempting to pull the victim from the bike. When the man resisted, Thompson grabbed him around his head and began striking him with his fist. According to the victim, while assaulting him, Thompson

Tree lighting - Sat., Nov. 29 kicks off holiday season

At 6:30 p.m., Saturday, Nov. 29, folks will begin to gather on Main Street in front of the Highlands United Methodist Church for the town’s annual tree lighting, caroling and a visit from Santa and Mrs. Claus! There will be hot chocolate and cookies available for free and sweatshirts commemorating the event for $20. After the lighting, Santa will be at the Visitor’s Center to hear wishes, and over at the Martin-Lipscomb Performing Arts Center on Chestnut Street “The Prince of Dark Corners” will be on stage at 8 p.m. Make a night of it!

Photo by Jim Lewicki

This time her words ring true

Dear Editor,

I would just like to say although I usually do not read the whole article of this author, I do believe this is the most sensible one I have ever seen her write. Believe me I did get time and attention from my parents—sometimes I thought too much!

At least Michelle didn't have to make those trips to the outhouse as some of us have.

Bobby Chambers
Stone Mountain, GA

When Is the Race for Breast Cancer Prevention?

Dear Editor,

Now that the annual Susan G. Komen Race for the Cure is behind us this year, we just ask when is the Race for Breast Cancer Prevention? Medical facts about preventing breast cancer are obscured in the “race” for a high tech “cure” with its nebulous promise of an effortless vaccine or pill.

Komen spends millions of dollars on public education campaigns for mammograms to get women into surgery, radiation and chemotherapy sooner, but virtually nothing is spent on the prevention of breast cancer. Medical facts suggest that not only is breast cancer preventable, but the critical time to prevent breast cancer is early childhood—just like skin cancer, lung cancer, dental caries and other diseases.

Why doesn’t the Komen Foundation emphasize prevention, as do the American Lung Association, the American Dental Association and the American Academy of Dermatology? Thanks to their respective public information campaigns we all know to protect babies and children from second hand smoke, to limit sugar in our baby’s diet and to protect our children from excess sun exposure beginning in infancy.

How much longer do we wait for similar public information campaigns to guide us in breast cancer prevention for our daughters and granddaughters beginning in infancy?

The February 2008 issue of Pediatrics reported detectable levels of the known carcinogen phthalates in infants’ urine after the use of baby lotions, creams and wipes, but you didn’t hear that from Komen. According to the website of Campaign for Safe Cosmetics, even Johnson & Johnson’s baby shampoo contains the carcinogen 1,4-dioxane. These carcinogens are not listed on the baby shampoo labels because of a loophole in FDA labeling laws. If you were a $50 billion industry, like toiletries and cosmetics, you would have your own loophole, too. It’s not that Komen doesn’t know about these carcinogens. Komen publishes a link to a database of common chemicals linked to breast cancer, but you have to drill very deeply their website to find it.

Breast cancer prevention may also require changes in what we feed our children: “Unhealthy childhood nutrition cause excessive sex hormone production that set the stage for breast cancer many years later,” writes Joel Fuhrman, MD in Eat to Live. 77.

Fuhrman goes further and writes that the same diet is the culprit for ever-younger “cures” with its nebulous promise of an effortless vaccine or pill.

When are we going to have an aggressive campaign to prevent breast cancer? If Komen doesn’t lead the campaign to prevent breast cancer for our daughters and granddaughters, who will?

Dr. Kathy Call Smith
Atlanta and Highlands

She practices dentistry for a nonprofit in Atlanta serving the uninsured working poor.

Late paper explained

Dear Readers,

As most of you know by now, the center plate—4 pages—of the Nov. 20 issue, though sent to the press, didn’t get printed.

When realized, the papers were quickly retrieved, reprinted and redistributed by 4:30 p.m. Thank you for your calls and for returning for a complete issue. You continue to make Highlands’ Newspaper the most-read weekly publication in town. We appreciate you and especially our advertisers who make the free paper possible.

Kim and Jim Lewicki
Highlands’ Newspaper

From the Bucks

The David Buck family would like to thank the Highlands Community for its thoughts, prayers, and gifts for a great turn out at the benefit.

Many thanks to all who gave their time for the benefit. We also want to thank the many merchants who donated to the benefit. A big thank you to June Webb for donating her restaurant and food.

God bless you all.

David, Beth, Marybeth, Marshall, Bailey and Allison

Grossman overwhelmed

To my friends, family and the whole Highlands community,

WOW, what an honor to receive the David Roberts Award at the Chamber of Commerce Fall Finale. I was speechless when you know doesn’t happen often.

I must say, I do what’s right to me. I was raised to give back to my community, to help those in need, to always strive to do the best I can. My parents led by example and I try to do the same.

As we go into the New Year I challenge everybody to look within and ask themselves “what can I do to make a difference?” If it’s as simple as buying an extra bag of rice for the food pantry or encouraging a kid to stick with it in school. There are so many ways one can give back. All the little deeds add up so start small and go from there. We all have a lot to be grateful for. I am very grateful to be a part of an amazing community called Highlands. Thank you Highlands for all you do for me.

Debbie Grossman
Chef/Owner Fresser’s Eatery
After 20 years - five terms - on the Macon County School Board, as chairman, Donnie Edwards presided over his last school board meeting which was held at the Nantahala School, Monday, Nov. 24. He has seen a lot of changes in Macon County Schools and he thanked the voters of Macon County for their belief in him, the school board, superintendent and the students of Macon County for their support all these years. Pictured from left is Superintendent Dan Brigman, Donnie Edwards and his wife Linda.

three board members who have been so instrumental in improving the education system in Macon County, while looking forward to serving with our incoming board members.”

He said in the two years he’s known the three out-going members he’s witnessed a passion for Macon County, its school system and its students in all of them.

Concerning Edwards’ tenure he said “Donnie has served on the school board longer than many marriages last. In the two years I’ve known him, I learned that you can rely on him for anything and everything.”

He said the five boards Edwards sat on had a tremendous impact on the Macon County School system.

Concerning Edwards’ tenure he said “Donnie has served on the school board longer than many marriages last. In the two years I’ve known him, I learned that you can rely on him for anything and everything.”

Improvements in the Macon County School system over the last 20 years include construction of the current South Macon Elementary School; construction of Cartoogehaye Elementary School; creation and deployment of the Macon Early College; renovations and additions at Franklin High School, including the career center, concessions and restrooms in the gym, and HVAC in the Fine Arts Center; renovations and the Macon County School System; construction of Caroogehaye Elementary School with more than 165 active boards, an instructional technology coordinator for continuous improvement and professional development, which keeps Macon County ahead of all other counties in its region; provided the support and resources for dual accountability models under NCLB and the NC ABCs; effectively expedited the transitions of two superintendents within six months during 2006; oversaw budget development and prioritization with a flat-lined local operational budget for three consecutive years while addressing required expansion items and salary adjustments and maintaining one of the top five lowest teacher turnover rates in our state at its best.

**See EDWARDS page 33**

There will be a memorial service for Nancy Jenkins Welch at Our Lady of the Mountain Catholic Church on Dec. 6 at 5 pm.

Nancy, 62, died following a battle with cancer on Oct. 30, 2008. There will be refreshments afterwards in the church rectory. Everyone who knew her is encouraged to attend.

Nancy Jenkins Welch

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It’s a bird, it’s a plane…
no, it’s a super turkey

I am not a super turkey but I could be. Actually, I could be a super turkey legend in my own mind but I’m not. Even though my grandkids think I’m Super Poppy, my kid’s think I’m Super Dad, the i’i’i misus thinks I’m Supper Hubby (sometimes) in reality, I am none of that. Of course, my editor thinks I’m Super Nuts and she is the closest to right.

Surely you know people who are so caught up in themselves they hold the title “Super Turkey.” If you watched any of national political conventions, your TV screen was filled with them. But politicians are supposed to be bumptious turkeys. No, I’m talking about your basic everyday nice people whose chests are so swelled with importance they act like… well, “turkeys.” Some are right here in Highlands.

There are people who don’t have any “turkey” in them. Such was the case with my old boss, Rocky Pomerance, an important man who lacked “turkey.” I admire those kinds of people.

During our era of working together for almost 20 years, the city of Miami Beach was privileged to host back-to-back national political conventions. It was a time when hippies smoked tons of marijuana and rioted in the streets to protest the Vietnam war. Super turkeys were everywhere.

One night protesters tore through a 10-foot high security fence and assaulted the convention hall. There was a major battle as rioters were pushed back. The city stunk of tear gas and marijuana. As I sat alone in the command center waiting for the city to fall asleep, Rocky was one of his trusted lieutenants.

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Ever see a man pat his hip? Wonder what he was doing? Most of us do it several times a day, almost unconsciously. It's not for self gratification, at least not as in the usual meaning of the term. We touch our hip pocket to confirm that our wallets are still there, where they belong. Have you ever seen the reaction when one of us pat his hip pocket, and feels nothing but butt, no solid reassuring lump of leather, credit cards cash, and driver's license? I don't know what it looks like, but I know how it feels, somewhere between losing your kid at the mall and seeing a state trooper in the rear view mirror. A guy who momentarily loses sight of his small child tries to fight back the terror with reassuring thoughts such as, "Even if he's really lost, he probably hasn't been abducted," or "Maybe the ransom won't be too high," or "I think my wife will only threaten to kill me." Turns out, none of these thoughts is very comforting, and the dread won't be ended. A guy tells himself a thousand times in the few minutes of separation, "It's OK. He'll show up in a minute," but the thought that he might not show up destroys all efforts at reason, all attempts at calm.

I've had bad luck with the police. I even got a speeding ticket from a sheriff. I thought they broke up meth rings and even got a speeding ticket from a sheriff. I knew the answer to that one, we'd go there and get it? It wasn't the lost cash that bothered me. I got a fairly miserable allowance. It was the task of replacing all the plastic. I finally found my wallet behind a wicker basket while Lizzie was calling, "Did you look in the car?" Maybe women should learn to keep our hands away from our hip pockets. Feeling a wallet securely tucked inside may be comforting, but its absence is anything but.

It's a ‘man’ thing

almost four years ago. But just last week I experienced the sick feeling of patting my wallet and feeling nothing but skin. I attempted to keep my wits. Panic. I told myself, won't help you find it. Neither, it turned out would Lizzie, except in an intellectual sense. Please, Lizzie, "I pleaded, "help me find my wallet." "Where did you have it last," was the less than helpful response. That's how wives and Moms often answer a plea for assistance. Don't they know that if we knew the answer to that one, we'd go there and get it?"

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Family gives ‘thanks’ for serendipity

By Cindy Grady

Quite by chance something fortunate happened to me while on the road doing something else entirely.
I found my brother after 30+ years!

I am in the Rockin’ Blues band Pipa Pelle in which my husband RJ plays bagpipes and guitars and I sing. We travel from our Toxaway home to festivals, fairs and many other fun events to perform sometimes for a cause but always for fun.

Recently, we were hired to perform at the “Hog Happnin’” Tar Heel BBQ Championship/Festival” in Shelby, NC which was on Saturday, Nov. 1. We arrived at the Cleveland and County Fairgrounds at around 11:15 and Rick Washburn, festival chairman, introduced RJ and me to the man who was running the sound system for the festival. His name was Stan Lowery. As Stan extended his hand to me I took it and a quick breath. When the brief encounter ended, I turned to RJ and told him Stan was my long-lost brother.

Later, RJ told me that upon that realization I suddenly looked like a “white statue dressed in black” (I was wearing an all-black outfit). “Are you sure he is your brother,” he asked. I told him he was – without a doubt.

He looked similar to my other brother, Mike, who had grown up with me and my mother and stepfather but I just couldn’t tell him who I was – not right away. I felt too emotional and quite dumbfounded especially since he had no idea who I was.

Since we had a concert to perform, I put the situation temporarily aside but during the performance I scanned the crowd looking for the face of my father. Every time I glanced at Stan, I choked up. I felt too emotional and quite dumbfounded especially since he had no idea who I was.

My husband and my friends convinced me I had to tell Stan after the show but I was nervous, wondering how I would be received. I walked around about 10 minutes before I got up the courage to approach him. Finally, I walked up to him where he was eating lunch with a woman.

“Can I talk to you for a minute?” I asked.

“Sure,” he said. “What can I do for you?”

“I don’t know how to say this, but I used to play with you when we were kids.”

I looked Stan straight in the face and said, “You really don’t know who I am, do you?” “No Ma’am, I don’t,” he said.

“Well, I’m your big sister, Cindy.”

“Oh my God, are you for real?” he said.

After quickly comparing notes, we hugged and kissed as the realization that all of this came to bear.

Immediately, he told me our father had died on April 9, 2008.

I was crushed. In one swoop I had found a brother but lost my father.

We made plans to meet up later in the evening and together Stan, his wife Julie, RJ and I went to the cemetery so I could pay my respects to my father. Turns out that very morning our father’s Army Service plaque had been set at his gravesite. The four of us were the first in the family to see it.

From there we went to the home of Joann Lowery, his step-mother and after hugs and kisses I turned around and there were step-brothers and nieces and nephews there to greet.

We talked for several hours and made plans to see each other again and to re-meet other siblings that had been lost along the way. Since then, we’ve been burning up the phone lines and the road to Shelby, N.C.

Episodes like this remind us that God’s hand is at work all around us.

I believe God sent me to my brother to warn him and the family of a hereditary liver disease called hemochromatosis, an iron overload liver disease, also called “the bronze diabetes.”

I learned that my father had died from diabetes and other complications, and had several symptoms of Hereditary Hemochromatosis (HH) disease. I have and have passed on to my daughter.

*See THANKS page 9
Students tour Furman University

The Highlands High School University Tour group traveled to South Carolina on Saturday November 22 for tours of Clemson and Furman Universities. Chaparone Jane DeWolf (pictured far left) is shown on the campus of Furman University with participating students Amy Fogle, Avee Graham, Sarah Hedden and Rachael Hedden. Previous tours included UNC-Asheville and Warren Wilson College. The statue pictured is of Alester Garden Furman, Jr - the great-great grandson of the founder, who is holdings plans for the new campus which was completed in 1961. Trips and tours to more area colleges and universities are being planned for late winter and spring. If you have a student who may be interested in participating in upcoming tours, contact John Dotson at 526-5587 or the Highlands School Guidance Counselor.

... SHERIFF continued from page 1

omson said he was going to kill him.
A female driver then pulled up behind
the motorcyclist and Thompson attempted
to get inside her vehicle and tried to pull her
out of the vehicle saying he was going to kill
her as well, said officers.

While she sped away, Thompson held
onto her vehicle, eventually losing his grip
and falling to the pavement.
Witnesses told officers they didn’t know
how Thompson was able to get back to his
feet after falling from the vehicle.

Undeterred, Thompson approached an-
other vehicle, but the motorist immediately
fled the scene and called 911 for help.
Sheriff Deputy James Briggs was the first
officer to arrive on scene.

At that time, the motorist who had called
911 while fleeing the scene pointed to a black
male who was walking behind their vehicle.
The driver informed Deputy Briggs that
the man behind his vehicle was the individ-
ual involved in the incident.
Deputy Briggs immediately exited his
patrol vehicle and approached Thompson
to stop and ordered him to drop
the object in his hand. That object was later
identified as a belt.

Thompson then turned to face the De-
puty Briggs and approached him even though
the deputy was pointing a taser at him and
ordering him to stop.

Deputy Briggs then backed up and did
so for several steps. While placing distance
between him and Thompson, Deputy Briggs
repeatedly told Thompson, who was bleed-
ing at the time, to stop or he would deploy
his taser.

Deputy Briggs said the only response
from Thompson during the incident was
something that sounded like “growling.” Th-
ompson continued toward Deputy Briggs so
he deployed his taser. Thompson immedi-
ately dropped to the roadway and another
deputy handcuffed him. After being hand-
cuffed, deputies asked EMS to aid Thompson
for injuries he had received from falling from
the fleeing vehicle. EMS, which had also re-
sponded to the 911 call immediately rendered
aid and found Thompson not breathing.

Thompson was transported to Angel
Medical Center and later airlifted to Mem-
orial Mission Hospital where he remained
until his release. While in the hospital, de-
tectives spoke with Thompson’s father who
agreed to bring his son to the Macon County
Sheriff’s Office upon his release from the
hospital.

A week following the incident Thomp-
son was released from Memorial Mission
Hospital and failed to turn himself into the
Sheriff’s office. On Friday, Nov. 21, with the
help of the Charlotte Mecklenburg Sheriff’s

... See SHERIFF page 33
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TRAVELING GOURMET

Thanksgiving in Belize

By Janet Wilson

It was late November and my destination was the town of San Ignacio, Belize, near the Guatemalan border. I chose this small town as a destination to visit the Crystal Caves and the Ix Chel (ix-shell) Tropical Research Center.

Many years ago, while shopping in a health food store in Atlanta, I discovered an herbal remedy for travelers, from the rainforest in Belize. It was called Traveler’s Tonic, made by Rainforest Remedies. I used it during my travels throughout the world and have never suffered from “Montezuma’s Revenge,” “Bali Belly” or other intestinal distresses.

It is not because of impeccably safe circumstances that I have remained healthy. I tend to enjoy eating foods from street vendors and have been fortunate to have the opportunity of dining in some rather unusual circumstances. Drinking rainwater gathered and stored in earthenware pots and foods prepared in outdoor kitchens without refrigeration can stress an unaccustomed digestive system. In the process of looking for a remedy, I discovered that it came from Ix Chel Tropical Research Center in the area of San Ignacio. I wanted to go to the Crystal Caves, so I thought it would be a great opportunity to visit the rainforest where Traveler’s Tonic came from. It might be important to say here that Rainforest Remedies are licensed and approved for sale in the United States, in case you are interested in purchasing them.

Ix Chel Tropical Research Center is still run by Rosita Arvigo, a dedicated herbalist and botanical field practitioner. I was fortunate enough to meet her on one of my several visits there. She explained the uses of some of the other tonics prepared by Rainforest Remedies. She said, “Much of what I have learned was from Don Elijio Panti.” He was a Mayan healer who began sharing his secrets with her at age 86. He lived to be 106 years old and died in 1996. Rosita has preserved the herbal lore that Elijio Panti committed to memory during his lifetime. She also made progress in determining the healing properties of hundreds of other native plants. She has collected more than 750 species that are currently being cataloged by the New York Botanical Gardens. The National Institute of Health and other organization are supporting her extremely important research.

While on the bus to San Ignacio, I read about the partially restored, pre-classic Mayan city of Cahl Pech (call-peekh). The ruin was not far from town. It was a beautiful day and the mountains didn’t seem too overwhelming so I started my trek to Cahl Pech. About halfway up the mountain, a pick-up truck stopped and the driver asked if I wanted a ride to the top. There were a group of school children in the bed of the truck and they offered a spot for me to join them, so I did. They dropped me off near the entrance, waving goodbye as the truck pulled away. There was a wonderful museum with displays and information about the ruins and surrounding area. I was fortunate to have a delightful Mayan guide, John Moguel, take me through Cahl Pech. He worked with the archeologist throughout the restoration period and was very knowledgeable. As we walked and talked about the area, he told me about the Mayan religion, food and healing herbs. He described his farm and showed me how he used herbs for healing and grew much of their own food. As we finished the tour he called his wife and asked if he could bring a guest to dinner. His wife Juliet was delighted and picked us up a short while later. They took me to their home and I met their two teenage daughters and adorable eight-year-old son. Juliet was a gracious and generous hostess and explained to me what she was preparing for dinner and showed me

See GOURMET page 12
Why is it so hard to feel gratitude?

I was thinking about Thanksgiving, wanting to write a column appropriate to the holiday without being too obvious about it. I have written before that I think gratitude is one of the most fundamental components of spirituality.

But why is it so hard for many of us to feel gratitude on a regular basis? Why do we mark off one day a year to be reminded to do it like a chore? A book I read earlier this year, A New Earth: Awakening to Your Life's Purpose, by Eckhart Tolle (2007) gives some insights as to why that is.

Eckhart Tolle gained fame a number of years ago with his best-selling The Power of Now, a profound book that argued powerfully that reality is in the present moment and only by living in the Now can we find happiness and peace.

A New Earth is a great manual about the nature of the ego. If you have read other books about the ego hard to read or understand, this one is very clear. He identifies a number of major characteristics of the ego: 1. The ego functions by identifying the self with things. At its most basic, this means identifying ourselves as male or female, but also extends to identifying with possessions like cars and houses. 2. Complaining and resentment are fundamental aspects of ego because ego strengthens itself through making itself seem superior to others. 3. Ego always thinks it is right.

All three of these characteristics reinforce each other. Tolle writes, "You need to make others wrong in order to get a stronger sense of who you are. Not only a person, but also a situation can be made wrong through complaining and reactivity, which always implies that 'this should not be happening.' Being right places you in a position of imagined moral superiority in relation to the person or situation that is being judged and found wanting. It is that sense of superiority the ego craves and through which it enhances itself."

In other words, we create our sense of self by identifying with beliefs we believe, thoughts we think, actions we take, things we own, attributes we happen to have. Then we strengthen our identity by being critical of other people's beliefs, thoughts, actions, possessions, and attributes. We are sure our beliefs and thoughts are right; to question them would be to question our entire identity.

In the early 1990's my husband Arthur and I self-published The Game of God (171.3H), our theory about the creation and evolution of the universe. We traveled around the country to promote it, and at the American Booksellers convention met the author of a novel entitled The Celestine Prophecy. James Redfield had also self-published his book that same year. During the next couple of years I watched with increasing envy as Redfield's book zoomed to the top of the best-seller lists while ours only sold a few thousand copies.

I was merciless in my criticism of Celestine Prophecy, reading it a second time to have all its flaws at my fingertips anytime the book came up in conversation. In my not-so-humble opinion it was an empty-headed New Age fluff piece. I hated Redfield, even though I had met him and knew he was a gentle soul. I resented every copy that he sold because I felt it just made me more of a loser.

As I was thinking about this in the context of this article, my obsession with all the negative aspects of Redfield's success (as I perceived them) kept me from seeing the positive things that were clearly of benefit to me. For instance, many bookstore owners told us that regular customers, after having read a copy they had bought for themselves, would come in and buy 10 more to give to friends with whom they had despised of ever sharing their interest in consciousness. So here was a book that was expanding the numbers of people interested in the very subject I was writing about, but I couldn't get my attention off my jealousy long enough to be grateful for that.

Also, here was incontrovertible evidence that a self-published work could really break out and become a best-seller. Redfield proved that you don't have to go through the New York publishing world to be a successful author, yet I was too...
Thanksgiving made easy and delicious
by
Wild Thyme Gourmet

~ Our favorite Thanksgiving take-out meal ~
Slow roasted maple and cider-glazed turkey
Apple, sausage and pecan dressing
Turkey gravy with fresh sage and vermouth
Sweet potatoes with orange and crystallized ginger
Garlic mashed potatoes
Spinach and artichoke casserole
Green beans with shallots and walnut oil
Cranberry relish
Dinners may be picked up by appointment between 11 a.m. Wednesday and 10:30 a.m. Thursday.
Order soon, oven space is limited!
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(828) 526-4035
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The Feast
Serves 6 ~ $210.00
A 10-12 pound turkey, all of the above accompaniments
One dozen rolls and one pie

The Big Feast
Serves 10 ~ $300.00
An 18-20 pound turkey, all of the above accompaniments
1½ dozen rolls, and two pies

Dried up. With the recent rainfall, we are now back to normal. Every time we turn on the tap, run the dishwasher or washing machine, take a shower, or – forgive the indelicacy – flush the toilet, we are reminded of what a gift water is, and how we should never take it for granted.

In the past two months, we have lost three friends - Joyce Hetzel, Horace Duncan, and Pierce Flannigan. This is a huge wake up call that life is short and precious. Our family, friends and loved ones are the people who make this journey of life worthwhile and bearable. I was in church a few Sundays ago, and happened to glance at the congregation from my viewpoint of the choir (just behind the altar). It made me smile to see row upon row of familiar faces, people I have grown to know and love here in Highlands. I saw people who are quick to laugh and share a joke, but these same people are the first ones who would rally around in time of distress or disaster. If you’re lucky, you wind up in a place where you know you were meant to be. That’s how I feel about Highlands, and I’m glad I found it at this stage of my life.

My much-dreaded 401(k) statement arrived in the mail. I didn’t start contributing to a 401(k) until I was in my 40s – divorced and earning a decent wage for the first time in my life. I maxed out my contributions, knowing I didn’t have an unlimited amount of time to catch up and put money aside for a secure retirement. New York City was expensive, and it was a huge sacrifice to put aside as much as I did. I opened the envelope and pulled out my statement. It was as bad as I’d feared – my 401(k) had lost 29.8% of its value. Sure – it was easy to beat myself up and think, why didn’t I enjoy myself more, go out more, buy more pretty clothes, instead of putting money in an account that would lose so much value overnight? Hard as it is, I thank my parents for teaching me the value of money, the importance of saving, and reminding me that a lot of things can happen with your investments between the time when you put them away and when you actually retire. I’ve got another seven years until I turn 65, and a lot can happen in seven years. I’m keeping my fingers crossed that Orion’s outlook is uncertain, we give him a new lease on life.
This is time for my annual column that outlines the things I am thankful for. So without further ado, here's the list.

I am thankful for the what goes around comes around nature of sports, which is the very definition of what happened to Texas Tech and Mike Leach this weekend versus Oklahoma. I kinda like Leach (especially his whole pirate thing) but he has been the deliverer of some epic beatdowns over the years, so for Oklahoma to lay one on him like that was definitely some karma. Note to Coach Leach: you don't want to end up like Steve Spurrier...or then again, maybe you do. (True story: I was working in the Rib Shack and a guy with Georgia gear comes into the bar and asks to watch the Florida-South Carolina game. I told him that the score was like 42-3 and that he should not even bother. His answer..."I don't care about the score, I just want to see Spurrier's reaction when the Gators break 50.")

I am thankful for Billy Packer, especially since he will now be enjoying the Final Four from his retirement home in lovely Curmudgeon City, FL.

I am thankful for Coach Mike Krzyzewski’s Polish Affirmative Action program in college basketball. Thanks to Coach K, I’ve had to learn to spell Domzalski, Wojciechowski, and now Czyz. People complain all the time about Coach K’s recruiting advantage... and this is a perfect example of unfair recruiting.

I am thankful for Matt Cassel. Why? Because his performance this year has shown that maybe...just maybe...Tom Brady is not the second coming of football perfection.

I am thankful for Tyler Hansbrough (and not just that it is his last year...although I am thankful for that as well). It’s great as a coach to be able to point to a superstar that does what every single kid can do—play every possession like a madman. As announcer Jay Bilas often says “Hansbrough’s will is greater than his skill!" and that is what makes his game a good model for young aspiring basketball players throughout the nation.

I am thankful for referees, who willingly sign up for a job where you are guaranteed to be hated by a segment of the population after every contest, low pay, and ridiculous looking uniforms that bring to mind zebras. (Which, by the way, is an animal that exists solely to be eaten)

So here's to you referees...now why don't you call it both ways next time!

I’m thankful for slow drivers who don’t pull over on the Gorge Road.

After all, if it were not for them, I would have no other way of venting out my frustrations in the solitude of my motor vehicle. I mean, let’s think about it...where else can you curse at the top of your lungs...beat the steering wheel with your fists...question the meaning of everything good and holy? And the best part about it all is...no one sees you! I mean, at least the people in front of you from South Carolina can’t possibly have noticed you raving like a lunatic...considering that they have passed six turnoff spots and have yet to get out of the way. Yep, nothing beats a nice, slow relaxing trip up the Gorge Road from Franklin — an hour and a half of sheer bliss.

I’m thankful for overblown hyperbole in blogs and journalism. I mean, why write that Tim Tebow is a good player and a pretty cool guy when you can write that he is the “greatest quarterback in the history of college football” and he is so cool that he shouldn’t have stuff named after him? Or if you don’t like a coach/player you can always make something up about them that cannot possibly be refuted, like “I hear Coach Spurrier gets so mad that he kicks his dog on a regular basis...oh, and he hates Iowans.”

I mean, who has the sources to fact check that? And the best part about it all, it is completely harmless...I mean, it’s not like you are doing anything totally classless, like comparing the President-elect to Hitler or something like that...because it is just hyperbole and all in good fun-right?

And finally, I am thankful to spend my first Thanksgiving in Highlands in quite a while -- it’s good to be home with some friendly faces. I hope everyone has a great Thanksgiving, and I hope for some great football games over the weekend.
Thank You, thank you very much...

In these times of political change, cultural revolution and economic uncertainty, some of us might have a hard time finding things to be thankful for. Personally, my attitude hasn’t been particularly thankful lately, for obvious reasons, so I thought I needed to take an inventory of things that I am thankful for. I share them with you so maybe you might do your own searching for reasons to be thankful.

I am thankful for:
- The knowledge that God is sovereign;
- An editor who allows a conservative column to appear weekly in her newspaper;
- No serious terrorist attack in our country in the last seven years;
- The Macon County Sheriff’s Department and their “Shop with a Cop” program;
- Michael Phelps’ remarkable performance at the Olympics;
- Fred Woolridge;
- Electric toothbrushes;
- The Michigan Wolverines, who have a record of 3-9 and have lost nine times in a season for the first time in 129 years. Why am I gleeful that Michigan is suffering? Because they beat my alma mater, The University of Minnesota Golden Gophers, like a rented mule for about 50 years. That’s why.
- The Gophers are having a winning season and are assured of playing in a bowl game. But I digress;
- A great wife who loves football and doesn’t watch enough televised games;
- The good people of Macon County who make this a wonderful place to live;
- Johnny Owens and other friends I’ve made through the HN;
- Plenty of personal travel when we were young enough to really enjoy it;
- Gas prices in the low-$2’s rather than the low-$4’s;
- “Poopie” our cat;
- Our Troops, wherever they serve;
- Our National Anthem sung as written, without embellishment;
- The San Diego Chicken (ask your family);
- The good people of Macon County who have been behaving themselves lately;
- Conservative activists that fight the good fight;
- Johnny Owens and other friends I’ve made through the HN;
- The Michigan Wolverines, who have a record of 3-9 and have lost nine times in a season for the first time in 129 years. Why am I gleeful that Michigan is suffering? Because they beat my alma mater, The University of Minnesota Golden Gophers, like a rented mule for about 50 years. That’s why.

Next year. B/I/D (ignore the fact that they just got creamed by GA Tech on nationwide TV);
- The success of the “Surge” and the virtual defeat of al-Qaida in Iraq;
- The Franklin High School Marching Band;
- Our Troops, wherever they serve;
- Our National Anthem sung as written, without embellishment;
- Plenty of personal travel when we were young enough to really enjoy it;
- Gas prices in the low-$2’s rather than the low-$4’s;
- “Poopie” our cat;
- The Overlook Players;
- Our ladies of Hollywood, who have been behaving themselves lately;
- Conservative activists that fight the good fight;
- Johnny Owens and other friends I’ve made through the HN;
- Just in – gas in the high $1’s rather than the high $3’s;
- The view of Lake Sequoyah from U.S. 64;
- The crew from MAMA;
- Congressional recesses, holidays, vacations, etc.;
- Living in the 50’s;
- A merciful God;
- Happy Thanksgiving!!

... GOURMET continued from page 8

how to make tortillas. They had a modern home, but she did a lot of cooking on a wood fire just outside the kitchen. We had an excellent and very filling meal of black beans, rice, fried plantains and homemade tortillas. We talked, laughed and the children introduced me to their new puppy and showed me their home and yard full of medicinal plants. Even the children knew the plants and their many uses. The girls told me about the farm and their expectant mama sheep and promised to take me to see her. What a happy family and so open to a complete stranger.

They were aware that Thursday was Thanksgiving Day in the United States and invited me to have a Thanksgiving dinner at their home. What an exceptional meal Juliet prepared. We had sliced tomatoes, delectable, stuffed roasted chicken, fried plantain (bananas), black beans, rice, fried pumpkin, “Johnny” cakes and canned cranberry sauce. The cranberry sauce was a special treat for them, as it was difficult to find and quite expensive. The stuffed chicken was moist, tender and had a wonderful flavor. I liked the spicy, hot, fry pumpkin too. It was shredded and cooked with onion, coconut milk and habanero peppers. The fried plantains were not prepared until they turn black. Their sweetness was a nice compliment to the chicken. The “Johnny” cakes were similar to my grandmother’s drop biscuits...crusty on the outside and light on the inside. No meal is complete in Juliet’s black beans and rice. I enjoyed a very unique, delicious and outstanding Thanksgiving dinner that I will never forget.

The Moguel's took me in and treated me as part of their family. I went with them to their farm to plant; feed the sheep and harvest herbs, bananas and citrus. They took me to the small Mayan village where they grew up, the open-air market to go shopping, the river and spring where women washed clothes and children played and to the school where Juliet taught third grade. I met her...
... GOURMET continued from page 12

students and got to see the Children’s Day Parade. I never made it to the Crystal Caves, but the friendship and cultural experience the Moguel’s gave me was worth so much more.

**Belize Stuffed Roasted Chicken**

1 large chicken
2 limes
1 medium onion, sliced
1 sweet pepper, seeded and sliced
4 large cloves garlic, chopped and crushed
½ t. black pepper
½ t. salt
1 T. vegetable oil

1. Preheat oven to 375 degrees
2. Wash chicken in lime juice in a large bowl and pat dry, saving the juice
3. Loosen skin from breast and thighs
4. In a small bowl mix the garlic, pepper and salt.
5. Rub the mixture in the cavity and onto the meat under the loosened skin of the thighs and breast.
6. Put onions and sweet peppers in the bowl of lime juice saved from the chicken.
7. Stuff the onions and peppers in the cavity and under the skin of the thighs and breast.
8. Place the chicken in a small roasting pan and brush with vegetable oil.
9. Roast at 375 degrees for about an hour or until done. (Cover the breast with foil as it starts getting brown, until chicken is cooked.) Serve with black beans and rice.

**Johnny Cakes**

4 cups flour
1 T. baking powder
½ t. salt
4 T. shortening
1 cup coconut milk, approximately

1. Combine flour, baking powder and salt.
2. Add shortening and blend with fingers until crumby.
3. Add enough milk to make a nice dough.
5. Pat into 20 balls and flatten to a thickness of half an inch.
6. Place on greased baking sheets.
7. Bake at 350 degrees for about 20 minutes or just until the bottoms are browned.
8. Turn broiler on and cook until tops are brown. Serve hot with butter.

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ROSEWOOD MARKET
THANKSGIVING MENU 2007

**ENTREES:**
- 10-12# Roasted Turkey $60
- 14-18# (Serves 10-12) $75
- 20-22# (Serves 14-16) $90
All Turkeys come with Giblet Gravy
- 15# Bourbon-Brown Sugar Baked Ham $149
- 8# Pork Loin Stuffed with Figs & Pears $139
- 4.5# Classic Beef Wellington (Serves 8-10) $169

**SALADS:**
- Cranberry Congealed Salad
- Roasted Beets, Oranges & Montrachet
- Arugula Salad with Figs & Parmesan

**SOUPS:**
- Tomato-Basil, Winter Squash, Corn & Crab Chowder,
- Split Pea, Shrimp Bisque

**SIDES:** $7.95 per pound
- Cornbread Stuffing,
- Oyster Stuffing ($9.95 per pound),
- Sweet Potato Soufflé, Potatoes Anna,
- Squash & Corn Bread Pudding,
- Squash Casserole, Creamed Spinach,
- Roasted Green Beans with Onions
- Southern Green Beans,
- Broccoli Casserole, Corn Pudding

**BREADS:**
- Buttermilk Biscuits $3.95/dz.
- Cheddar Scones $4.95/9
- Italian Sourdough Boule $4.95/ea.
- French Seeded Miniature Baguettes $2.25/ea.

**DESSERTS:**
- Apple Crumble $15.95
- Cherry Pie w/ Lattice Top $16.95
- Pumpkin Cheesecake $49
- Buttermilk, Coconut, Pecan or Pumpkin Pies $16.95/ea.
- Ambrosia $9/lb
- Carrot Cake $49
- Cranberry or Apple Walnut Bread Pudding $3.95/serving

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Lindal Model Home 2-Day Open House
Fri., Nov. 28 & Sat., Nov. 29 – 10am-4pm

Drop by, browse around and look through the extraordinary Lindal Planbook Living Dreams. Questions about building costs, construction procedures, financing or any other aspect of creating your dream home? We can discuss your individual needs.

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ROSEWOOD MARKET
By Ryan Potts
Boys Varsity Assistant Coach
Girls Varsity

The Highlands Varsity Basketball teams opened at home Friday in front of a packed house at Highlands Gym, unfortunately, the Rabun County Wildcats were not fazed by the home crowd as they racked up a pair of convincing victories.

The Lady Highlanders withstood an early push from the Lady Wildcats to cut the lead to just 5 at the end of the first quarter, but were unable to counter the size and physicality of the Lady Wildcats. Rabun County forced double digit turnovers in the second quarter and opened up what would prove to be an insurmountable lead.

The second half saw a lot of action from both benches as Rabun County finished up with a 80-52 final. Lady Highlander coach Brett Lamb knew coming in that his young team would be in for a challenge, and noted that “we played with them for a few stretches, but we have to cut down on turnovers and value the ball more if we are going to beat a team the caliber of Rabun County.”

Emily Munger led the Lady Highlanders with 19 points, and Brie Schmitt added 9.

Boys Varsity

In the late game, the Highlanders (Varsity Boys) took a 2-0 before any time ran off the clock due to a technical foul on Rabun County for dunking in warm-ups. This would prove to be the Highlanders only lead of the night, as they found themselves playing catch-up from the first minute onward.

Despite 4 starters with 2 fouls apiece in the first half, the boys team fought back to take the lead at half, but Rabun County opened up a 5-point lead in the third quarter. The Highlanders were unable to cut the lead further, and Rabun County finished with a 101-77 final.

Boys Varsity Coach Butch Smart noted that “we did not play our best basketball, but we fought hard and never gave up.”

Taking care of yourself may mean disappointing someone else’s expectations or changing traditions, requires that you become aware of what stresses you, and experiment with doing things differently. Taking time out to take a walk, do something fun, see the humor in things, can make all the difference.

When families are scattered over great distances and costs or schedule prohibit visiting and gathering, a healthy and satisfying alternative is to form a “family of friends” to develop rituals and traditions that fit your current circumstances and to focus on how you can give to someone less fortunate or more isolated than yourself.

NAMI, the National Alliance on Mental Illness has a chapter in WNC that meets the first and third Thursday of every month at 7 pm. At the Children’s Home on Wiley Brown road in Franklin.

It is a support group for anyone suffering from depression, bi-polar disorder, panic/anxiety disorder, schizophrenia. Joining others and talking about what you are thinking or experiencing can be a good way to manage stress.

To get more information about these meetings, you can call Ann Nandrea at 369-7385, Mary Ann Widenhouse at 524-1355 or me, Carole Light at 526-9769.

In families where there have been divorces and remarriages, there is often tension and hurt feelings about who spends the holidays with whom. Children may feel pulled in many directions, unable to make anyone, most especially themselves happy and a dread of the holiday season becomes the prevailing emotion.

If you are hosting holiday dinners, especially in difficult economic times, it is not unusual to feel a desire to provide a “more perfect” holiday than is possible, and again experience disappointment or anxiety when unable to do so.

Learning to let go, to take care of yourself and to settle for “less than perfect” can make for a better experience for both yourself as host or hostess and for your guests.

Before a family gathering, check that your expectations of yourself and your family are realistic. Understand how people may have changed over time or how some family members will never change and then focus on the things that are good and fun, not on the things that evoke pain and disappointment.

Taking care of yourself may mean disappointing someone else’s expectations or changing traditions, requires that you become aware of what stresses you, and experiment with doing things differently. Taking time out to take a walk, do something fun, see the humor in things, can make all the difference.

When families are scattered over great distances and costs or schedule prohibit visiting and gathering, a healthy and satisfying alternative is to form a “family of friends” to develop rituals and traditions that fit your current circumstances and to focus on how you can give to someone less fortunate or more isolated than yourself.

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... BASKETBALL continued from page 14

the first half, the Highlanders only trailed by 6 at halftime and looked poised to make a second half push. That second half push did come, as with 2 minutes to play in the third quarter, Highlands was able to cut the Wildcat lead to a single point.

Unfortunately for the Highlanders, they never could get over the hump, mostly due to a 6-6’ Wildcat senior Luke Cross, who dominated the lane to the tune of 34 points.

Cross was complimented inside by the outside shooting of Corey Page, who was 7-9 behind the three point arc for 21 points, and whose three three pointers in the 4th quarter put the finishing touches on a 84-65 Rabun County victory.

Highlanders coach Butch Smart had little to say after the game except that he guaranteed that he would “work harder” on both the fundamentals as well as their effort on the court.

Highlands was led by Andrew Billingsley with 17 points and Ezra Herz with 14 points. The Highlanders will play at home on December 1st against Andrews, come out and support your Highlands Highlanders.
Lorri knows of view property just waiting for you! Give her a call today.

Smoky Mountain View Acreage Between Franklin and Highlands
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Equi-distant from Highlands and Franklin they are part of the landscape for the North Carolina Scenic Byway (Highlands Road). Enjoy the cool breezes above 3,200 feet in elevation. These fine lots represent the best of the mountains with septic permits, graded homesites and low HOA fees.

Don't let this opportunity to own a piece of paradise pass you by.

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Perfect lying building acreage, waterfall, lake, springs, wildlife and more all above 3500' right outside of Highlands - Don't wait!
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Lorri Bell
828-226-2154 or 828-421-4433 for details
LGREFE@att.net • WWW.WITHAMOUNTAINVIEW.COM.
Because Al-Quaida are Suni Muslims and the Iranians are Shite Muslims. They are terrified of Al-Quaida.

In fact, shortly after the attack on Afghanistan in 2001, there was a lot of cooperation between U.S. and Iran on that issue. When Russians got involved in the state of Georgia recently, that made the Iranians extremely nervous because in the mid-19th century Russia actually broke a big chunk of what was Iranian territory and put it in Russia. So Iran is very nervous about them. That’s a common interest we have.

The main reason we are really concerned about the Iranians’ moves, is because all the pipelines running out of central Asia are bringing in the newly developed oil and gas resources are going across Turkey and the closer the Russians move down to get foothold on those pipelines the more we have to be concerned.

In 1990 there was a proposal by oil companies developing the resources to run a secondary pipeline across Iran to exit into the Persian Gulf with the idea that there would be two oil pipelines if one got closed up. The Clinton administration said no to that idea because it would have meant helping Iran and we weren’t in the mood to do that at that time. But we would have been ahead of the game if that scenario had been allowed, because we would have a second pipeline route which would have made the current one less critical — mainly because the Iranians would have an economic interest in maintaining stability in the area. So, that turned out to be a mistake. My point is there are points of contact.

Afghanistan

Afghanistan is a huge problem so what is our goal there?

Our goal is to keep Afghanistan from becoming a failed state. A failed state is a territory that basically has no control over that territory. We see this situation in Somalia which is a failed state. Afghanistan at the time of the Taliban was a failed state. We don’t want Afghanistan to become this vacuum into which every undesirable element in the Middle East can pour.

Afghanistan is very difficult to control; it’s very tribal, the terrain is very difficult to operate in and what is happening is, we’re seeing these unsavory elements come over from Pakistan into Afghanistan burrowed in these mountains.

The goal has to be to give these farmers in this areas some sort of steady income so they don’t grow heroin because when the Taliban was in power stamped out heroin production and the tribesmen turned against the Taliban and that’s one reason they fell when the invasion occurred.

Now they are back producing heroin which they are selling into Al-Quaida and their fellow travelers who are selling into the market and that’s the way they are being financed. So the first thing we have to figure out in Afghanistan is how to get these heroin farmers some sort of income and I don’t know the answer to that.

Pakistan

But the biggest most dangerous country in this entire region is Pakistan. We don’t talk about Pakistan that much and we need to. It’s a country with a feudal society where they have the very rich and very poor and on the verge of becoming a failed state and to make matters worse, they have the bomb. With that I’ll stop and I’ll take your questions.

Question 1:
Can you explain the ramifications of the new American embassy being built?

There is a new American embassy which has been under construction since early on in the occupation and it’s supposed to be the biggest U.S. embassy in the world. Understandably, this is causing talk in the region.

Everyone wants to know why is it there. It’s translating to bad PR and I don’t know if it’s because what we’re doing is unsavory, or what, but it’s not good PR.

The fact is the U.S. wants to keep permanent bases in Iraq so we can get troops into the Persian Gulf.

We had to get U.S. troops out of Saudi Arabia because the Saudis are having to protect themselves from their own population which is mad about having U.S. troops there.

We still have air bases there in the case of an emergency so we could get troops back in there if we needed to, but it’s the time factor. Where we had most of our military presence is Katar which is very small. I mean, it’s tiny and that makes us very nervous with good reason.

All of this is why we have to figure out how to internationalize the protection of the Persian Gulf so it’s not just about the United States. Because if nothing else, we have to have territory on which to base equipment so if we do have to go in there suddenly, troops wouldn’t have to be brought in from the U.S. or Europe.

Next week Mackey will answer more questions from members of the audience.
Designer’s mountain retreat has a nice view of Mirror Lake. A renovation with entertaining in mind, features all new kitchen appliances with granite counter tops and faux painted walls and cabinets. Beautiful heart pine floors in the great room with cathedral ceilings and a soaring stone-faced fireplace. Master suites on each level with an additional guest bedroom and private bath. Large comfortable family room with fireplace and second kitchen on lower level which also features a wine tasting room. Mature landscaping with a terraced garden; level which also features a wine tasting room. The annex has 2 one bedroom, one bath apartments, each with private entry. A great family gathering spot. Offered at $995,000. mls #66770

Edgewater - Old time Highlands charm exudes from this classic home that overlooks Mirror lake. Great family compound or possible B&B with a usable yard. 3 bedrooms 2 baths in the main house, with updated kitchen and baths, hardwood floors, and a native stone fireplace. The annex has 2 one bedroom, one bath apartments, each with private entry. A great family gathering spot. Offered at $995,000. mls #66770

Highlands Country Club Upper Brushy Face with a spectacular Mountain View. 4 bedrooms, 4 ½ baths. Huge walls of glass to enjoy the view. 2 fireplaces, wet bar, office, additional family room. 2 car garage. Fully renovated interior and owner has plans to update the exterior and add a carport. Offered at $1,850,000.

Just Listed on Little Bear Pen Mountain in town! This house has been renovated from top to bottom and is priced to sell. 3/3 1/2 on one level. 2 car garage. Large great room plus large sunroom with a good view. New kitchen with granite and open to large dining room. Extra large master. Each bedroom has a private bath. Basement. Stone Fireplace. Offered at $779,000. mls #66591

Viewpoint at Flat Mountain - Beautiful southern view from this 3 bedroom, 2 ½ bath, plus a den, with many custom finishes. Amenities include a rocking chair porch, two fireplaces, two tiers of decks and a screened porch. Full unfinished lower level for possible expansion. A lovely get away for the weekend or a lifetime. Offered at $1,250,000. mls #66822

Twin Falls of Highlands, One of the sleepers of the Highlands market. This spacious 3 bedroom, 3 ½ bath plus a loft features a huge wrap around porch that overlooks a babbling stream. The greatroom plan features massive wood beams that frame a large stone fireplace. The kitchen features granite countertops and quality appliances. Lower level has two car garage and loads of storage. You could not replicate this house for the money. Owner will consider short term financing. Offered at $950,000. mls #66841
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Long-time family physician coming back in response to physician shortage

With the area suddenly facing a shortage of primary care physicians, long-time area doctor John F. Baumrucker, MD, has announced plans to resume seeing office patients on a regular basis.

Baumrucker, who practiced full-time in Highlands for more than 30 years, virtually eliminated his office practice in November of 2003, although he has continued to work in the hospital’s emergency room and see a few office patients on Fridays. He announced last week that he is now expanding his office hours to three days per week and adding a physician colleague in order to accommodate the area’s need for additional primary care physicians.

“This isn’t something I really want to do at this point in my career, but it’s something people here need,” said Baumrucker. “I still hope to retire completely in three years, but right now the community and the hospital need my help.”

Wagner, who has had an office practice in Highlands since 2004, closed his practice here last week in order to become a hospitalist at Oconee Medical Center in Seneca, SC. He is following a national trend in response to physician shortages.

Due to staffing limitations, Baumrucker says he still plans to go to mountain area Family Medicine to move to Beaufort, on the coast of North Carolina. He has immediate professional plans.

At least for the winter, Baumrucker’s office will be open to patients from 9 a.m. until 4 p.m. on Mondays, Wednesdays, and Fridays. And joining him in the practice on those days will be former Highlands family physician, Scott Baker, MD. Baker was in independent practice in Highlands from 1996 until 1999, before practicing in nearby Ellijay, GA, and later in Franklin.

As part of his decision to expand his practice, Baumrucker has applied to have his privileges at Highlands-Cashiers Hospital upgraded from associate to active status, which will allow him to directly admit patients to the hospital. He will fill the role of the admitting physician, since Baker is not currently a member of the hospital’s medical staff.

“Dr. Baumrucker’s decision to essentially reopen his office practice is very welcome news, not only to the many area residents who are now looking for another primary care physician, but also to the hospital itself. He has a long history of putting the both community’s and the hospital’s needs above his own, and we appreciate his willingness to step up during this temporary primary care shortage,” observed hospital President and CEO Ken Shull.

“Even though it’s certainly a great help, we realize that Dr. Baumrucker’s return to regular practice is not, by itself, a long-term solution to this shortage, and we want people to know we are working very hard to recruit new physicians to both Highlands and Cashiers. We are currently in discussions with five different candidates, and while we have some strong prospects, we all know the process takes time, he added.”

Rumors over the last week or so that he might be expanding his office practice had the phone ringing off the hook, says his wife Joanna, who has been helping him out in the office on Fridays. Many are former patients who want to return, she said.

Baumrucker says he still plans to go to Montero, Bolivia on his regular mission trip this winter, but has shortened the time he plans to spend there because of his medical obligations here.

Dr. Baumrucker earned his medical degree from the University of Cincinnati’s School of Medicine and went on to complete his internship at Christ Hospital in Cincinnati, OH. Dr. Scott Baker earned his medical degree from Texas A&M University in College Station, TX, and completed his residency in Family and Community Medicine at Wake Forest University Family Physicians in Winston-Salem, N.C., which provided residents and attending physicians to N.C. Baptist Hospital and the Bowman Gray School of Medicine in Winston-Salem, NC. They are both certified by the American Board of Family Practice.

The office can be reached at 526-1494 between the hours of 9 a.m. and 4 p.m. on Monday, Wednesday and Friday.
Medical lecture on vitamins, Dec. 5

Dr. Donald B. McCormick, who is Callaway Professor Emeritus and Chairman of Biochemistry at Emory University in Atlanta, will present a class on vitamins and trace elements Friday, Dec. 5 at Highlands-Cashiers Hospital.

The class, which can provide medical professionals with continuing education credit, is open to the general public and will be held from 7:45 to 9 a.m. in Suite 103 on the lower level of the Jane Woodruff Clinic on the hospital campus. Cost is $5 for those who attend without wishing to receive credit, and $25 for those who want CME credit. The cost includes a continental breakfast.

Dr. McCormick will cover the nature and function of micronutrients (vitamins and trace elements) and what micronutrients are essential in a normal diet, or may be needed when certain diseases are present. He will discuss the recommended and required levels, as well as the levels offered by supplements and potential side effects.

Dr. McCormick received his B.A. degree in chemistry from Vanderbilt University in Nashville, TN, and went on to graduate school there as an assistant in biochemistry and pre-doctoral fellow working under Dr. Oscar Touster. He received his Ph.D. from Vanderbilt before undertaking post-doctoral research on Vitamin B6 enzymes as a National Institute of Health Fellow under Dr. Esmond Snell at the University of California at Berkeley. He has served as a board member or official with NASA, the US Civilian Research and Development Foundation, the US Department of Agriculture, the Pew National Nutrition Program, as well as many others, and has published nearly 500 articles or publications in his field. He has spoken at more than 50 conferences and symposia, and won numerous professional awards and honors.

The lecture is certified for continuing nursing education by the NC Nurses Association and approved by the American Nurses Credentialing Center's Commission on Accreditation. It has been designated as meeting the requirements of one credit of continuing education for physicians by the Mountain Area Health Education Center.

Pre-registration by Dec. 1 is required and class size is limited to 40 participants. For more information, call the Education Department at Highlands-Cashiers Hospital at (828) 526-1243.

NEW LISTING IN SHELBY PLACE

A Charming cottage in Shelby Place. Green belt open space to rear of lot, cheerful Sun Porch, hardwood floors, 2-car garage, skylights. Very reasonable HOA fees. Superior Location! $431,000 MLS #66660. Bob Shipp. 828-787-2121

Highlands’ Newspaper’s year end Dec. 31 edition will include: 2008 Recaps, Photos & Realty Transfers.

(A new special real estate for sale section in this edition.)

If you have land or a home to sell, this is the issue you want to be in. Call 526-0782 or email: highlandseditor@aol.com.

$5 for classified and $29 for a BW photo ad.
**SPONTINELY SPEAKING**

**Take time to give thanks**

By Father Dean Cesa
Our Lady of the Mountin Catholic Church

There are so many memories that I cherish when I think of Thanksgiving. Please excuse me if I embellish these memories a bit. The house filled with the smell of turkey roasting, the pumpkin pies baking. My mother had a favorite recipe for chestnut stuffing that always pleased everyone. There was the opportunity to enjoy all these wonderful foods, maybe at times to excess, and then collapse on the couch in a tryptophan-induced nap while watching football. Mom was always careful to time the feast so that it did not interrupt football, though the turkey did not always cooperate.

The gathering of family, usually extended family, was a bit of a challenge, requiring all three leaves be placed in the dining room table. Then, as my siblings got married and had children, there was the need to set up of an additional table, maybe a card table for my nephews and nieces in the kitchen. This did not usually satisfy them. They would wander into the dining room to see what the grown-ups were doing. They longed for the day when they too could sit at the adult table.

Conversation rarely kept to the polite norms of avoiding religion and politics. You could count on a lively exchange and as years went by, the in-laws participated more and more. It was a form of initiation and it deepened the bonds of family.

The discussion I remember the most was one particular Thanksgiving when, as strange as this may sound, we went around the table answering the stereotypical Thanksgiving question: What are you thankful for? My niece was the first to respond, “Wearing pretty dresses!” My sister, just married that summer, said, “Her husband,” and then she kissed him. But then there was my nephew. He stammered out something not too clear but that significantly changed the mood and brought on quiet reflection. “I just thank God,” he said.

In the U.S., the Roman Catholic Church celebrates a special mass on the day of Thanksgiving. I can't imagine that Catholics are alone in wanting to worship God on this special day. Of the many readings from the Bible that can be used for this time of worship, this year we use the parable of the ten lepers. Though all seek pity from Jesus and he responds by cleansing them all, only one recognizes his healing and returns glorifying God, falling at the feet of Jesus and thanking him. In response, Jesus acknowledges his faith with a further gift: salvation.

I think that is rare in our own culture. Is it only one in 10 that say thank you at the grocery store, the restaurant, the drive-thru? I don’t think this is the kind of thing God had in mind. Begin your Thanksgiving remembering all those good things you have received. Thank those responsible for the good things you have received. And take some time out to thank God who is the source of all the good that we give and receive.
green with envy to be grateful for that. I think it’s safe to conclude that a lack of gratitude is a basic attribute of an ego-centered life.

We think that our moments of irritation and unhappiness are caused by things outside of ourselves; a person or event has made us angry or unhappy or jealous. We’re convinced that if we had our way, we’d be happy all the time. Tolle begs to differ: “The ego loves its resentment of reality. What is reality? Whatever it is, Buddha called it tatata — the suchness of life, which is no more than the suchness of this moment. Opposition toward that suchness is one of the main features of the ego. It creates the negativity that the ego thrives on, the unhappiness that it loves. In this way, you make yourself and others suffer and don’t even know that you are doing it, don’t know that you are creating hell on earth. To create suffering without recognizing it — this is the essence of unconscious living; this is being totally in the grip of the ego.”

To end this misery, Tolle tells us we must learn to become aware of our inner state. At any moment, we can stop and ask ourselves, “Is there negativity in me now?” Not necessarily raging anger but frustration, discontent, anxiety, etc. “The moment you become aware of a negative state within yourself, it does not mean that you have failed. It means that you have succeeded. Until that awareness happens, there is identification with ego.”

In the absence of ego, we can let go of our resentment and negativity about the people and events around us, and what we find in its place is gratitude. I’m not sure why, but Tolle took “Eckhart” for his first name from the 13th Century mystic Meister Eckhart, who is reputed to have said “If the only prayer you said in your whole life was, ‘thank you,’ that would suffice.”

All of Katie Brugger’s columns are available on her website: www.kathleenbrugger.com
Scott Isenhour, representing the Franklin Walmart, presented Highlands School first-grade teacher, Donna Sizemore, with the 2008 Macon County Walmart Teacher of the Year Award. This award is presented annually to one teacher in the county. Anyone who wants to nominate a teacher may complete a form at the store. The Walmart associates review the nominations and vote to determine the Teacher of the Year. Mr. Isenhour presented Highlands School with a check for $1,000 and Mrs. Sizemore with a $100 gift card. Although the person who nominated her is unknown, this was the quote that swayed the associates to choose Mrs. Sizemore: “She takes extra time with each student. She had the entire class and school send cards to the American soldiers. It was wonderful when one came home and honored her class with a flag!”
• **UPCOMING EVENTS**

- **On-going Events**
  - The Bascom is offering a host of art classes for preschoolers to pre-teens from now through the end of the school year. For more information, call (828) 526-4949, ext. 98, or visit www.thebascom.org.
  - Friends of Panthertown work days, last Thursday of every month (time and location vary). Volunteers needed to maintain trails. For more information, contact Nina Elliott at 828-526-9938 (ext 258) or friends of panthertown@gmail.com or online at www.j-mca.org.
  - Four churches prepare to “Walk to Bethlehem.” The Macon County Public Health Center is continuing a successful faith-based wellness program. Four local churches, with assistance from the Health Promotions Program at the public health center, are embarking on a virtual journey from Franklin to Bethlehem as a part of the “Walk to Bethlehem” program. The four participating churches include First United Methodist Church, Holly Springs Baptist Church, Prentiss Church of God, and Watauga Baptist Church. The Walk to Bethlehem program encourages church members to be more physically active and make healthier food choices. According to the Centers for Disease Control, everyone needs at least 30 minutes of moderate physical activity on most days to stay healthy. As a part of the Walk to Bethlehem program, the public health center provided a pre-event health screening to the churches.
  - Collections for men and women overseas at Chestnut Hill Retirement community. A wide variety of items currently are needed, including books and magazines, CDs and DVDs, and small pocket books, which fit neatly in the BDUs (Battle Dress Uniforms). Phone cards, lounge pants, grey or black t-shirts, and cards of encouragement are also in great demand. Consumables such as insect repellent, lotions, and other hygiene products must come new, in original packaging. Monetary donations to fund the flat rate APO shipping at $10.95 per box should be left at the front desk of Chestnut Hill. The drop point for all items will be under the flagpole at the Chestnut Hill Clubhouse on Clubhouse Trail. For any questions, or to schedule a drop-off, contact Jeremy Duke in our community office at (828) 787-2114.
  - Refuge Youth meets every Sun. night at 6:30 p.m. downstairs at Cullasaja Assembly of God. If you are in grades 6th-12th then this is the place to be! The church is located at 6201 Highlands Rd. next to Exxon. For more info call youth ministers Matt and Candace Woodroof at 828-369-7540 ext 203, www.cullasaja.org.
  - Raffle of handcrafted Stiefel Botanical Book to Benefit The Bascom. To purchase a raffle ticket, call 526-4949, ext. 84.
  - Yoga at the Rec Park, 7:30 a.m. Monday and Wednesdays. Call 526-4340 for information.
  - Yoga in the bottom floor of Jane Woodruff Building, 10:30 a.m. Thursdays. Call 526-4340.
  - NA open meeting every Saturday at 7:30 p.m. of the ACC Satellite Group at the Graves Community Church, 242 Hwy 107 N. in Cashiers. Call 888-764-0365 or go to the website: www.ncmana.org.
  - At Health Tracks at Highlands-Cashiers Hospital, various exercise classes. Call Jeanette Fish-

er at 828-526-1FIT.
  - “The Circle of Life” support group continues at the Highlands-Cashiers Hospital at the Jane Woodruff room 201, 10 a.m. until noon. Call Barbara Buchanan at 526-1402 or Florence Flanagan at 743-2567.
  - **Mon. & Wed.**
    - Pilates Classes Level 1 of Jane Woodruff at the hospital at 4 p.m. $10 per class. Call 526-6852.
    - Middle School students After School Program from 3-5 p.m. at the Rec Park. The program is free and will include a snacks, homework help, arts/crafts, sports, community involvement projects, and mini field trips. Parents will be required to register their child(ren) upon their second day of attendance and children will be required to sign in daily. For more information please call 828-526-3956.
    - Mon., Wed., Fri.
      - Step Aerobics with Tina Rogers at the Rec Park, 8-9 a.m. $10 per class or $50 a month. Wed., & Fri.
      - Open AA meeting noon at the Episcopal Church at Fifth and Main streets.
    - Tues. & Thurs.
  - **Wednesdays**
    - Highlands MountainTop Rotary Club meets at the Highlands Conference Center.
    - Weight Watchers meets at the Highlands Civic Center. Weigh-in is at 5:30. The meeting starts at 6 p.m.
    - Highlands Rotary Club meets at noon at the Highlands Conference Center.
    - Men’s interdenominational Bible Study at 8:30 a.m. at First Baptist Church.
    - Every Third Wednesday
  - **Tuesdays**
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    - Every Third Wednesday

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• **Upcoming Events**

- **On-going Events**
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  - At Health Tracks at Highlands-Cashiers Hospital, various exercise classes. Call Jeanette Fish-
Through Dec. 1

• At Acorn’s on Main Street, a Mary Louise Jewelry Trunk Show. Exclusive line of 18k gold jewelry with a distinctively feminine flair.

• Highlands-Cashiers Hospital will offer free flu shots to the general public at a special, one-day-only clinic on the hospital campus Wednesday. Hospital personnel will be giving flu vaccinations between 9 a.m. and 1 p.m. in Suite 103 on the first level of the Jane Woodruff Clinic. There will be no charge, but pre-registration is required and supplies are limited. Those interested in signing up for the clinic should call 526-1434 between the hours of 7:30 a.m. and 4 p.m. Monday through Friday. Appointment slots will be assigned on a first-come, first-serve basis in order to reduce waiting times.

Sat.-Tues., Nov. 29-Dec. 23

• “Winter Landscapes” exhibition at The Bascom, featuring paintings by John Mac Kah and Deborah Squier. Free public opening reception Nov. 29 from 5–7 p.m. Regular gallery hours are Tuesdays through Saturdays, 10 a.m. to 4 p.m. Admission is free. The Bascom is located inside the Hudson Library on Main Street in Highlands. For information, call (828) 526-4949 or visit www.thebascom.org.

Friday-Saturday, Nov. 28-29

• The Artisans of the Highlands Plateau will be selling their wares at the Highlands Community Building on U.S. 64 east next to the ballfield 10 a.m. to 5 p.m. Don’t miss this opportunity to buy one-of-a-kind, handcrafted items for everyone on your Christmas list this year.

• The Annual Hard Candy Christmas Fine Art & Craft Show at the WCU Ramsey Center in Cullowhee. $3 for adults, children under 12 free. Free parking. 10 a.m. to 5 p.m. both days.

• Lindal Model Home Open House. 10 a.m. to 4 p.m. Call 526-5101 for directions.

• Sapphire Valley Christmas Craft Show and bake sale, 10 a.m. to 4 p.m at the Sapphire Valley Community Center. Free admission and parking. Call 828-743-1163 for information.

Friday, Nov. 28

• Wine Tastings at Old Edwards Inn & Spa. Sumptuous hors d’oeuvres amid festive fireside ambiance of Hummingbird Piano Bar in the inn. 2-4 p.m. $20 applies to purchase if you choose to buy and not just taste! Call 526-8008.

... HIS & HERs continued from page 10

fingers crossed on this one, but still clipping coupons, just in case.

And speaking of New York City, I am infinitely thankful that on 9/11, I was at Brooklyn Bridge/City Hall Station, and not a short distance away, at the World Trade Center. I bless those wonderful, kind people who helped me on my journey uptown, so that I could get home and tell my family that I was OK. I’m grateful that in spite of seeing both towers fall down from close up, I did not see any of the jumpers, something that has haunted many others I am fortunate than me. I’m glad I made it home in one piece, and have lived to tell the tale.

Of course, when I count my blessings, I’ve saved the best for last. I thought that I would live out the rest of my life in New York – single and childless. I never imagined I’d marry again, and that this marriage would bring me, not just a devoted husband, but two lovely stepdaughters, their marvelous husbands, and a bevy of adorable, cute and smart grandchildren. Blessings don’t get much better than that.

So, if like me, you tend to get a bit mopey and reflective around this time of year, take a minute and count your blessings. You’ll probably find that, like me, you have an awful lot to be thankful for. Just for starters, you’re probably not a turkey.

About the Author: Michelle A. Mead-Armor is a writer and translator who grew up in Waynesboro, Virginia, before wasting her youth and good looks in Baltimore, Sydney, Paris, and New York. She and her husband live on top of a mountain on the Continental divide near Highlands. They are members of the Highlands Writers Group. Michelle loves just about everything about Thanksgiving, except for the football. She also recommends reading Art Buchwald’s explanation of Thanksgiving to the French, a long-standing Mead family tradition.
Highlands' Newspaper - Wednesday, Nov. 26, 2008 - Page 27

• UPCOMING EVENTS •

• Santa will be at the Highlands Visitor Center from 10 a.m. to 4 p.m. to hear wishes and for photos.

Saturday, Nov. 29
• Highlands annual Christmas Tree Lighting on Main Street in front of the Highlands United Methodist Church at 6:30 p.m.
• Santa will be at the Highlands Visitor Center from 10 a.m. to 4 p.m. to hear wishes and for photos.
• The Mirror Lake Improvement Association’s Christmas Gathering is Friday at 5 p.m. at Jane and Paul Wilgus’s home. Bring a covered dish and serving utensils. For more information, call Elaine Johnson at 526-9939.
• At PAC at 8 p.m., “The Prince of Dark Corners,” a play written by North Carolina humorist Gary Carden, at the Martin-Lipscomb Performing Arts Center on Chestnut Street. Admission price: $15. Call 526-9047.
• NANTAHALA HIKING CLUB will take a moderate 4-mile hike with a couple of steep descents to Turtlbeck Falls, Rainbow Falls, and Stair Step Falls on the Horse Pasture River. Meet at Wachoo.

• See EVENTS page 28

‘Prince of Dark Corners’ at PAC Nov. 29 speaks to local history at 8 p.m.

On Saturday evening, Nov. 29, “The Prince of Dark Corners” will be presented at the Martin-Lipscomb Performing Arts Center in Highlands. Written by popular storyteller, writer and former teacher Gary Carden, the play will start at 8 p.m. It combines drama, Appalachian history and folklore and stars Milton Higgins of Burnsville, NC.

“The Prince of Dark Corners” is the story of outlaw Lewis Redmond, described at the time of his capture in 1881 as “the most famous man in South Carolina.” Actually he was equally well-known in western North Carolina and north Georgia where local newspapers begged the court to “forget his faults, in admiration of his undaunted courage and unmistakable dash.” Because there were rumors that he would be dramatically rescued from jail, histrical Asheville was cancelled and he was transferred to Greenville, SC. People visiting the jail while he waited for trial gave him food, whiskey and cigars. And he acquired quite a collection of perfumed notes from women.

Redmond was born in 1854 and, though he claimed to have been born in Georgia and moved to North Carolina as a child, one of his captors wrote that he was born in Macon County, North Carolina. His base of operations as a moonshiner was within the 100-mile radius of Ellicott’s Rock. His father owned a moonshine still, as did all the neighboring farmers, according to him. He plowed crops during the day and worked the still at night. His trouble with the revenuers started when he stopped distilling and began delivering whiskey.

Robert Anthony, former president of NC Writers Association says, “The “Prince of Dark Corners” is absolutely captivating! Gary Carden in turn has us laughing and sighing, gasping and crying, as he leads us on a journey into the soul of outlaw Lewis Redmond.”

The play to be performed at the Performing Arts Center on Chestnut Street traces Redmond’s rise from hardscrabble obscurity to nationwide fame, then his descent into a rueful old age haunted by past misdeeds that can never be undone. Tickets to the play are $15 each and may be charged by phone at 526-9047, or online at www.highlandsperformingartscenter.org.

Historical Society
Christmas Showhouse set for Dec. 6-7

Connie Thompson of Basketworks in Cashiers selects decorations to use when she joins five other decorators at the Christmas Showhouse to be sponsored by the Highlands Historical Society on December 6 and 7, from 1-5 p.m. each day. The decorators are delighted to have the opportunity to decorate a Joe Webb log house built in 1930 on Satulah Road, to benefit the Historical Society. Tickets priced $15 each are available at Cyrano’s Bookshop, or they may be purchased on the day of the event in front of Bryson’s Food Store. Shuttles will run from Brysons.

2-Day Holiday Gift Show & Sale
Featuring Artisans of the Highlands Plateau
Friday, Nov. 28, 1-4 p.m.
Saturday, Nov. 29, 10am-5pm
at the Highlands Community Center
(next to the ballfield)
Ruby Cinemas
Hwy. 441, Franklin • 524-2076

Showing Nov. 28-Dec. 4

FOUR CHRISTMASES
rated PG-13
Friday: (4:10), 7:05, 9:10
Sat & Sun: (2:05), (4:10), 7:05, 9:10
Mon – Thurs: (4:10), 7:05, 9:10

TWILIGHT
rated PG-13
Friday: (4:30), 7, 9:30
Sat & Sun: (2), (4:30), 7, 9:30
Mon – Thurs: (4:30), 7, 9:30

BOLT
rated PG
Friday: (4:15), 7:10, 9:15
Sat & Sun: (2:10), (4:15), 7:10, 9:15
Mon – Thurs: (4:15), 7:10, 9:15

QUANTUM OF SOLACE
rated PG-13
Friday: (4:20), 7:15, 9:20
Sat & Sun: (2:15), (4:20), 7:15, 9:20
Mon – Thurs: (4:20), 7:15, 9:20

Channel 14
Highlands’ own TV channel!

Heart of the High Country
weekly show about Highlands

Mountain Home Showcase
home tours, design tips, and cooking classes

Visitor Information Program
hosted by Blackberry Bear

DVDs of Heart of the High Country available at the Hudson Library and Movie Stop

Northland Cable Television

The Last Bingo of 2008

The last Rotary SuperBingo in 2008 will be held this coming Thursday, Dec. 4th at the Highlands Community Building from 6:30 to 8:30. Don’t miss this last Rotary SuperBingo before the spring. Like Highlands’ bears, Bingo is going to hibernate over the winter. Same great Bingo deals: 14 games for $10; game 15 is SuperBingo for $1 per card and you can win $300 for full card Bingo in 55 calls or $150 for a full card Bingo after 55 calls. Refreshments by Highlands Boy Scouts and humor by Rotary – what could be better? SuperBingo is a fun evening for family, children and big people. Bring a group or come by yourself. Half of Bingo proceeds are paid as prizes. Highlands Rotary profits go to community non-profit organizations. Rotary hopes to see you at The Last Bingo of 2008. Highlands Rotary Club is licensed by NC to conduct Bingo games.
• UPCOMING EVENTS •

‘Winter Landscapes’ exhibition opens Saturday at The Bascom

The Bascom’s next exhibition, “Winter Landscapes,” showcases a mountain winter’s tranquility and grace in paintings by John MacKah and Deborah Squier.

The exhibition opens this Saturday, Nov. 29, with a free public reception from 5-7 p.m. The annual Highlands Christmas Tree lighting occurs at 6:30 that night, so The Bascom encourages people to make it a night on the town: attend the exhibition opening at 5, then head to the treelight show.

The exhibition runs through Dec. 23. Admission is free.

MacKah was The Bascom’s first artist-in-residence in 2008. He braved the icy weather and winter winds to create the work he will be presenting in this exhibition. MacKah, who has a studio in Swannanoa, was born in St. Petersburg, Fla., and holds a BFA from Ringling School of Art & Design. He is on the faculty of the Fine Arts League of the Carolinas and teaches all over the region. He has been a freelance artist and has had a private studio since 1984. He works primarily in oils and acrylics, and is represented by John Collette Fine Art in Highlands, Linville Gallery in Banner Elk, 16 Patton Gallery in Asheville and Blackbird Frame & Art in Asheville (limited edition prints only).

Squier, who has a studio in Asheville, was born in Newton, Mass., and was a student of the late Donald Gordon Squier, landscape painter and family portraitist for General George S. Patton and family, and a student at the Boston Museum School, Massachusetts. She holds a BA from UNC-Chapel Hill and is represented by Summit One Gallery in Highlands, Blue Spiral 1 in Asheville, Pinkney Simons Gallery in Columbia, S.C., and Hanson Gallery in Knoxville, Tenn.

Her work has appeared in solo and group exhibitions and is in private collections locally and elsewhere in the nation.

The Bascom is located at 554 Main Street inside the Hudson Library. Hours are Tuesdays through Saturdays from 10 a.m. to 4 p.m.

For more information about the exhibition, call (828) 526-4949 or visit www.thebascom.org.

“Crop Field,” by Deborah Squier, is one of the paintings that will appear in the “Winter Landscapes” exhibition, on display at The Bascom Nov. 29 to Dec. 23. A free public opening reception will be Saturday, Nov. 29, from 5-7 p.m.

21st Annual
“Hard Candy Christmas"
Fine Art & Craft Show
A Mountain Holiday Tradition
Always the Friday & Saturday after Thanksgiving
10 AM – 5 PM
WCU Ramsey Center
Cullowhee, NC (Hwy. 107)
$3.00 for Adults
Children under 12 FREE ~ Free Parking
(828) 524-3405 ~ mountain artisans.net

‘Carol Sing’ at First Presbyterian after the Highlands Parade, Sat., Dec. 6

There will be a Christmas Carol Sing at First Presbyterian Church at 2 p.m. on Saturday, Dec. 6. Special guests will be Margaret McAllister, harp, and Johnathon McAllister, soloist. Johnathon will be singing “O Holy Night.” Also featured will be bagpiper David Landis who will join Angie Jenkins at the pipe organ in a rousing rendition of “O Come All Ye Faithful.” The public is cordially invited. The church is located at 471 Main Street.

from 11 a.m. to 4 p.m. to hear wishes and for photos.
Saturday, Dec. 20

• Wine Tastings at Old Edwards Inn & Spa. Sumptuous hors d’oeuvres amid festive fireside ambiance at Hummingbird Piano Bar in the inn. 2-4 p.m. $20 applies to purchase if you choose to buy and not just taste! Call 526-8008.

• The Highlands-Cashiers Chamber Music Festival will present at Christmas concerts entitled “Father Christmas’ Favorite Chamber Music” at 5 p.m. at PAC to benefit the Highlands Emergency Council. Santa Claus himself will be on hand to introduce some of his favorite works for violin, viola, cello and piano; and good listeners will receive a treat from Father Christmas on the way out. For more information and tickets, call 828-526-9060.

• Santa will be at the Highlands Visitor Center from 10 a.m. to 4 p.m. to hear wishes and for photos.

• Santa will also be at the Scaly Mountain Community Center from 10 a.m. to 4 p.m. Bring your list to share with Santa, coins for reindeer food and a sweet tooth!
HIGHLANDS UNITED METHODIST CHURCH is actively seeking a responsible and energetic individual to fill the full-time position of Director of Children and Youth Ministries. Bachelor’s degree or five years related experience required. Send resumes to HUMC, P.O. Box 1959, Highlands, NC 28741. Attn: Scott Roddy or email inquiries and resumes to humcsc@dnet.net.

SOUS CHEF – Experience required. Full-time position available. Team player. Call 778-2200. MLT or MT needed in the laboratory at Highlands-Cashiers Hospital. Second and third shifts available with an occasional weekend and holiday rotation. Register of ASCP or equivalent is required. Must be able to work a 3-5 days experience as a generalist with blood banking is preferred. Full benefits, or the option to opt out of benefits for an increase in pay, available after 60 days of full-time employment. Pre-employment screening required. Call Human Resources at 828-526-1376 or apply online at www.hchospital.org.

PHYSICIAN BILLING MANAGER: needed at Highlands-Cashiers Hospital. Full-time position available. Responsible for managing all billing procedures for the physician’s offices. At least 3 years of office and insurance billing experience, CMA, EMT, or similar training and certification. Current training in coding is required. Full benefits, or the option to opt out of benefits for an increase in pay, available after 60 days of full-time employment. Pre-employment screening required. Call Human Resources at 828-526-1376 or apply online at www.hchospital.org.

FIND YOUR NEXT HOME! 20% below store prices. Call 526-0498.

ITEMS FOR SALE

- **TURNTABLE** – $350 FOR BOTH. Also, 13” SONY DIGITAL TV $75. All very good condition. Call 526-2710.

- **125-Gallon All-Glass aquarium** – over 6 feet in length, was a salt-water shark-only tank. Comes with Ehiem Pro series-2 external canister filter, and optional mahogany base. Will settle for $500; base, extras and help moving it are optional but free. Call 828-342-3909.

- **HEALTHRIDER N35 RECUMBENT BIKE** – Used! Lowest priced! Lowest priced! Call 828-526-4946 or 828-200-0268.

- **SMALL EMERALD AND GOLD RING** – Originaly $300 Asking $175. 828-631-2675 after 5 p.m.

- **BABY LOCK SERGER MACHINE** with extra spools of thread. $200.00 828-631-2675 after 5:00 p.m. Sylva area.

- **REDUCED! 52” BIG-SCREEN TV RCA Home-Theater edition, with guide-plus gold.** Moving and its too big to take. $375 or OBO; this TV is in great condition and has a perfect picture, purchased at Circuit-city. Allows for 480P HD through Direct-tv. Call 828-342-2809.

- **YARD MACHINE LEAF MULCHER** – purchased at Lowes. Used only a few times $350. 526-5056.

- **SIX CEDAR ADIRONDACK CHAIRS** – custom made. $100 each or all for $500. Call 526-3824.

- **LENOX CHINA “AUTUMN” PATTERN** – $125 for 5-piece place setting or sell by the piece at 20% below store prices. Call 526-0498.
**Highlands’ Newspaper Internet Directory**
The PDF version of Highlands’ Newspaper on [www.HighlandsInfo.com](http://www.HighlandsInfo.com) is downloaded more than 3,000 times a week and the internet directory – HighlandsInfo – gets more than 1,316 visits a day.

People read your ad on the street & on the web.

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**$5. for 20 words weekly**

**CLASSIFIEDS**

**$2. for each add’l. 10 words**

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**3-PIECE BEDROOM SET** – Oak veneer, one dresser, one desk, one chest, $300. Call 526-5772.

**NEW BAUM BROTHERS CHINA** – Service for 8 with serving pieces-white with gold trim. In original box $150. for set, Call 526-3251.

**STONE AVAILABLE** – Assorted. 14 pallets. $200 per pallet. Call 526-9532.


**BEAUTIFUL, KNOTTY PINE WOOD ENTERTAINMENT CENTER WITH POCKET DOORS. Will hold up to a 31” TV. $100. Call 369-5863.**

**TWO 19” PORTABLE TELEVISION SETS** – Perfect for rentals or spare rooms. 2/$20. Call 369-5863.

**ANTIQUES WOODEN ROCKING CHAIR** – FROM LATE 1800’S. Fully refinished. $100. Call 369-5863.

**AVON CAPE COD RED GLASS** – 8 piece place setting. 64 pieces. $385. Also, accessory pieces – $25 each. Call 526-3641.

**SET OF 4 ORIGINIAL RIMSTRES FROM TOYOTA SOLARA** – 16” x 6 1/2” with mounted Bridgestone Potenza tires 215-60-R16 M & S. $500. Call Wolfgang at 526-8396 or 526-4603, evenings.

**ANTIQUE WALNUT DINING TABLE** – With 2-1/8” leaf, $250; six oak pressed back chairs. Very good condition. $300. Whirlpool upright freezer, double door, $100; 90,000 BTU propane central heat unit, $100 and 60-gallon propane hot water heater, $75. Call 526-0036 or 421-1159.

**DESK (LARGE) WITH MATCHING CREDENZA, oak, leather chair. $850. Call 743-6869.**


**DOUBLED UPHOLSTERED HEADBOARD** – with matching valances. $35 for all. Blue and yellow plaid. Call 526-9251.

**MR. HEATER – 75,000 BTU, Forced Air Heater. Like New. $100. Call 526-3206.**

**TABLE SAW** – 9” with 4” Joner. All one stand. $75. Call 526-3206.

**PALTZGRAFF “HEIRLOOM” DISHES** – full set mint condition. $225. 526-2671.

**Antique Wooden Ladderback Table** – $125. Call 828-787-1292. Prices range from $70-369.

**1930S WICKER DOLL CARRIAGE** – walnut, 3 x 6’, containing TV, tape player, turntable, radio/CD. Sold as an entertainment unit including 2 Advent speakers. $550. Call 526-9273.

**MISC. ITEMS** – Various proof coin sets, old 78 LP, Old Walt Disney movies (never opened); Girls’ bicycle; Collectible Basketball Cards (never opened). Call 526-9132.

**MASSEY FERGUSON DIESEL DELUXE 35 WITH POWER STEERING** – Completely rebuilt, repainted, new tires. Includes sc апр blade, and an 8,000 lbs. tandem axle trailer. Sharp Package! $6,000. Call (828)526-1684 and leave message.

**BEAMS, FLOORING AND ENTIRE STRUCTURES: HAND HEWN BEAMS, Beautiful material, large faces, $3.50-$4.50 per foot board. Wormy white oak flooring (milled w/a t&g), 6-12” widths, $8 per ft. Original, reclaimed white and yellow pine flooring, random wide widths (6-16”) $6/ board ft. Wide barn siding, $3/ft. Also historic log cabins and barns ready to reassemble. 215-529-7637, Delivery available.**

**ANTIQUE CHERRY DINING TABLE** – drop-leaf, rope carved legs. Seats 4-10 people. $1,500 obo 828-787-1515

**DELUXE VENTED GAS heater high b.t.u, slightly used. $100. 524-6038.**

**CUSTOM DECK SET** – Painted aluminum Love seat & club chair with laminated wavy cushions. $125. Call 526-1078.

**ANTIQUE BEAMS, FLOORING AND STRUCTURES: Hand heewn beams in oak and yellow pine. Beautiful material, large faces, $3.50-$4 per foot board. Original, reclaimed white and yellow pine flooring, random wide widths (6-16”) $6/ board ft. Also selling entire log and timber frame structures. 215-529-7637.**

**WATER PURIFYING CHLORINATOR PUMP** – with large heavy duty plastic plastic holding tank. $75. Now $50. Call Randy at 828-488-2193.

**PLASTIC OUTDOOR TABLE** – Hunter green 36” x 36” in like new condition. $10. Call Randy at 828-488-2193.

**DECK CHAIR WITH MATCHING FOOT RESTS** – $20. Call 526-5367.

**DRESSING MIRROR** – $5. Call 526-5367.

**STEEL TYPEWRITER TABLE** – $5. Call 526-5367.

**TWO TWIN CREAM COLOR BEDSPREADS** – $6 each. Call 526-5367.

**3-PIEED GLASS CORNER SHELF.** – $10. Call 526-5367.

**TWO ELECTRIC WATER COOLERS** – for sale. Approximately 38” tall x 12” square. Put botted water on top. $50 each. OBO. Call 526-3262.

**7 JIM SHORE LAMPS BY ENESCO** – $4 per board foot. Original, reclaimed white and yellow pine. Beautiful material, large faces, $3.50-$4 per foot board. Original, reclaimed white and yellow pine flooring, random wide widths (6-16”) $6/ board ft. Also selling entire log and timber frame structures. 215-529-7637.**

**Vehicles for sale**

**1997 FORD F250 CREW CAB – 4 WD, 75,000 original miles. 460 6 CY, 5 SP, Short WB, Black, one owner. 35” tires, 3” lift. $8,500 or OBO. Call 526-3684.**

**1984 JEEP CJ7 – Rebuilt 304, 10,000 miles, 8 CY, 4 SP, 4WD, Front Bush Guard. 35” tires. 6” lift. Headers. Good condition. $8,500. OBO. Call 526-3824.

**2 DUTCHMEN 27’ LITE TRAILER TRACTORS** – $750. OBO. Call 526-3824.

**THREE “HOUSE OF DENMARK” BOOKCASES** – walnut, 3 x 6’, containing TV, tape player, turntable, radio/CD. Sold as an entertainment unit including 2 Advent speakers. $550. Call 526-9273.

**RELIABLE CHILD CARE IN MY HOME** – Atlan-


**J&J LANDSCAPING SERVICES** – total lawn care and landscaping company. 20 years serving Highlands area. 828-526-2251.

**SHIPPING SERVICES - STORK'S WRAP** – Packed & Shipped UPS Ground & Next Day Air services and large furniture shipping available. Paxking services and/or supplies. Gift wrapping and fax services. 323 Hwy 107 N., Cashiers, NC (1/2 mile from crosstroutes) (828) 743-3222.

**HIGHLANDS SHUTTLE SERVICE** – Atlant-a Airport Shuttle. Drive - Away • Auto Delivery. All Out-of-Town Trips Driving Services. Call 526-8078.
Bel Canto donates the The Bascom and to the Highlands School music program

For the sixteenth year since its inception Bel Canto has once again donated to the Bascom permanent collection and to the Highlands School music program. $10,000 was donated to the Highlands School for its music program. Left are Linda Steigleder, Executive Director of the Bascom accepting a $10,000 check from W. Stell Huie, Chairman of the Bel Canto Steering Committee in front of “Sunflowers” painted by Amelia Curtis which was previously purchased for the permanent collection of the gallery.

Above, Highlands School principal Brian Jetter and music teacher/band director John Gorecki accept a $10,000 check from Mr. Huie.

H-C Hospital Auxiliary quilt winner

Mrs. Natalie Niemi of Phoenix, AZ, displays this year's Wildflower Quilt the was raffled off last month at the Fall Craft Show by the Highlands-Cashiers Hospital Auxiliary. Mrs. Niemi purchased the winning ticket while in Highlands visiting relatives earlier in the summer. The raffle raised some $2,500 for the hospital. Each winter Auxiliary members, such as Jolene Niblack, Elaine Reynolds and several others, draw and then embroider local wildflowers and plants on fabric panels, which are then made into the highly-prized quilts by well-known local quilter Hazel Miller. This was the 17th quilt raffled for the hospital by the Auxiliary.
... SHERIFF continued from page 7

office, Jeffrey Thompson was arrested and bond by a Mecklenburg County Magistrate was set at $102,500.

While the SBI investigation continues, I remain confident that the use of force was justified as well as appropriate and I continue to stand behind the actions of my officers completely,” said Sheriff Holland. “As evident from an in-car-camera that recorded the incident, Deputy Briggs gave Mr. Thompson a chance to comply but instead he chose to continue approaching Deputy Briggs in a threatening manner, just as he did others on that day.”

Sheriff Holland said officers have an obligation to secure a scene, investigate an incident and keep everyone safe including themselves and that is exactly what the officers did on October 19th.

Thompson’s charges include: 2 (F) Counts of Attempted Larceny, 2 (F) Counts of Attempted Kidnapping, 1 (F) Count of B&E of Motor Vehicle, 1 (M) Count of Assault on Government Official, 1 (M) Count of Resisting a Public Officer, 1 (M) Count of Assault on a Female, 2 (M) Counts of Communicating Threats, 2 (M) Counts of Disorderly Conduct, and 1 (M) Count of Simple Assault.

Thompson’s trial date has not been set at the time of this release.

Macon County’s LBJ Job Corps is one of several facilities in North Carolina that provides youth with the chance to learn a trade and get a high school diploma or GED.

SHERIFF continued from page 7

... EDWARDS continued from page 3

6% annually.

Edwards said when he first joined the school board, long-time Macon County School Superintendent Lonnie Crawford told him if he always put the students first he’d be able to look himself in the mirror everyday. “I’ve tried to do that,” said Edwards. “And I thank the voters of Macon County for trusting in me to do my job for voters.”

Both Edwards, Swank and architect Mike Watson, who was at the meeting seeking permission to bid out the K-4 school and to present portico and covered walkways plans for Highlands School, said the positive relationship between the Macon County Commission and the school board can not be overstated.

“I’ve never seen anything like it,” said Watson.

Swank said she’s proud that the commission and school board worked so well together.

“I hope the incoming board members on both boards can keep that tradition alive,” said Edwards.

Brigman presented Edwards, McCoy and Swank with plaques of appreciation.

The new school board members – Bobby Bishop, Frieda Bennett and Jim Breedlove – will be sworn in 9 a.m. Dec. 1 followed by an executive meeting. The December school board meeting will be Monday, Dec. 15 at 6 p.m. at the central office in Franklin.

- Kim Lewicki
POLICE & FIRE DEPARTMENT ENTRIES

The following are the Highlands Police Dept. log entries for Nov. 19-25. Only the names of persons arrested, issued a Class-3 misdemeanor, or public officials have been used.

Nov. 19
• At 2:45 p.m., officers performed a welfare check at a residence on Horse Cove Road. Everything was OK.
• At 8:14 p.m., officers performed a welfare check at a residence on Horse Cove Road. Everything was OK.

Nov. 21
• At 11:40 p.m., a motorist at Main and Third streets was cited for speeding 32 mph in a 20 zone.

Nov. 24
• At 6:30 a.m., a motorist on N.C. 106 was cited for speeding 50 mph in a 35 zone.

During the week, officers issued 6 warning tickets and responded to 2 alarm activations.

The following are the Highlands Fire & Rescue Dept. log entries for the week of Nov. 19-25

Nov. 19
• The dept. responded to an alarm at a residence on Whiteside Mountain Road but it was false.
• The dept. responded to a call of a chimney fire at a residence on Clear Creek Road. The fire was in the flue and it was extinguished. There was no damage.

Nov. 21
• The dept. responded to a two-vehicle accident on U.S. 64 east at the hospital due to road conditions. There were no injuries.
• The dept. responded to a two-vehicle accident on U.S. 64 east at Apple Mountain due to road conditions. There was one minor injury.
• The dept. responded to a call of an overdue motorist on his way back from Jackson County.

Nov. 22
• The dept. responded to an alarm at a residence on Hickory Lane. It was false.
• The dept. responded to a call of a possible structure fire on Azalea Lane but it was the ash dump in the fireplace on fire. It was extinguished.

Nov. 23
• The dept. provided mutual aid to the Satolah Fire Dept. to stand by at their department while they fought a structure fire.

The following are the Macon County Sheriff Dept. log entries for the week of Nov. 19-25. Only the names of persons arrested, issued a Class-3 misdemeanor, or public officials have been used.

Nov. 19
• At 11:30 a.m., deputies responded to an alarm at a residence on Hickory Nut Gap. All was...
PseudoCube©

THE SETUP:
The cube has 27 consecutive numbers in it, arranged in three layers with 9 numbers each. These numbers are arranged in a special pattern: For each layer, the sum of the three numbers in each row, column or diagonal, is 3 times its center number. Eight diagonals connect all 3 layers by running through the center number of the middle layer. Each diagonal contains 3 numbers equaling the total of the three center numbers. One of the diagonals is shown with circles.

THE CHALLENGE:
Start with the three center numbers for each layer and the other numbers given. Now pour a cup of coffee, pick up a pencil and eraser and try to figure out where the other numbers belong. Good Luck!
Email: pseudocube8@aol.com.

Solution to Nov. 20 Sudo-Grams

Mystery Word
#F606
To Proceed (6)

Across
1. Revolution (Abbr.) (3)
2. To babble excitedly (4)

Down
3. Time Period (3)
4. Second musical note (2)

College Basketball Hall of Fame
I will name the college hoops Hall of Fame coach and you provided the school where he or she obtained the majority of their wins.

Across
2. Dean Smith
4. John Thompson
5. Geno Auriemma
11. Lute Olsen
12. Leon Barmore
14. Ray Meyer
15. John Chaney
16. Don Haskins
17. Pete Carril

Down
1. Adolph Rupp
2. Everett Case
3. Jim Boehm
6. Pat Summit
7. Van Chancellor
8. Henry Iba
9. Bob Knight
10. John Wooden
13. Mike Krzyzewski

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secure.
• At 2 p.m., Rex Miller, 70, of Highlands, arrested for failure to appear in court on charges of 2nd degree trespassing. He turned himself in at the magistrate’s office, posted a cash bond and was released.

Nov. 20
• At 10:30 p.m., deputies responded to a call of a breaking and entering with larceny at a residence on Maplewood Lane. The case is under investigation.

Nov. 21
• At 10:14 p.m., deputies responded to an alarm at a residence on Highgate Road. All was secure.

Nov. 22
• At 5:30 p.m., deputies responded to a call of a burglary with larceny and forced entry at a residence on Hurrah Road where $1,200 in household goods was reported stolen. The case is under investigation.