

Highlands' Newspaper

FREE

Volume 7, Number 51

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Wednesday, Dec. 23, 2009

This Week in Highlands

Through January

- Buy your 2010 full color Highlands School yearbook. Call 1-866-282-1516 or go to www.jostensyearbooks.com Questions? Call Highlands School at 526-2147.

Wednesday, Dec. 23

- Santa will be at Mountain Rarities on Main Street from 2-4 p.m.

Thursday, Dec. 24

- Christ Anglican Church of Highlands-Cashiers will celebrate Christmas Eve with Holy Communion, including the singing of Christmas carols on Thursday at 8 pm at the Whiteside Presbyterian Church facilities, located at 621 US Highway 64(W), Cashiers, NC 28717. All are welcome and encouraged to come and celebrate our Savior's birth — as we look forward to Jesus' return.

- At First Presbyterian Church, Christmas Eve Candlelight Communion Service at 5 p.m. At 4:30 there will be a Harp Prelude by Valerie Whitcup, harpist. This is designed for the entire family. For more information, call 526-0784.

- At the Highlands United Methodist Church, Family-Friendly Candlelight Service at 5 p.m.; Drop-in Communion at 7 p.m. and Candlelight Service at 11 p.m.

- At the Lutheran Church of the Holy Family on NC 106, Candlelight Christmas Eve Service; 3:30 Special Music; 4 Family Service. All are welcome.

Friday, Dec. 25

- Christmas Dinner at Fresser's Eatery to benefit Highlands-Cashiers Hospice and Big Brothers Big Sister of Highlands. Contributing chefs include Marty Rosenfield (Lakeside); Debbie Grossman (Fresser's Eatery); Donna Woods; and Martha Porter. Seating times are from 11 a.m. to 4 p.m. \$35 per person; \$25 for children under 10. Traditional holiday buffet. Make your reservation today. Call 526-8867.

Saturday, Dec. 26

- At PAC on Chestnut Street, FREE Festive Film Days with Matinees, Evening Shows and Refreshments for Purchase. call the Performing Arts Center at 828-526-9047.

Sunday, Dec. 27

- At Highlands United Methodist Church, A Service of Lessons and Carols at 11 a.m.

Tuesday, Dec. 29

- Free influenza shots for both seasonal and H1N1, from 9-11 a.m. on the first floor of the Jane Woodruff Clinic located on the hospital campus. First come, first serve basis. Pre-register by calling (828) 526-1435.

Friday, Jan. 1

- Annual Resolution Run begins in front of the "old" Town Hall at 210 North Fourth Street at 9 a.m. and run a three-mile loop at a relaxed pace around the downtown area of Highlands, returning to the Town Hall.

No snow days in 2010-11 school calendar

There was much discussion concerning the school district's calendar for the 2010-11 school year at the Monday, Dec. 14 school board meeting.

In the past, the district has had as many as three calendars due to the size of the county and the diverse weather conditions from Nantahala to Highlands.

Prior to the state changing at-

tendance, instruction and workday requirements in 2004, school districts had the flexibility to build in as many as five snow days – which was particularly helpful for schools in Western North Carolina that are often affected by inclement weather.

However, beginning with the 2005 school year, the state mandated that public schools couldn't start

before Aug. 25 and had to end by June 10.

Within that span of time, 180 instructional days are required as is a teacher work-day after each grading period. There are four, nine-week semesters with a grading period following each nine-week semester.

• See CALENDAR page 15

• Inside •

Letters	2
Wooldridge	4
Salzarulo	5
From Turtle Pond	6
His & Hers	7
Conservative POV	8
From the Student's Eye ..	9
Cooking on the Plateau ..	10
EventsPULLOUT	12
Coach's Corner	16
Spiritually Speaking	17
Classifieds	19

The reason for the season



Merry Christmas and Happy Holidays for us at Highlands' Newspaper

Photo by Jim Lewicki

Bullying, promotion & conduct policies amended by Board of Education

As dictated by state mandates, the Macon County Board of Education adopted three policies dealing with Bullying, Promotion and Retention, and Professional Standards of Conduct for Teachers.

Each of these policies had to be "on the books" in Macon County by the end of December 2009.

Chairman Jim Breedlove said the anonymous aspect of the "Bul-

lying" policy bothered him, but he understood that the state mandated school districts to have each policy as written in place.

Policy #459 – Discrimination, Harassment, and Bullying Prohibited, outlines specific behavior that is not allowed and actions the school district can take to alleviate and prevent it.

"The General Assembly adopt-

ed the School Violence Prevention Act (2009 N.C. Sess. Law 212; SB 526) this past summer," said Macon County Schools Program Administrator Nancy Cantrell. "This legislation requires each local school board to adopt a policy prohibiting bullying behavior as defined by the Act before December 31, 2009." She said the Macon

• See POLICIES page 2

MC Planning Dept. wants citizens' help

Since the Highlands Recreation Department saw a 10% return on the 860 surveys it sent out recently, the Macon County Planning Department is hoping it can ride some of that momentum.

Like the Highlands Rec survey, the county's survey also deals with the future but as it applies to county-wide planning.

Macon County is going through its comprehensive planning process and is trying to get public input through community meetings and the survey.

Macon County Planner Derek Roland is asking citizens in Highlands to participate in the input-gathering process for the county's comprehensive plan by filling out a survey online at www.maconnc.org/survey1.pdf.

The Comprehensive Plan takes into consideration the projected growth that will come to Macon County (33%, 2009-2029) and potential issues that can accompany it.

"Knowing this, we as citizens of Macon County must take a proactive approach to planning and create a vision for how we want to see Macon County 15-20 years down the road," he said. "By neglecting this opportunity we forfeit our chance to create "our" vision, resulting instead in future growth creating a vision for us."

• See HELP page 3

• THE PLATEAU'S POSITION •

• LETTERS •

Too many DWI arrests? You must be joking

Dear Editor,

In response to the article from Dec. 17 edition entitled "Police Dept. Reputation Discussed." Are these people serious? Too many DWI arrests? I personally don't think there are enough.

I have been to enough various "events" over the years to know that the officers could have carpal tunnel syndrome from writing all the citations and choke the county's court system with all the ones that need to be written.

If you don't want a DWI, just do what anyone with any common sense does and have a designated driver.

Anyone arrested for DWI has gotten exactly what they deserved. They have put my life as well as the lives of my children, and everyone else on the road in jeopardy by even getting behind the wheel.

I have a CDL (Commercial Driver's License), and the requirements to keep that CDL is that I cannot even have a trace of alcohol on my breath if tested. I personally think that .08 is too much, as even this level impairs reaction time and distance judgment.

Are we really trying to attract a "bunch of drunks" to Highlands in the first place? They may have a good time at the restaurants that night, but they are not going to shop or buy the next day because they are all going to be sleeping it off.

In the issue of harassing people -- were you doing something that brought attention to you? Such as driving erratically, causing a noise disturbance, fighting, driving without a seat belt, etc.? This is the law, and we are all aware of the law. Why try to bend the rules just because this is Highlands?

The role of any law enforcement division is to "serve and protect". The HPD is doing a fine job, and are not overstaffed.

Keep up the good work Chief Harrell. You have my support.

Kevin Vinson
Only of Highlands

Criticism is unfair

Dear Editor,

Barbara and I were appalled by the totally unjustified attack on the Police Department of Highlands reported in Highlands' Newspaper on Dec. 17. This attack was not only totally incorrect, it was an in-

sult to the men and women that patrol and protect the population to make this a safe and beautiful town.

A major portion of the attack was directed to those of the force who had made arrests and charges in connection with DWI stops. It should be noted that driving under the undue influence of alcohol or drugs is as much a danger to each and every one of us in this community as it is to the actual perpetrator. It must also be understood that an arrest would not be made unless the driver was driving recklessly or drunkenly. It would be a lot better for those who choose to complain to address their own behaviors.

The charge of "overstaffing" is ridiculous. I have lived in many communities where the ratio of uniformed officers to the population was many times higher than it is in Highlands. In addition, many of these same communities continue to have a crime rate way in excess of what we have in our mountain community.

Highlands is an ideal community with very little crime, and this is to the credit of our outstanding police force which is always on call, efficient, and as far as we are concerned, always polite and attentive.

The 'Shop with a Cop' program, and the special efforts made during Halloween and Christmas to keep our community safe

are just some of the examples of a dedicated law enforcement agencies.

The authors of the attack should be ashamed of themselves for unjustly criticizing our Highlands Police Department. As far as we are concerned, our police have earned a very definite "THANK YOU" from this community.

Dick & Barbara Lawrence
Scaly Mountain

You keep us in touch

Dear Editor,

As Highlands second-home owners who do not get to spend as much time in Highlands as we would like, your posting of current weather conditions and pictures is very informative. Some make us envious that we are not there (such as the fall color pictures) and some suggest that we need to check in with neighbors to be sure all is OK at our home.

We also enjoy the weekly on-line version of the paper.

Bill & Molly Gahagan
New Orleans, LA and Highlands

LETTERS-TO-THE EDITOR-POLICY

We reserve the right to reject or edit submissions. **NO ANONYMOUS LETTERS WILL BE ACCEPTED.** Views expressed are not necessarily those of Highlands' Newspaper. Please EMAIL letters by Monday at 5 p.m. There is a 500-word limit without prior approval.

Highlands' Newspaper

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... POLICIES continued from page 1

County School Board had a policy in place but it didn't go far enough according to the General Assembly, "so we had to amend the current policy."

The policy says "All students and employees should be free of unlawful discrimination, harassment, hazing, and bullying. The Board expressly prohibits unlawful discrimination harassment, hazing, or bullying including on the basis of race, color, national origin, sex, pregnancy, religion, age or disability. Furthermore, retaliation against a student or employee who has exercised any rights made available through state or federal law is prohibited, including the reporting of an action."

It applies to any circumstance taking place on school premises, in a school vehicle or at a school bus stop, during any school function or extracurricular activity, when a student is subject to the authority of school personnel or any time or place when the behavior has a direct and immediate effect on maintaining order and discipline in the schools.

Employees, students, parents, volunteers or visitors are required to report any actual or suspected violation and may be made anonymously. All reports will be investigated.

Confidential records of complaints of discrimination, harassment or bullying will be kept by the superintendent who will also maintain records of training conducted and corrective action taken by the school system.

Policy #606 - Promotion and Detention, gives principals more flexibility when it comes to accommodating incoming students from other districts.

"The current policy does not allow flexibility for high school principals to individualize graduation requirements - only in the area of electives," said Cantrell. "North Carolina says students must have 21 credits to graduate. This means 4 mathematics, 4 English, 3 Social Studies, 3 Sciences, 1 Health/PE, and 6 electives. As our policy reads now, students need an additional 7 credits to graduate - a total of 28. We have run into problems when students transfer to Macon County from a school that has a traditional 7-period, year-long schedule into our block schedule because it puts them well behind peers as far as credits are concerned when they in fact have the necessary core subjects."

Superintendent Dan Brigman said the policy allows principals to look at requirements on a case by case basis.

Policy #708 - Professional Standards of Conduct and Performance for Teachers gives principals the ability to enforce basic standards of conduct and document non-compliance by and through direct reference to Board policy.

The first professional standard of conduct is to "Adhere to the Code of Ethics for North Carolina Educators," which is "The responsibility to teach and the freedom to learn, and the guarantee of equal opportunity which are essential to the achievement of these principles. The professional educator acknowl-

• See POLICIES page 18

• MILESTONE •

'Wolfgang' helping with the 2012 Culinary Olympics

Joe Green of Wolfgang's Restaurant and Wine Bistro on Main Street has been going to Gainesville, GA, lately to the Academy of Chefs Chapter. When he was in Dallas, he headed up the culinary team to go to Germany for the Culinary Olympics. Now, this team is going in 2012 and they have asked Green, known as "Wolfgang" to all in Highlands, to be a part of it. In February he is going to Germany to help get the space for the Culinary Olympics for 2012. Wolfgang is the former Executive Chef for the Brennan Family of Commander's Palace in New Orleans, LA.



... HELP continued from page 1

Roland said the plan will not be a product formed from opinions of elected officials or governmental entities. "Instead it's a plan that will be created from the ground up by the voice of the people of Macon County" he said.

The Macon County Planning Board is trying to reach the largest number of citizens possible through the public input process.

"We are traveling to community meetings, distributing surveys both on-line and

by hard copy, and visiting all special interest groups we possibly can," said Roland. "When filling out this survey, think of the role it plays not only in your life, but the life of your children, grandchildren, parents and neighbors."

He hopes that everyone who takes the time to fill out the survey will encourage others to complete the survey, too. "This will serve to benefit all residents in Macon County," he said.

Sending Christmas Cheer



Maddie Coen who is in Mrs. Julie McClellan's Kindergarten class at Highlands School, and her mom, Carrie Coen, worked on special patriotic Christmas crafts to send to Maddie's dad and others who are serving in Afghanistan. Pictures of the class were sent along with cards and blessings for a Merry Christmas and a Happy New Year. Maddie's dad plans to visit the class in the spring. Everyone looks forward to seeing him, especially Maddie!

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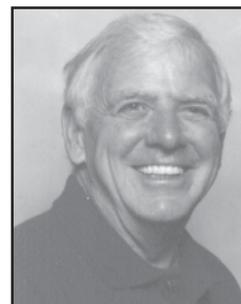
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• LAUGHING AT LIFE •

Let's dump Christmas

Why don't we dump the whole Christmas thing and concentrate totally on celebrating the birth of Jesus Christ. Let's get real. Last week I was in Wal-Mart, a Chinese enterprise, looking for a six-pack of "Baby Alive" poop and pee. I'm not making this up. The doll functions like a real baby including the disposing of body waste after you feed it. Diapers cost a fortune. Will someone tell me what this has to do with celebrating the birth of our Savior? Please, I can't wait to hear your answer.



Fred Wooldridge

Feedback is encouraged!
email:
askfredanything@aol.com

I've had it with the "Happy Holiday" season, a term pagans use to deny Jesus Christ ever lived and, at the same time, announce the startup of the glut. Buy, buy, buy is the anti-Christ call to start this pagan ritual. Peace on earth and good will toward men? Ha, ya gotta be kidding. Pick up the morning paper.

I'm not a Christmas scrooge — well, maybe I am. I'm all for friends and family gathering together to celebrate Jesus' birth with prayer, a meal and a gift or two. But Americans are out of control with the materialism. Somehow, Jesus got pushed aside.

What we do in America is not Christmas. What happened to gathering together with family and friends for fellowship and prayer? What happened to the focus on Jesus Christ? I would love to do nothing more on Christmas day than meet my family at church and spend the morning thanking Jesus for being born. Afterward, we could gather for a simple meal and bring one gift for a loved one. If anyone is actually doing this, please tell me.

Ponder this and tell me if you think America celebrates Christmas properly. There's no "Baby Alive" doll in Bethlehem, the town where Jesus was born. All attention is focused on the Church of the Nativity, the spot where it's believed Jesus was born. The area is ablaze with flags. Visitors and natives of all denominations crowd the church's doorways and stand on nearby roofs to watch the dramatic annual procession. Galloping horsemen and police mounted on magnificent Arabian horses lead the parade. They are followed by a solitary horseman carrying a cross and sitting astride a coal black steed.

The procession solemnly enters the

church and places the ancient effigy of the Holy Child in the church. Deep winding stairs lead to a grotto where visitors find a silver star marking the site of the birth of Jesus. Then, there is prayer. Hey, Target, eat your heart out.

Christian homes in Bethlehem are marked by a cross painted over each door. Each home displays a homemade manger scene not made in atheist China. There's no blowup Santa's in their front yards. A single

star is set on a pole in the village. The focus is on the birth of the Christ child. There's no "Happy Holiday" in Bethlehem.

Christmas in the dreaded country of Iran is known as the "Little Feast" and starts 25 days before December 25th. A great fast (That's fast, not feast.) is strictly adhered to and no meat, eggs, milk or cheese is eaten during these 25 days.

Christmas Eve is the last day of the fast. Just before dawn on Christmas Day when many Americans are sleeping off a drunk, Christian Iranians attend Mass to receive Communion and it's not until they have received this bread that they are permitted to break their fast.

Many boys and girls in Iran have never heard of Santa Claus or "Baby Alive." They don't exchange gifts but receive clothes which they proudly wear during the happy Christmas week. A dish eaten on Christmas day is a simple chicken stew, cooked in large quantities and eaten for days. There's no "Happy Holiday" in Iran.

In Turkey, it's forbidden to practice Christianity. But in the town of Demre, Christians defy their government and celebrate St. Nicholas's birth in a three-day festival held in early December.

Born near the town of Patara, St. Nicholas, a Turkish archbishop, is remembered for his kindness to children. And, yes, you guessed it, there's no "Happy Holiday" in Turkey.

In America, we start our "Happy Holiday" with a ritual called "Black Friday." People are sometimes trampled to death during this wonderful pagan ceremony. Citizens wait outside our nation's stores for the doors to open. Once opened, the weak get trampled to death.

Merry Christmas.... ops, I mean "Happy Holiday."

There are many things I dislike about our beautiful country. How we celebrate Christmas is on the top of my list.

• THE VIEW FROM HERE •

Memorable presents

Lizzie does the shopping at our house. My customary answer to the question, "Are you ready for Christmas?" is an evasive, "I guess so."

I hated to see Lizzie scurrying around selecting gifts for brothers and sisters, nieces and nephews I dislike receiving gifts only a little less than I dislike giving them. My brother and sisters have been reasonably successful, not rich, but more than comfortable. Joana's husband is a retired Air Force pilot who flies for Fed Ex. Marguerite married a talented plastic surgeon in Columbia, SC (business cards available on request), and Pete who died earlier this year, parlayed a professor's salary, a thriving consulting business, and a savvy sense for investments, into a sizeable nest egg. None of us needed anything and any of us who wanted something could go out and buy it in the right size and color.

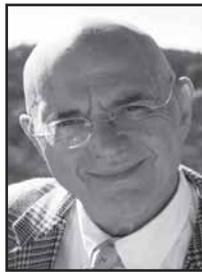
Lizzie and I decided that it would be wonderful if we pooled the substantial amount of money we spent each year and contributed it to charity. Family tradition demanded that each person give a gift to every other person. It adds up, and it seemed so unnecessary. Phase one of our charitable plan was to make contributions to a worthy charity in the name of everyone on our list. It saved Lizzie a lot of time. We expected an enthusiastic response to our genius, which would have kicked off Phase Two, in which the entire family was to select a charitable organization, pool our money, and make a substantial contribution, enough to make a little difference in somebody's life.

We made the contributions, sent the notifications, and waited, and waited, and waited. The only comment we received, and it wasn't exactly a "Thank you," came from my brother, who said, "At the very least, you could have let us pick our own charity." The Humane Society was apparently a poor choice.

We wanted a local charity, an organization small enough that the few thousand dollars we scrapped together would be significant. What's a couple thousand to the Red Cross? We apparently overestimated the family's love for animals. It was a noble experiment, but a gift disaster. No one mentioned our effort. No one sent thanks, or condolences. They seemed to be embarrassed for us.

We never implemented Phase 2, never mentioned it again, certainly didn't dare suggest expanded participation. The idea just died an uncomfortable death. The corpse hung around at holiday get-togethers for a few years, but by now, I think everyone but me has forgotten.

Internet shopping matured and Lizzie is able to avoid the malls. Every year she orders



Dr. Henry Salzarulo

**Feedback is encouraged.
email:**

hsalzarulo@aol.com

for the entire family from a single vendor. I guess it saves on shipping. A few years ago it was Neuhaus Chocolate. This year, it's coffee beans from Larry. I have no idea what we sent in all the other years, and I can't remember a single gift I received last year. When Helen was alive I could count on her for a Pendleton shirt. Helen died this year, too, and I miss her, but the truth is I wouldn't know what to do with another shirt. I really do like them, but winter just isn't that long here.

I ordered a gift for Bull from Amazon, a set of head phones from Skull Candy. They have an extensive collection. Bull wanted Rasta, an over-the-ear model featuring the Jamaican flag. I got cheap at checkout and selected standard shipping. I tried, without success tracking the shipment, which means Bull can expect delivery in mid February.

Bull brought me a tiny Viking that hangs from a key ring from a trip to

Epcot. I love and think of him whenever I pull my keys from my pocket. He brought a box of Civil War relics from Washington, and shark's teeth the Aquarium in Knoxville. I love them all, and none of them came at Christmas. Somehow it makes them more special. Merry Christmas.

• BIZ NEWS •

Mathews joins Harry Norman

Carol Mathews, Broker, has joined the Highlands office of Harry Norman, Realtors.

An expert in commercial and residential development, as well as investment opportunities, Mathews is also devoted to community service.

The first step on her real estate career path led Mathews to Arvida where she worked as the project manager to help create and nurture the prestigious mountain golfing community of Cullasaja Club.

After that she was the project manager of Signal Ridge Development in Lake Glenville and later broker-in-charge at the Highlands Cove Development sales office.

"We are thrilled to have Carol joining us. Her experience, attention to detail, and passion for customer service have made her one of the top agents in the area," said Highlands' branch owner Elizabeth Salzarulo.

Mathews is at the Harry Norman, Realtors office at #1 Mountain Brook Center, 526-8300 or her cell: 838-342-625



Carol Mathews

Buy an ornament for the Hospital tree

Bells in honor of living friends and loved ones, stars in memory of deceased friends or loved ones, will be placed on the Highlands-Cashiers Hospital Auxiliary Christmas Tree in the hospital lobby. Bells or stars are \$10. Complete the form below and mail to: Attn.: Tree of Lights, PO Box 742, Highlands, NC, 28741. Make checks payable to: Highlands-Cashiers Hospital Auxiliary.

Proceeds go toward scholarships for qualifying candidates who want to enter the health care field and who agree to join the hospital's team of a specified period of time. Ornaments can also be purchased during regular Hospital Gift Shop hours.



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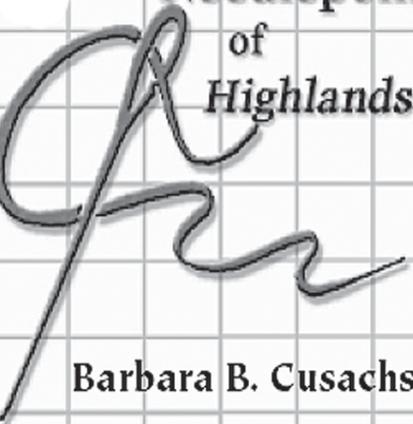
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• REFLECTIONS FROM TURTLE POND •

Simple gifts



Katie Brugger
k-brugger@hotmail.com

I live in a house that is more than 100 years old. It is wonderful and full of character, but lacking in some modern conveniences that most people take for granted. In particular, there are no closets.

When I look at a modern house I am amazed at the capaciousness of the closets. My husband and I have had to be very clever to get around the fact that there is no place to store things in our house.

People 100 years ago didn't need closets because they didn't have much stuff. The few clothes they owned were hung on pegs on the walls. The few books might line one shelf. Cooking implements were few and well-used.

I of course am not talking about the slim minority who lived lives of luxury for the many thousands of years of recorded history. They had plenty of possessions. But for the vast majority of humankind, it is true that for most of this history the average person had almost no possessions.

When I was young I loved the "Little House on the Prairie" books. I had a beautiful hardbound edition of the whole series. One of the things I loved most was the tales of self-reliance, of thrift and make-do on the American frontier.

In a book I read earlier this year, *When Corporations Rule the World*, the author David Korten talks about this American virtue of self-reliance. "Frugality and thrift were central to the famed 'Puritan ethic' that the early Puritan settlers brought with them to America. The Puritans believed in hard work, participation in community, temperate living, and devotion to a spiritual life. Their basic rule of living was that one should not desire more material things than could be used effectively. They taught their children, 'Use it up, wear it out, make do, or do without.'"

Today we Americans are very different: we want lots of stuff, more than we can possibly use. Korten continues, "The consumer culture emerged largely as a consequence of concerted efforts by the retailing giants of the late nineteenth and early twentieth centuries to create an ever-growing demand for the goods they offered for sale. American historian William Leach has documented in *Land of Desire: Merchants, Power, and the Rise of a New American Culture* how they successfully turned a spiritually oriented culture of frugality and thrift into a material culture of self-indulgence."

In other words, advertising has gotten so skillful that we are manipulated into desiring stuff we don't want or need.

Not only do we want lots of stuff, we also

want it cheap.

Do we ever count the costs of satisfying our desires? "Shopping for Sweat," by Ken Silverstein in the January 2010 *Harper's Magazine* explodes the myths that Asian garment sweatshops have been reformed and that sweatshops are an essential part of the industrialization of a country. The author posed as a buyer for a T-shirt manufacturer and visited some factories in Cambodia. His "company" sold T-shirts that retailed for \$30 or \$40 in American shops; he was quoted the price of \$2 per T-shirt delivered to the U.S.

The women working in the sweatshops have a miserable life. Silverstein asks whether we would be willing to pay \$5 more so that the workers could have a decent life. No, that's why Wal-Mart is the number one retailer.

What about the environmental cost? One day I was mopping with a cheap mop I bought at a grocery store and I got angry at how quickly the plastic parts were breaking. I thought: how much have I spent on cheap mops over the years? How much could I have saved if I had bought a quality mop? How much extra room would there be in our landfills?

What about the cost to our own life? We spend more than we earn — Americans have a negative national savings rate — so we can continue purchasing stuff we don't need. How much of a burden is this debt?

More profoundly, we have suffered a loss of the richness of life. Recently I listened to a CD called "Southern Journey: Ballads and Breakdowns," which are field recordings of folk music of the Southern Appalachians, made 40 years ago by the anthologist Alan Lomax. In his original liner notes for this CD, Mr. Lomax wrote that the people of these mountains were poor and the "descendants of the poor in Great Britain and Ireland, and thus carriers of oral traditions of folk tale, folk dance, and ballad." As time rolled on and America became urbanized, "enclaves of these hardy folk were left in relative isolation in the mountains and backwoods of the South... Thus, while most of the country gave up the old ballads and tunes and tales, the mountain folk of the South slowly developed a strong folk culture."

Years ago my husband and I interviewed his mother and she spoke longingly of the lost days of her childhood when people had time for each other, when they gathered in the evenings and made music and communed with each other.

Once people sat on front porches and sang songs together. Now we listen to other

• HIS & HERS •

Ben Franklin: On Science

by Ben Franklin
a.k.a. John Armor

As most of you know, the international recognition of me as a scientist began with the day that I captured lightning with a kite. Had I done that experiment the way the popular myth says, I probably would have been electrocuted, an early end to an ordinary career.

You probably recall that my formal education ended when I was 14. After that, I bought and read every worthwhile book I could find. I died in 1790, but one aspect of the Other Side that I can share with you is that we get to read and see whatever interests us about the continuing fate of this nation we created, and started on its way.

You are in the middle of national consideration of laws that would involve more than a trillion dollars of public and private spending for purposes based, or claiming to be based, on scientific weather considerations. Now, I know the word trillion, but I never had occasion to use it. I recall the greatest warship Congress approved in my day, the USF Constitution and known as "Old Ironsides" now lies at harbor in Boston. She cost about \$60,000 to build and equip. That gives you an idea of how far the value of the dollar has declined.

Before you commit to spending a trillion dollars or more on any program, perhaps you should begin with the science offered to support it. Consider my experiment with a kite in a thunderstorm in Philadelphia in 1752. I did not get lightning to strike my kite, and come down the wet string to a key tied directly to it. There was a thin wire as an antenna on the kite. Insulated silk held the key away from me. At the bottom was a Leyden jar.

What's that, you say? That was a glass jar with an insulated top and a metal bar with a small knob outside and a large one inside. When exposed to electricity it would store that. The Leyden jar is the grandfather of the millions of batteries you use at home, in offices, in your cars and pockets. You really have done marvelous things with this electricity business, haven't you?

I was not the only scientist to speculate that



**Michelle Mead-Armor &
John Armor**
michiemead@aol.com
John_Armor@aya.yale.edu

lightning might be composed of electricity. I was just the first to develop a non-lethal experiment to test that theory. The experiment succeeded but the science did not stop there. I wrote up my experiment, telling exactly what I did, how I did it, and what results I got.

Ultimately, that description was translated into many

languages, and my experiment was reproduced, with the same results, in most nations of the world which had academic or scientific communities. This is an essential point of science, if the purpose is to advance the knowledge of mankind. It must be released to the world, all the methods and all the data.

No matter what degrees a "scientist" has, or what exalted position he holds (and recall that I held no degrees and no scientific positions) he is not a scientist but merely a politician if he does not report all aspects of his work, both methods and data, to all other scientists who request them. The point is to establish the truth, not to sell a slogan.

It is even worse when scientists engage in forging their data or lying to the scientific community. Such people are frauds – and there have been many scientific frauds in the centuries since I was born. Lastly, science is not determined by majority vote. Most scientists believed that the Earth was flat and mariners who sailed too far fall off, before Columbus set out to sail around the world. (Yes, going around the world to Asia was Columbus' intent when he set sail in 1492.)

A majority of scientists believed that the Sun revolved around the Earth, when Galileo invented the telescope, observed the Solar System, and concluded that the Earth revolved around the Sun. (Contrary to popular myth, it was university professors, not the Catholic Church, who led the effort to silence Galileo. Their positions were threatened by this upstart with his new theory.)

Understanding how honest science occurs can protect you from frauds. It's not as complicated as rocket science. It can be as simple as a man flying a kite in a Philadelphia rain storm.



Ben Franklin at your service

• About the real Author: John Armor appears and speaks as Ben Franklin, To see how he would present Franklin discussing

science, go to YouTube.com and search for "Franklin Comes to Franklin" Contact the author at John_Armor@aya.yale

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• CONSERVATIVE POV •

A Christmas Story....

When I gave my Christmas column to my wife and head proofreader, her appraisal was, "it's not very Christ-massy." Relying on her good judgment, I scrapped it and in a state of panic, started feverishly thinking Christ-massy thoughts about what to write. She suggested I look back at previous Christmas columns to see if anything spurred my imagination. Sheer genius.

What follows was the column from three Christmases ago. Nothing much has changed. The needs are still there, those who respond are still there, the persecution has increased and the hatred more blatant. It's a shame, but it really doesn't matter. God's people will continue to help those in need, come what may. I hope this finds you on the giving side of the equation. Merry Christmas, you'all.

Christmas... a Christian Feast commemorating the birth of Jesus. "Popular Christmas themes include the promotion of goodwill, giving, compassion and quality family time." Sounds good to me. Many Christian organizations don't wait around for Christmas to do good work. They do it all the time.

One of the do-gooders is Samaritan's Purse, headed by Billy Graham's son, Franklin. Whenever there is a disaster, earthquakes, hurricanes, tsunamis, whatever, Samaritan's Purse is there before the Red Cross, FEMA if domestic, they're there before first-responders in some cases. They fly-in, muleback in, they get in one way or another with critical supplies, medical personnel and a compassionate attitude. Their volunteers stay to rebuild homes and broken lives.

At Christmastime, Samaritans Purse organizes Operation Christmas Child. Folks fill shoeboxes, millions of them, with small gifts, bring them to collection points, truck them to processing centers and fly them to areas of needy kids all over the world. Can you imagine the goodwill established when a dirtpoor village receives hundreds of wrapped packages full of goodies from people they will never know.

The Southern Baptist Convention has a disaster relief arm which drops everything to rush to the site of need to provide whatever help is required. Their lives are disrupted so the misery of the victims is minimized. The work of the Salvation Army is legend. With these people, the spirit of Christmas goes on all



Don Swanson
Feedback is encouraged. Email swansonson@dnnet.net

year long and these are just a few of many.

What do all these organizations have in common? They're Christian based. Who responds locally when poor families have sickness or death or material needs? Who gives a disproportionate share to charities? Who visits the hospitals, the prisons, offering hope? The Church, primarily Christians.

So, will someone kindly explain to me why Christians are being persecuted at every

turn? What level of political correctness must we reach to stop the absurdities currently in vogue? The sound of church bells being offensive to the delicate ears of those who hate good. The sight of a cross hanging around the neck being a threat to a fellow worker. It's insanity.

Eighty-six percent of us claim to be Christians to some extent so how is it that a handful of atheists, including the ACLU, and now certain Muslims can impose their anti-Christian anti-American views on the rest of us? What will it take for God-fearing people to stand up, put the screws to their elected officials and demand they show backbone in defending our borders and our culture.

Well, we're too busy earning a living and taking kids out to gymnastics lessons and playing golf and all the other stuff and we just don't have time for that sort of thing. I know all about it. I'm one of those who is responsible for allowing things to get to this point and I'm not proud of it. We've already put 9/11 behind us and we're getting complacent and apathetic and willing to leave it to the other guy.

At what level of threat will it take for you to be the other guy. Democrats are making noises about taking down the surveillance methods put in place over the past few years. Brilliant. They are already talking about cutting funding for intelligence. Brilliant. While much of the world has us in their cross-hairs, working to replace our values with theirs, we let down our guard. Brilliant.

Forget the other guy, how about your kids, and the grandkids? Do you really want to give them a present that just might be meaningful? Give a Christian organization a special gift this year and let them do the heavy lifting. Maybe, just maybe, hearts will be stirred and spines might be stiffened and maybe the world you leave them will be fit to live in.

May the Great Provider bless you and yours in this Christmas season.

My God's precious gift bring you joy and peace this holiday season.

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• FROM THE STUDENT'S EYE •

The reason for the season

As I watch Monday night football on a Tuesday (I love my DVR) I sit down to write about the joyous celebration of Christmas. Christmas is my favorite time of the year, and the Highlands celebration of the holiday enhances the experience tenfold. I enjoy the parade especially. I particularly loved being with Ronnie Spilton, Jody Read and Victoria Clarke in the Highlands-Cashiers Players' group this year. However, this was not the first time I have participated in the parade. I have marched with my Homeschool art class and with my sister's soccer team. Mom says I was an angel or something a long time ago, though I don't remember. The parade is a Highlands tradition and I don't think I've missed more than one in my life.



Gardner Davis
Feedback is encouraged
gdn:davis@gmail.com

The parade always garners great crowds, warm weather or cold. In fact, this year, in spite of the snow, dare I say more people than usual came! Or maybe it just looks that way from atop a float. Although the parade is a delightful part of Christmas for our family and our town, I am writing to focus on the reason for the season. Not Santa Claus. Not Christmas cheer. No, not Frosty the Snowman. But the birth of the Baby Jesus. Most people know the Christmas story but miss its meaning. Many neglect this miracle and pass it off as a myth. But for those who will lend an ear, let me tell you the wonderful Christmas story.

Now, Mary lived in Nazareth and was engaged to Joseph. Joseph came from the family of King David the pride of Israel. From David, it was foretold, would descend the Saviour of Israel and the world. While Joseph went away to prepare a house for himself and his bride, Mary went about her daily life. One day she was out, probably washing clothes, for Nazarene women were not without work, when an Angel of God came upon her. She was afraid, but the angel told her she had found favor with God and would be giving birth to God's son. Mary was frightened, a little bit apprehensive, but she trusted in God and allowed this to happen to her.

Fast forward nine months. Mary and Joseph were in Bethlehem looking for a place to deliver the Baby. They eventually come to the stables of an inn. The night He was born, a group of shepherds guarding their flock in a field nearby were greeted by a heavenly host of angels who

told them of the birth. They soon hurried off and went to see Joseph, and Mary, and Baby Jesus. All was as the angels had told them, so they went off spreading the word of all that had happened and praising God. (Story taken from Luke 1-2)

Nowadays people try to make Christmas about family and snow and having a good time. And part of that is true. But it's not really about all that. It's really about the birth of the One who will save you and who will always be your friend and your family.

It is a time of remembrance. It is a time of thanks. It is a time to remember the humble origins of our Saviour and to stop and appreciate life and what God has done for us.

It is also a time when we can look beyond the commercialism to the symbols that the commercialism invokes. For example, the evergreen trees remind us of the everlasting life of Jesus and his everlasting love for us. The red ribbons remind us of the blood he shed for us. The ubiquitous angels remind us of the announcers of Jesus birth. The donkeys, sheep and camels remind us that God made his announcement to farmers, shepherds and kings.

We can worry about how commercialized Christmas has become or we can take the opportunity to remind ourselves of the Light of the World, his eternal life and his sacrifice for us each time we see a flicker of lights and red ribbons in an evergreen tree.

I don't want much much this Christmas, just peace on Earth and undefeated Saints. And if there is a Santa Claus, he's a Saints fan.

Come join the annual run!

The Resolution Run has no entry fee and offers no T-shirts or trophies. Those interested in participating simply gather in front of the "old" Town Hall at 210 North Fourth Street on Friday morning, January 1, at 9 a.m. and run a three-mile loop at a relaxed pace around the downtown area of Highlands, returning to the Town Hall.

from the history guy ...

Dec 22, 1965

In the United Kingdom, a 70 mph speed limit is applied to all rural roads including motorways for the first time. Previously, there had

been no speed limit

Exactly with whom or what, in all Great Britain, are you are so completely smitten, that you must apply the pedal right down to the very metal?

After all, it IS an island, from the cliffs of Dover to the Highlands, each place from another is not too far, so why, exactly, in your car, are you in such a hurry?

Afraid to miss the nightlife in Surrey? Look, I've been there, nice, but not so impressive that you need to drive that excessive.

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Pecan Crusted Rack of Lamb With Rosemary Balsamic Sauce

Serves 8

- 2 frenched racks of lamb
- 2 tablespoons olive oil
- 1 teaspoon salt
- 3 tablespoons coarse grain mustard
- 2 cloves minced garlic
- 3/4 cup fresh bread crumbs
- 3/4 cup toasted and chopped pecans
- 4 tablespoons chopped fresh rosemary, divided

4 ounces semi-soft goat cheese, crumbled
1 cup balsamic vinegar
Preheat oven to 425° F. Rub lamb with oil and salt. Place in a roasting pan, fat side down. Roast 8 minutes. Turn and continue roasting 8 minutes. Remove from oven, leaving oven on.

Combine mustard, bread crumbs, garlic, pecans, 2 tablespoons rosemary, and goat cheese. Spread over lamb. Return to oven and cook 15 minutes, until crust is golden brown. Remove from oven and cover with foil to keep warm.

In saucepan, combine balsamic vinegar and remaining 2 tablespoons rosemary and let simmer for 6 to 8 minutes or until reduced to half.

Slice lamb into individual chops and drizzle sauce over chops. Serve with roasted butternut squash.

Roasted Leg of American Lamb with Feta Vinaigrette

Serves 8 to 10

- 1 6 to 7-pound boneless leg of lamb
 - 1 pint plain Greek yogurt
 - 1 tablespoon curry powder
 - 4 cloves minced garlic
 - 1 teaspoon kosher salt
- Mix all marinade ingredients together and rub over lamb. Marinate overnight in fridge.

Preheat oven to 375° F.

Place lamb on roasting rack in a roasting pan. Roast lamb for approximately 2 hours and 20 minutes or until the internal temperature reaches desired doneness. Once lamb is removed from oven, let it rest for 15 minutes. Slice to desired thickness and top with feta vinaigrette. Serve with roasted fingerling potatoes and green beans.

Feta Vinaigrette

- 1/2 cup juice from 2 lemons
- 2 ounces red wine vinegar
- 1/2 bunch parsley chopped
- 4 ounces extra virgin olive oil
- Salt and pepper to taste
- 1/2 pound feta cheese (coarsely crumbled)

In a bowl mix together all ingredients except cheese. Add cheese at the end.



Lamb with Rosemary Balsamic Sauce



Lamb with Feta Vinaigrette

• Courtesy of Family Features

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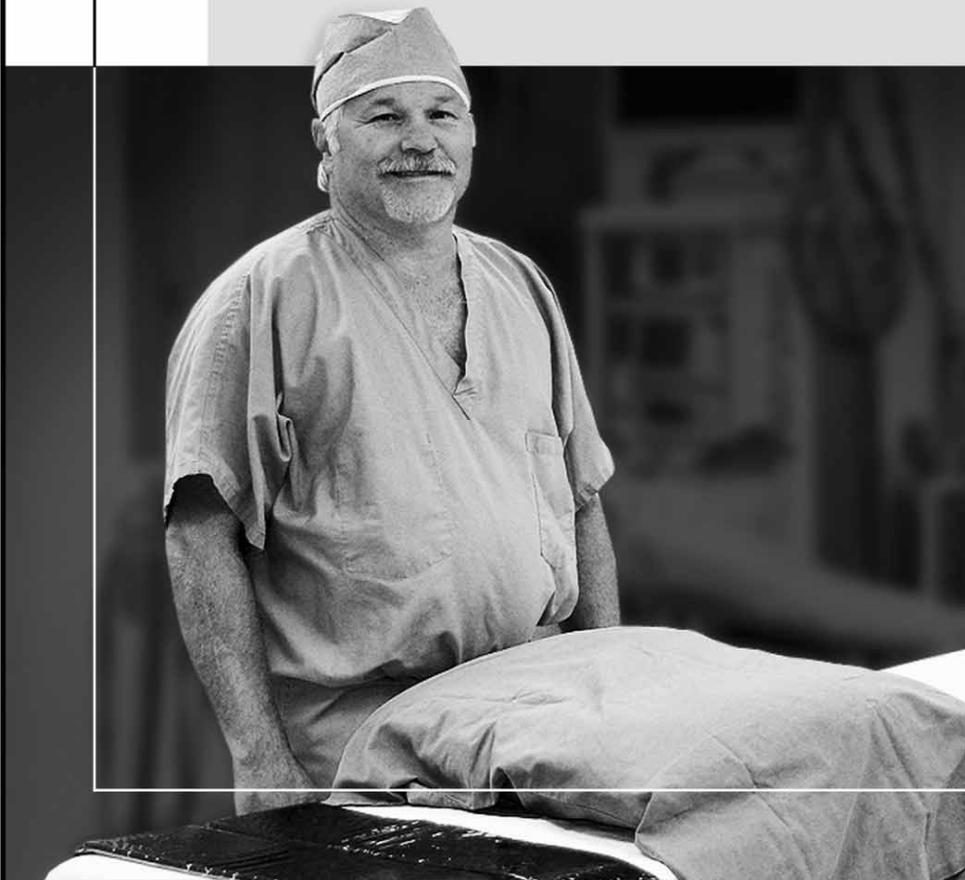
Dr. James Clay Smallwood,
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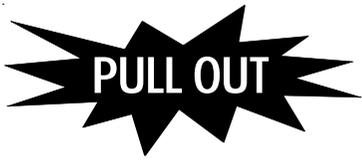
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Ongoing and Upcoming Events

Through Dec. 24

• Free horseback rides in ring at Arrowmont Stables & Cabins. Call for reservations: 828-743-2762.

Week Long

• The 2010 Highlands Historical Society calendars are available for \$10 each, and if you buy 4 you get a free cookbook. The calendars feature scenes of Highlands from the 1800s to the early 1900s. Calendars are available at Cyrano's, The Highlander Newspaper, Country Club Properties (Wright Square location), and The Chambers Agency. All proceeds benefit the Highlands Historical Society.

• At Health Tracks at Highlands-Cashiers Hospital, various exercise classes.

Call 828-526-1FIT.

Sundays

• Refuge Youth meets every Sunday night at 6:30 p.m. downstairs at Cullasaja Assembly of God. Call youth ministers Matt and Candace Woodroof at 828-369-7540 ext 203.

Sundays beginning Jan. 3

• Christ Anglican Church, Highlands-Cashiers will be sharing facilities with Whiteside Presbyterian Church (PCA) of Cashiers, beginning with the first Sunday of the New Year, Jan. 3, 2010. Whiteside PCA is located at 621 US Highway 64(W), Cashiers, NC 28717. The service time for Christ Anglican will be 9 a.m. each Sunday morning, starting on January 3.

Everyone is invited to come and be part of this historic symbiosis of two orthodox Christian churches. Watch these pages for new worship and teaching opportunities.

Mon., Wed., Thurs.

• Yoga On the Mat at the Episcopal Church of the Incarnation on Main Street. Enter through single door facing Mountain Fresh. Upper Level Jones Hall. Winter Hours: Monday at 8:30 a.m. and Thursday at 10:45 a.m. Bring your mat. 828-482-2128. \$10/hour. 12/31.

Mon., Wed., Fri.

• Step Aerobics with Tina Rogers at the Rec Park, 8-9 a.m. \$10 per class or \$50 a month.

First Mondays

• Participate in your hospital by joining the Auxiliary of the Highlands-Cashiers Hospital. Auxiliary meetings are held the first Monday of each month at 10 a.m. at the hospital.

Mondays

• Closed AA meeting, 5:30 p.m. at the Episcopal Church at Fifth and Main streets.

Tuesdays

• Clogging Lessons at the Rec Park.

5 p.m. Leather shoes recommended and tap shoes can be ordered. For more information, call Joyce Doerter at 877-6618. \$30/mth.

• Highlands Rotary Club meets at noon at the Highlands Conference Center.

• Closed AA Women's meeting, 5:30 p.m. at the Episcopal Church at Fifth and Main streets.

Tuesdays & Wednesdays

• Zumba Classes at the Rec Park. Aerobic/dance/toning. No dance experience necessary. One-hour. \$5/class. Tuesdays, 11:30-12:30, Wednesdays Zumba Gold/Beginner, 9:30-10:15 a.m. Call Mary K. Barbour at 828-342-2498.

Wednesdays

• The Highlands Mountaintop Rotary meets at Ruka's Table at 163 Main Street in Wright Square in Highlands at 7:30 a.m. Visitors are welcome. If you are new to the Highlands area we invite you to join us for breakfast and our meeting.

• Men's interdenominational Bible Study at 8:30 a.m. at First Baptist Church.

Wednesdays & Fridays

• Open AA meeting at noon at the Episcopal Church at Fifth and Main

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A Service of Highlands-Cashiers Hospital

Free flu shots available at hospital Dec. 29

Area residents still have the opportunity to take advantage of receiving complimentary flu vaccines being offered by Highlands-Cashiers Hospital.

The hospital will conduct its annual community influenza clinic providing flu vaccines, more commonly known as the flu shot, both seasonal and H1N1, on Tuesday, December 29th from 9-11 a.m. on the first floor of the Jane Woodruff Clinic located on the hospital campus. Vaccines are available on a first come, first serve basis. You may pre-register by calling (828) 526-1435. Pre-registration is preferred due to limited availability.

According to the CDC, the H1N1 or "Swine Flu" emerged in April of 2009. It is estimated that 99% of the flu cases in NC currently being seen are H1N1 flu. The H1N1 flu vaccine is recommended for everyone ages 6 months to 24 years, and those patients ages 24 to 64 and older who have chronic medical conditions. "The vaccination is safe and effective. It's not a live vaccine and this means you cannot get the flu from the shot" says Cindy Coley, RN, Infection Control Nurse at Highlands-Cashiers Hospital.

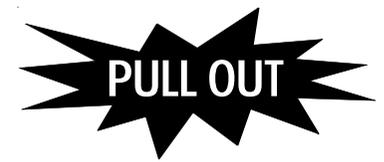
"The best protection against the flu still remains the vaccine," Coley remarked. "We

are encouraging all residents to get a flu shot this year. It's important to remember that flu vaccinations need to be given each year as the viruses can mutate or change. The sooner one is vaccinated the better. The CDC says that it can take up to 2 weeks for one to develop immunity to the seasonal flu shot, and 8 to ten days for the H1N1 flu shot.

In conjunction with the vaccine, there are proven ways to reduce and avoid infection. Frequent hand washing, avoiding anyone who is sick, staying at home if you are sick, if you have a fever, staying at home until no fever has reoccurred 24 hours after the last fever reducing medications has been taken, and practicing respiratory etiquette (covering your mouth when you cough, disposing of used tissues in trashcans and washing your hands with soap and water or using the alcohol based hand sanitizers) are helpful practices to keep you healthy."

"This free vaccine initiative is part of Highlands-Cashiers Hospital's collective effort to provide the broadest possible range of quality health care services and advances our goal of being the healthcare partner to whom our community citizens can entrust their lives," said Frank Leslie, interim CEO.

Ongoing and Upcoming Events



streets.

Every 3rd Wednesday

• Study sessions at the Universal Unitarian Fellowship Hall in Franklin. A \$5 soup-supper will be served at 5:30 p.m. Study sessions will begin at 6:30 p.m. For more information call 828-524-6777 or 706-746-9964.

Thursdays

• Al-Anon meeting, noon at the Episcopal Church on Main and Fifth streets.

1st & 3rd Thursdays

• NAMI Appalachian South (National Alliance on Mental Illness) will have a support group meeting the first and third Thursday of each month. It is for people coping with serious mental illnesses (bipolar disorder, depression, schizophrenia, panic disorder, etc) and/or their family members. We also do advocacy and educational programs. 486 W. Palmer St., Franklin, NC, 7- 8 p.m., with snacks afterwards. For information contact Carole Light, Ph.D. at 828-526-9769 or Ann Nan-dea at 828-369-7385

Fridays & Saturdays

• At Fressers Eatery, Cy Timmons live from 6 p.m.
• At Highlands Wine & Cheese, at

Falls on Main, complimentary wine samplings during business hours.

Every Third Saturday

• The Highlands Memorial Post #370 of the American Legion meets at the Shortoff Baptist Church. Breakfast is at 9 am. Meeting is at 10 a.m. All veterans are invited to attend.

Every Fourth Saturday

• Friends of Panthertown work days, are the fourth Saturday of each month. (Time and location varies). Volunteers needed to maintain trails. For more information, contact Nina Elliott at 828-526-9938 (ext 258).

Saturdays

• At Cyprus International Restaurant, live music beginning at 9 p.m. No cover.
• At Highlands Wine & Cheese, Falls on Main, Wine Flights from 4-6:30 p.m. Five wines, artisan cheeses and specialty foods. \$19 per person.
• NA open meeting every Saturday at 7:30 p.m. of the ACC Satelite Group at the Graves Community Church, 242 Hwy 107 N. in Cashiers. Call 888-764-0365.

Wednesday, Dec. 23

• Santa will be at Mountain Rarities on Main Street from 2-4 p.m.

Thursday, Dec. 24

• Christ Anglican Church of Highlands-Cashiers will celebrate Christmas Eve with Holy Communion, including the singing of Christmas carols on Thursday at 8 pm at the Whiteside Presbyterian Church facilities, located at 621 US Highway 64(W), Cashiers, NC 28717. All are welcome and encouraged to come and celebrate our Savior's birth — as we look forward to Jesus' return.

• At First Presbyterian Church, Christmas Eve Candlelight Communion Service at 5 p.m. At 4:30 there will be a Harp Prelude by Valerie Whitcup, harpist. This is designed for the entire family. For more information, call 526-0784.

• At the Highlands United Methodist Church, Family-Friendly Candlelight Service at 5 p.m.; Drop-in Communion at 7 p.m. and Candlelight Service at 11 p.m.

• At the Lutheran Church of the Holy Family on NC 106, Candlelight Christmas

Eve Service; 3:30 Special Music; 4 Family Service. All are welcome.

Friday, Dec. 25

• Christmas Dinner at Fresser's Eatery to benefit Highlands-Cashiers Hospice and Big Brothers Big Sister of Highlands. Contributing chefs include Marty Rosenfield (Lakeside); Debbie Grossman (Fresser's Eatery); Donna Woods; and Martha Porter. Seating times are from 11 a.m. to 4 p.m. \$35 per person; \$25 for children under 10. Traditional holiday buffet. Make your reservation today. Call 526-8867.

Saturday, Dec. 26

• At PAC on Chestnut Street, FREE Festive Film Days with Matinees, Evening Shows and Refreshments for Purchase. call the Performing Arts Center at 828-526-9047.

Sunday, Dec. 27

See EVENTS page 14

HealthTracks puts good health on sale

The HealthTracks program of Highlands-Cashiers Hospital is offering special rates for memberships and personal training packages.

Through Dec. 31, 2009, you can get an unlimited-visit 3-month gift certificate for just \$150. That's less than \$2 per day. This membership includes use of all aerobic and strength training equipment, toning classes, firm and burn classes, and introductory instruction by one of our qualified professional trainers. It's a 20% discount over the regular fees.

HealthTracks is also offering a Holiday personal training package. For \$400, a 30% reduction from its regular fee, HealthTracks will offer clients 10 personal training, one-hour sessions with Jeanette Fisher, Certified Personal Trainer.

Both promotions are great gift ideas for you or family members, so contact HealthTracks at 526-1FIT (526-1348) and sign up before the offer expires on Dec., 31.

Dutchman's Design

at 342 Main Street in Highlands • 526-8864

Christmas SALE!

Through Sunday, Jan. 3



50% off all wood furniture
25% off all Christmas items

Reserve your place at the Highlands annual Christmas Dinner table

Twas the week before Christmas and all through our town
Locals were stirring and visitors ran round

All were preparing for a perfect Christmas day
And hopes of a great meal without future delay

Well here is your chance for feasting an good deed
A fabulous meal while helping non-profits in need

Scrumptious desserts, great wine, trimmings of traditional holiday fare

Put on by many local chefs and volunteers, who hope you'll be there

All proceeds raised by this Annual Christmas Day Dinner

Benefit our locals, Big Brothers/Big Sisters and Highlands-Cashiers Hospice

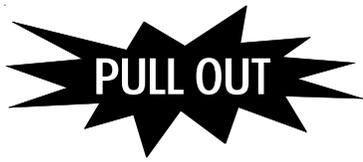
Family, friends, visitors, and locals, please support and join us this Christmas Day

At Fressers Eatery in Historic Helen's Barn, your reservation's only a phone call away!

...

Seating is available from 11 am through 4 pm. Adults are \$35 and children 10 and under are \$25. Call 828-526-8867 and leave a message.

Poem by Laura Huerta



Ongoing and Upcoming Events

• At Highlands United Methodist Church, A Service of Lessons and Carols at 11 a.m.

Tuesday, Dec. 29

• Free influenza shots for both seasonal and H1N1, from 9-11 a.m. on the first floor of the Jane Woodruff Clinic lo-

cated on the hospital campus. Vaccines are available on a first come, first serve basis. You may pre-register by calling (828) 526-1435. Pre-registration is preferred due to limited availability.

Thursday, Dec. 31

• Highlands New Year's Eve Ball 8

p.m. until. Details to follow.

Tuesday, Jan. 12

• HIARPT's Winter Dialogue. All are welcome. Only requirement is to read the material in advance. "Theological Implications of Darwin," by Jim Costa. Civic Center: 10-11:30 a.m.

Tuesday, Jan 26

• At Hiarpt, "Against Grand Narratives, Part 1 & 2, by Shadia B. Drury. Will be distributed by email. Coordinator: Peter Ray. Civic Center: 10-11:30 a.m.

Tuesday, Feb. 2

• At Hiarpt, *The Geography of Bliss* by Eric Weiner. Coordinator: John Carr. Civic Center: 10-11:30 a.m.

Tuesday, Feb. 9

• At Hiarpt, "Batter My Heart" will be distributed at previous meeting. Coordinator: Martha Porter Civic Center: 10-11:30 a.m.

Tuesday, Feb. 16

• At Hiarpt, *Ishmael* by Daniel Quinn. Coordinator: Karen Hawk. Civic Center: 10-11:30 a.m.

Tuesday, Feb. 23

• At Hiarpt, "The Things People Say" by Elizabeth Kolbert and "The Paranoid Style in American Politics" by Richard Hofstadter. Coordinator: Peter Ray. Civic Center: 10-11:30 a.m.

Thursdays-Sundays, Feb. 25-28 and March 5-7

• Highlands-Cashiers Players to perform The Dixie Swim Club at PAC, 8 p.m. and 2 p.m on Sundays. Season subscriptions are on sale now at the price of \$50 for the three plays, a savings of \$10 over the price of individual tickets. Among other perks, subscribers get to make early reservations for preferred seating. Those wishing to subscribe may pick up a subscription brochure at the counter in the Performing Arts Center on Chestnut Street and fill out the enclosed form to mail or send a check directly to the Players' Post Office Box, 1416, Highlands NC, 28741.

Monday, March 8

• An acclaimed author, storyteller, humorist and musician, Keillor will take center stage in WCU's Fine and Performing Arts Center at 7 p.m. Reserved seat tickets for "An Evening with Garrison Keillor" are \$25. For information or tickets, contact the FAPAC box office at (828) 227-2479 or online www.wcu.edu/fapac.

Tuesday, Mar 9

• At Hiarpt, *The Evil Gene* by Dr. Barbara Oakley. Coordinator: Virginia Wilson. Civic Center: 10-11:30 a.m.

Thursdays-Sundays, May 13-23

• Highlands-Cashiers Players to perform Rebecca at PAC, 8 p.m. and 2 p.m on Sundays. Season subscriptions are on sale now at the price of \$50 for the three plays, a savings of \$10 over the price of individual tickets. Among other perks, subscribers get to make early reservations for preferred seating. Those wishing to subscribe may pick up a subscription brochure at the counter in the Performing Arts Center on Chestnut Street and fill out the enclosed form to mail or send a check directly to the Players' Post Office Box, 1416, Highlands NC, 28741.

Tuesday, Mar 16

• At Hiarpt, Poems of Emily Dickerson. Coordinator: Bill West. Civic Center: 10-11:30 a.m.



FIRST PRESBYTERIAN CHURCH OF HIGHLANDS

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THURSDAY, DECEMBER 24, 2009
"CHRISTMAS EVE CANDLELIGHT COMMUNION SERVICE"
 4:30 p.m. Harp Prelude
 Valerie Whitcup, Harpist
 Candlelight Communion Service designed for the entire family at 5:00 p.m.
 Homily by Dr. Lee Bowman, Pastor

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Join us as we Celebrate the Birth of Our Savior at Highlands United Methodist Church

Christmas Eve Services:
 5:00 p.m.
 Family-Friendly Candlelight Service
 7:00 – 8:00 p.m.
 Drop-in Communion
 11:00 p.m.
 Candlelight Service




Sunday, December 27th
 11:00 a.m.
 A Service of Lessons and Carols
 (singing your favorite carols)

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Dec. 18-31
 Open Christmas Day

AVATAR
 rated PG-13
 Daily: 1, 4, 7, 10

BLIND SIDE
 rated PG-13
 Daily: 2, 4:30, 7, 9:30

THE TWILIGHT SAGA: NEW MOON
 rated PG-13
 ** Last Showing on Tuesday 12/22 **
 Daily: 2:05, 4:30, 7:05, 9:30

OLD DOGS
 rated PG
 ** Last Showing on Thursday 12/24 **
 Daily: 2:15, 4:15, 7:15, 9:15

**** Opening Wednesday 12/23 ****

ALVIN AND THE CHIPMUNKS: THE SQUEAKQUEL
 rated PG
 Daily: 2:15, 4:15, 7:15, 9:15

**** Opening Christmas Day ****

IT'S COMPLICATED
 rated R
 Daily: 2:10, 4:30, 7:10, 9:30

SHERLOCK HOLMES
 rated PG-13
 Daily: 1:30, 4:10, 7, 9:40

... CALENDAR

continued from page 1

"That's why snow days have to be taken from Spring Break or made up on Saturdays," said Pat Davis, testing and accountability coordinator. "In the past we had five snow days built into the calendar, but with the state's constraints, there just isn't enough time to build in any extra days," she said.

Board member Stephanie McCall said she's heard from teachers who say going to school on Saturday sets students up for a "bad academic week" the following week because they didn't have enough of a break.

Davis said she has heard that, too, but said most people prefer the half-day on Saturday, which counts as a full make-up day, versus taking a day away from Spring Break.

All the principals participated in the formulation of the calendar and out of three presented the vote was near unanimous for the one adopted at Monday's meeting which applies to 9-week semesters.

For the 2010-2011 school year, the first day of school is Wednesday, August 25 and the last day is Wednesday, June 9.

"Until we can get the state to waive calendar requirements for the schools in Western North Carolina in particular, our hands are tied," said Superintendent Dan Brigman.

With that he asked for board members to serve on the NC School Board Association's Legislative Committee to help set the agenda for the 2011-12 session of the NC General Assembly.

Meeting days are Feb. 12, 2010 which will focus on designing a questionnaire for state legislative candidates; the June 25, 2010 meeting will focus on designing a survey instrument to help establish the two-year legislative agenda and Aug. 13, 2010 will focus on discussing the survey results and setting the proposed agenda to be presented at district meetings and voted on at annual conference.

Attendance at all three meetings is required if a member is on the committee.

All meetings are held at the NC School Board Association building in Raleigh 11 a.m. to 2:30 p.m. with the organization reimbursing attendees for mileage to Raleigh and providing lunch.

Brigman said it's through the organization that legislation can be changed, but he had no takers. - Kim Lewicki



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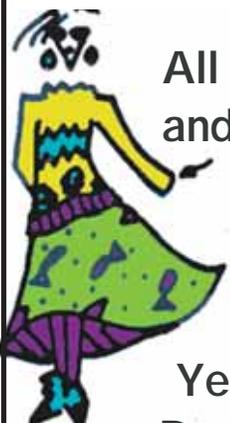
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holiday

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• COACH'S CORNER •

Letters to Santa

Unfortunately, while the US postal service is doing the best job that they possibly can, sometimes some letters to Santa Claus fall through the cracks. The good news is that this Christmas, I was able to pick up the slack by sending these particular letters to Santa. As my Christmas gift to you, I will reprint some of the best ones so that you can enjoy.



Ryan Potts
tryanpotts@hotmail.com

Dear Santa,

All I want for Christmas is for all dadgum non-fans to not sit behind my cotton pickin' bench anymore. Oh yeah, and a nice frosty coke for me and Wanda to enjoy on Christmas morning. Coke just warms my Buncombe County bottom. Sorry if this letter was sloppy, but my gosh darn arm is still in this sling and it makes things a heap of awkward.

XOXO Love, Roy

Dear Santa

Quick confession... I have been a bad boy this year. Who knew Swedes have such a bad temper...is the North Pole part of Scandinavia? Anyway, I don't really want a whole lot for Christmas-but

some privacy might be nice. Do they have paparazzi up where you are at? I like red and green colors, so I would fit right in-but it may be a good idea for me to stay away from Mrs. Claus for the time being. Oops, well I gotta go...I think it's Oprah calling-she wants me to sit on her couch and cry a bit. Merry Christmas, Happy Hanukkah, Happy Kwanzaa and every other holiday that I have neglected to mention.

Eldrick

Dear Santa

I actually am not asking for anything for Christmas this year, instead I would like to give you something. I have the perfect gift for you...you are going to love it. I have two people working for me that I think would make wonderful elves-they are small (they even have tiny fingers...perfect for making toys) and I would love to send them to the North Pole to help you for Christmas. In fact, one of them just came in the room right now and...hold on, let me tell him the good news. Wojo you little \$%^&-um...er...nevermind. \$%^#, sorry Santa, but that kind of military language just comes naturally to me. Anyway, I will be sending your new elves to you immediately-hopefully you will enjoy them.

Merry \$%^#&@ Christmas
Mike

Dear Santa,

Boomer here, reminding you that this Christmas, I...could...go...all...the...way to Hawaii if you could send me a foxy lady this Christmas. I know Tiger gets the ladies, but how about a little love for Ol' Boomer Berman. I like my ladies wearing leather, thank you very much. Hey, I've done some good deeds this year...how about those Applebee's commercials? SCORE-see how sincere that was. People might actually think I can eat that crap. I'm great at that, I should be in movies or something. Anyway-hey Santa-how about sending Boomer something nice for Christmas-you da man.

Boom Boom Berman

Dear Santa,

Let me first say that you are AWESOME BAYBEE! I love this new typing stuff, if I type in CAPITAL LETTERS it's like I am SHOUTING, which is what I do ALL THE TIME BAYBEE. I only got ONE EYE so when I TYPE IN CAPS it lets me SEE IT BETTER BAYBEE. Speaking of seeing better, how about my buddy DAN SHULMAN everyone-he's great, he's a PTP'ER BAYBEE. So, SANTA BAYBEE, you are on my all ROLLS ROYCE TEAM FOR SURE, mainly because I want a few STOCKING STUFFERS this year. Some extra strength ANTI-PERSPIRANT would be terrific because I SWEAT BAYBEE, just like my main man GARY WILLIAMS outta Maryland. I also would like some HEART ASPIRIN BAYBEE, because I get so excited that I get a little light headed (it's why I lean on Musberger so much...which is horrible because he smells like cheap scotch). I know you'll be there for me SANTA, you are AWESOME with A CAPITAL A BAYBEE!

Love,
DICKIE V



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• SPIRITUALLY SPEAKING •

A White Christmas



OUR LADY OF THE MOUNTAINS ROMAN CATHOLIC CHURCH
Rev. Dean Cesa, pastor

It looks like we might have a White Christmas! Many love the impact that a snowfall has on the celebration of Christmas. The beauty of a snow-blanketed scene can lead us to a certain peace. Last weekend's snow had its crippling effects, but it provided an occasion to slow down. Nature brought this respite. It was a rest, a slowing of the often frantic pace of preparations for the celebration of Christmas. The result of this kind of slowing down can be good for us, particularly as we plan to celebrate the birth of the Savior. What times like these give us is time to reflect.

Many of you, perhaps, have already done this in your Christmas card letters. More than a recounting of the year's events, I hope they provide a chance to consider where you are headed. And, maybe even a challenge to change. The New Year bids us to make resolutions. There's that Chinese proverb: Unless you change your direction, you will end up where you are going.

The scriptures used by Christians in this season give us ample material for reflection.

- There is the fulfillment of the promise made long ago (Matthew 1:1-17, Luke 3:23-38). A descendent comes from a long line of ancestors who each in their own circumstances experienced the presence and action of God. The path to the Messiah is not smooth (the infidelity of David, the murder of Uriah) and yet God's will is done. God is with them in a thoroughly unique way.

- There is the mysterious conception of Jesus in the womb of Mary (Luke 1:26-38) that caused Joseph to want to distance himself from Mary (Matthew 1:18-25). Since the Holy Spirit of God is involved in this conception, what role could Joseph play? God assures him through dreams that he is needed, wanted, and necessary in the plan of salvation.

- There is Jesus' extraordinarily humble birth in a stable (Luke 2:1-7). God becomes human, but not as a fully formed adult with royal garments. Instead, he comes as a poor, lowly baby without even a room for shelter.

- There is the heavenly announcement of his birth, not to kings who must decode it from celestial signs, but to shepherds, common people awaiting the coming messiah (Luke 2:8-14).

- There are the prophecies of Isaiah, that God has not forgotten his people (62:1-5, 11-12), that a great light will come (9:1-6). Isn't it curious that at the darkest time of the year, the shortest days of the year, Jesus comes to bring light. Salvation is here for us to behold (52:7-10).

Take the time to reflect on these mysteries of our salvation. Make good use of the escape from our sometimes hectic world that the winter weather provides. Jesus comes to us peacefully, quietly, humbly as one of us. God made human opens the path for a greater closeness to him. May the celebration of Christmas bring us into that closer, deeper relationship.

• PLACES OF WORSHIP •

BLUE VALLEY BAPTIST CHURCH

Rev. Oliver Rice, Pastor (706) 782-3965
Sundays: School – 10 a.m., Worship – 11
Sunday night services every 2nd & 4th Sunday at 7
Wednesdays: Mid-week prayer meeting – 7 p.m.

BUCK CREEK BAPTIST CHURCH

Sundays: School – 10 a.m.; Worship – 11

Chapel of Sky Valley

Sky Valley, GA

Church: 706-746-2999

Pastor's residence: 706-746-5770

Sundays: 10 a.m. – Worship

Holy Communion 1st Sunday of the month

Wednesdays: 9 a.m. Healing and Prayer with Holy Communion each service

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

NC 28 N. and Pine Ridge Rd., (828) 369-8329

Rai Cammack, Branch President, (828) 369-1627

CHRIST ANGLICAN CHURCH

Father Jim Murphy: Office – 526-2320

Sunday: Holy Communion – 11 a.m.

Highlands Community Center

Monday: Evening Bible Study at 6 p.m.

Wednesday: Men's Bible study at 8 a.m.

at First Baptist Church

Pot Luck Lunch last Sunday of each month.

CLEAR CREEK BAPTIST CHURCH

Pastor Everett Brewer

Sundays: School – 10 a.m.; Worship – 11

Prayer – 6:30 p.m.

Evening Service – 1st & 3rd Sunday – 7 p.m.

COMMUNITY BIBLE CHURCH

www.cbchighlands.com • 526-4685

Pastor Gary Hewins

3645 U.S. 64 east, Highlands

Sundays: 9:30am Sunday School; 10:30 am

Childrens/Family Program; 10:45 Worship

EPISCOPAL CHURCH OF THE INCARNATION

The Rev. Brian Sullivan – Rector: 526-2968

Sunday: Breakfast; 9 A.M. - Sunday School

10:30 a.m. Holy Eucharist (Rite II)

Sunday Service on Channel 14 at 10:30 A.M.

Monday: 4 p.m. Women's Cursillo Group

Tuesday: 8 a.m. Men's Cursillo Group

4:30 P.M. Education for Ministry

Wednesday: 6:30 P.M. Choir Practice

Thursday: 10 a.m. Holy Eucharist (Chapel)

10:30 a.m. Daughters of the King

• Sunday Service on Channel 14 Sun. at 10:30 a.m.

FIRST ALLIANCE CHURCH OF FRANKLIN

Rev. Mitch Schultz, Pastor • 828-369-7977

Sun. Worship 8:30 & 10:45 a.m.; 6: p.m.

(nursery provided)

Sun. school for all ages 9:45 a.m.

Wed: dinner 5 p.m. followed by children's

Pioneer Club 6 p.m.; Jr & Sr Youth Group 6:30 p.m.;

Adult Bible Study & Prayer Meeting 7 p.m.

Small groups available throughout the week.

FIRST BAPTIST CHURCH

Dr. Daniel D. Robinson, 526-4153

Sun.: Worship 10:45 a.m., 6:30 p.m.; School – 9:30 a.m.;

Youth – 6:30 p.m.; Choir – 7:15

Wednesdays: Dinner – 5:30 p.m.; Team Kids – 6 p.m.;

Prayer – 6:15 p.m., Choir – 7:30 p.m.

FIRST PRESBYTERIAN CHURCH

Dr. Lee Bowman, Pastor

Dr. Don Mullen, Parish Associate 526-3175

Sun.: Worship – 11 a.m.; Sun. School – 9:30 & 9:45.

Mondays: 8 a.m. – Men's Bible Discussion & Breakfast

Wednesdays – Choir – 7

HIGHLANDS ASSEMBLY OF GOD

Sixth Street

Sundays: School – 10 a.m.; Worship – 11

Wednesdays: Prayer & Bible Study – 7

HIGHLANDS UNITED METHODIST CHURCH

Pastor Paul Christy

526-3376

Sun.: school 9:45 a.m.; Worship 11 a.m.; 5 p.m.

Youth Group

Wed: Supper; 6; 7:15 – children, youth, & adults

studies; 6:15 – Adult choir

(nursery provided for Wed. p.m. activities)

Thurs: 12:30 – Women's Bible Study (nursery)

HOLY FAMILY LUTHERAN CHURCH – ELCA

Chaplain Margaret Howell

2152 Dillard Road – 526-9741

Sundays: Sunday School and Adult discussion group

9:30 a.m.; Worship/Communion – 10:30

HEALING SERVICE on the 5th Sunday of the month.

MACEDONIA BAPTIST CHURCH

8 miles south of Highlands on N.C. 28 S in Satolah

Pastor Matt Shuler, (828) 526-8425

Sundays: School – 10 a.m.; Worship – 11

Choir – 6 p.m.

Wed: Bible Study and Youth Mtg. – 7 p.m.

MOUNTAIN SYNAGOGUE

St. Cyprian's Episcopal Church, Franklin

828-369-9270 or 828-293-5197

OUR LADY OF THE MOUNTAINS ROMAN CATHOLIC CHURCH

Rev. Dean Cesa, pastor

Parish office, 526-2418

Sundays: Mass – 11 a.m.

SCALY MOUNTAIN BAPTIST CHURCH

Rev. Clifford Willis

Sundays: School – 10 a.m.; Worship – 11 a.m. & 7

Wednesdays: Prayer Mtg. – 7 p.m.

SCALY MOUNTAIN CHURCH OF GOD

290 Buck Knob Road; Pastor Alfred Sizemore

Sundays: School – 10 a.m.; Worship – 10:45 a.m.;

Evening Worship – 6 p.m.

Wed: Adult Bible Study & Youth – 7 p.m.

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Pastor Rev. Andy Cloer.

Sundays: School – 10 a.m.; Worship – 11

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WHITESIDE PRESBYTERIAN CHURCH

Cashiers, Rev. Sam Forrester, 743-2122

Sundays: School – 10 a.m.; Worship – 11

... POLICIES continued from page 2

edges the worth and dignity of every person and demonstrates the pursuit of truth and devotion to excellence, acquires knowledge, and nurtures democratic citizenship. The educator exemplifies a commitment to the teaching and learning processes with accountability to the students, maintains professional growth, exercises professional judgment, and personifies integrity. The educator strives to maintain the respect and confidence of colleagues, students, parents and legal guardians, and the community, and to serve as an appropriate role model."

The rest of it deals with specific requirements on campus regarding reporting, documentation, performance, classroom management, Internet use, confrontations with students, parents and peers, and compliance with district rules and regulations.

"Macon County Schools had a policy previously in place (BOE Policy # 767) but

this new policy has more depth, and provides a statutory reference (state law) for disciplinary action as necessary," said Dan Moore director of personnel.

Years ago teachers across the country were bound by a "moral turpitude clause" but they have been eliminated from contracts.

"However, although the moral turpitude clause is not in the contract per se, there are generally accepted standards of behavior that are to be adhered to and itemized in the new policy," said Moore "Though the new policy serves primarily as a teacher evaluation which focuses on instructional delivery, the North Carolina Department of Public Instruction has asked that each school system make available the NC Teacher Code of Ethics as well as any other applicable policy to all staff members." — **Kim Lewicki**

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• BUSINESS NEWS •

MC Historical Society donates DVDs to schools

At the Dec. 14 School Board meeting, Superintendent Dan Brigman accepted DVDs of the film, "Civil War Letters of Macon County" — a joint venture between the Macon County Historical Society and local artist, Michael Rogers. The story, is based on actual letters to and from soldiers and shows what life was like in Macon County during the Civil War. The Macon County Historical Society donated enough copies for each board member and each school's media center. The DVDs can be purchasee at the Historical Museum (828-524-9758) or Michael Rogers Gallery (828-524-6709).

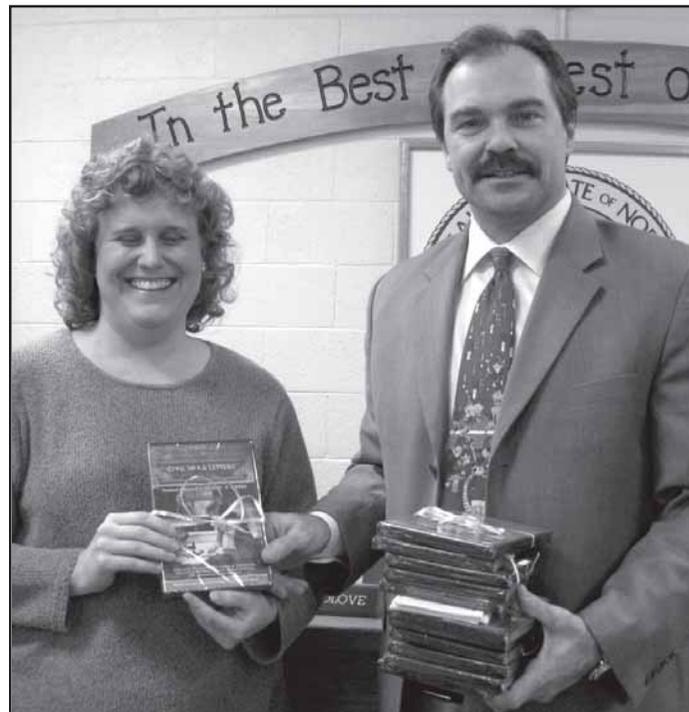


Photo by Kim Lewicki

Bascom hosts induction of Rabun Gap's National Art Honor Society students



Students from the Rabun Gap-Nachoochee School, above, were inducted into the National Art Honor Society in a ceremony held at The Bascom on Nov. 14.

Land Trust for the Little Tennessee needs help

The Land Trust for the Little Tennessee is \$18,000 shy of meeting its \$131,000 fundraising goal for 2009. Receiving these funds will assure that it can effectively continue conserving natural and cultural resources in full force in 2010.

In response to cuts in state and foundation grants this year, LTLT has reduced our budget mid-year by 20%; received 100%

giving from board and staff; held its first annual Local Food Gala as a successful fundraising event; pursued an ambitious annual fundraising goal.

For a report on the work of LTLT in 2009, please see the Autumn 2009 Land Steward. To make a donation, please visit our website at www.LTLT.org.

POLICE & FIRE REPORTS

The following are the Highlands Police Dept. log entries from Dec. 14. Only the names of persons arrested, issued a Class-3 misdemeanor, or public officials have been used.

Dec. 14

- At 7:30 p.m., officers responded to an accident at NC 106 and Arnold Road. There were no injuries.
- During the week, police officers responded to 9 alarms and issued 3 warning citations.

The following are the Highlands Fire & Rescue Dept. log entries from Dec. 19:

Dec. 19

- At 8:33 p.m., the dept. was first-responders to assist EMS with a medical call at a residence on Sparkling Lakes Road. A man was transported to the hospital.

Dec. 20

- At 2 a.m., the dept. provided mutual aid to the Satolah Fire Dept. while it responded to a structure fire.
- 4:54 p.m., the dept. responded to an vehicle accident on Mayflower Drive at Chestnut Hill where a resident had slid into a ditch.
- At 9:32 p.m., the dept. received a call about an orange glow in the sky, but it was light from the water treatment plant bouncing off low cloud cover.

... BRUGGER continued from page 6

people on our iPods. Once people told each other jokes and stories in the evenings. Now we watch television alone. Once people played cards and went bowling. Now we watch other people play poker on ESPN.

Once we created our own culture. Now we are passive consumers of a packaged culture.

It's become almost unpatriotic to advocate decreased consumption; as if being an American is to consume excessively. George W. Bush asked ordinary citizens to shop as our contribution/sacrifice after 9/11, and after the financial system crash last year when most people's rational response was to stop spending and start paying down their debts, they were chastised for not supporting an end to the recession by spending. This time of year we are made to feel guilty if we're not out there supporting the retailers in ringing up higher sales than the year before.

Maybe we made a mistake building our economy on the foundation of consumption.

Maybe we need to re-examine the basis for what constitutes a rich and satisfying life. The Quaker hymn "Simple Gifts" comes to mind: "Tis a gift to be simple, 'tis a gift to be free, 'tis a gift to come down where we ought to be, and when we find ourselves in the place just right, 'Twill be in the valley of love and delight."

- All of Katie Brugger's columns are available on her website:
www.kathleenbrugger.com

HELP WANTED

EARN \$250-\$300 WEEKLY WORKING AS A SECRETE/ MYSTERY SHOPPER - This is a flexible job offer, does not disturb your present Job if you have one. Here's your chance to get paid for shopping and dining out. Your job will be to evaluate and comment on customer service in a wide Variety of shops, Stores, restaurant and services in your area. Mystery shoppers are Needed. You'll be paid to shop and dine out-plus, you can also get free meals, Free merchandise, Free services, free Entertainment, Free travel and more. Great Pay, Fun Work. Flexible Schedules. No experience required. If you can shop- you are qualified! **JOB REQUIREMENTS:** Good business Skills; The Applicant must be 18 Years and above; Honest, responsible, industrious; PC, e-mail and the Internet skills; Ability to check e-mail daily; No less than 2 working hours per day. Interested candidate contact email: brian.williams@gmail.com (2/4/10)

MARKETING COORDINATOR AT HIGHLANDS-CASHIERS HOSPITAL. Full-time exempt status position. Experienced professional with Marketing background preferably in healthcare field. Responsible for coordinating the hospital's marketing and communications programs. Demonstrated proficiency in writing skills and website knowledge 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

RN'S AT HIGHLANDS-CASHIERS HOSPITAL. Experienced Med-Surg and ER Nurses needed. Strong leadership skills is a must. Full benefits, or the option to opt out of benefits for an increase in pay, available after 60 days of full-time employment. We are now offering part-time employees, working at least 24 hours a week, medical insurance. Pre-employment screening required. Call Human Resources at 828-526-1376 or apply online at www.hchospital.org

CNA OR CNA II AT HIGHLANDS-CASHIERS HOSPITAL. Our wage scale is \$11.00 to \$14.40 per hour with shift and weekend differentials. Pre-employment substance screening. Call Human Resources, 828-526-1376 or apply online at www.hchospital.org

STAFF PHYSICAL THERAPIST NEEDED AT HIGHLANDS-CASHIERS HOSPITAL. Full time, 90% out-patient care with potential planned upward mobility. Strong orthopedic skills desired. Professional independence encouraged. 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

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WANTED TO RENT - Quality 3 or 4-bedroom home close to town. Upgraded kitchen, flexible on furnishings, easy access. Small, clean dog allowed. Long term lease. Possibly interested in option for the right home. Call 828-200-0815. (st. 12/10)

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TWO LOTS IN BLUE VALLEY - Dead-end Road. Water & Septic included. Subfloor and foundation on one, 70-ft. single-wide on the other. .55 acre and .65 acre. Borders USFS and great view of Satolah Mountain. Call 828-482-2052. (St. 11/24)

\$205,000 FOR BOTH. BY OWNER NO AC NEEDED. CLASSIC COUNTRY HOME, 4.2 acres. Perennial landscaping. 4 bed 3 bath, garage and shed 2900 sq. ft living space. 1,523 sq. ft deck. \$338,500, 743-5788 (st. 10/15)

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• See CLASSIFIEDS page 20

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SPACIOUS MAIN ST. APT. full kitchen, fully furnished, covered balcony, small pets OK. \$700/mo. 526-3363. (St. 11/5)

ONE-BEDROOM APARTMENT IN TOWN - 535 N. 4th Street. \$600 a month. Call 770-827-0450. (St. 11/5)

CUTE HIGHLANDS COTTAGE. 2BR/1BA. Remodeled kitchen and bath. Close to town, private, quiet. Deck, W/D, DW, wood stove. No smoking. Pets negotiable. \$900/month + utilities. 770-845-1577. (st. 10/22)

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2 BED, 1 BATH HOUSE FOR RENT IN LAUREL FALLS. Few minutes from downtown Highlands and the hospital. fully furnished included w/d. Call 787-2423. (St. 9/24)

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APARTMENT FOR RENT - partly furnished 1BR/1ba - no dogs/smokers - Whiteside Cove - \$100/week - call (828) 787-1515

ROOM FOR RENT - furnished or not - no smokers - must love dogs - \$50/week - call (828) 787-1515

APARTMENT FOR RENT - newly furnished one bed/one bath. AC/Heat. Deck. Fantastic view. 5 min from Highlands. Adults only. No smokers, no pets. Utilities included. \$795. Call 526-2694. (st. 7/30)

GREAT 2/BATH APARTMENT - Main Street, Highlands includes 9-foot ceilings, central heat & air, balcony, large laundry room with washer/dryer. \$900 per month plus utilities. Lease and references required. Contact John Dotson - 526-5587. (st. 5/21)

SMALL FURNISHED COTTAGE suitable for (1) occupant conveniently located @ 674 Chestnut Street. Queen bed, Living area and kitchen combined. Nice screen porch with sleeping loft. Quiet and private. No pets and no smoking. \$800. monthly plus \$300. security deposit with 6 months lease and references. Includes all utilities & satellite TV. Contact Charlie @ (828)526-8645.

COMMERCIAL FOR RENT/SALE

FOR SALE - BEST 'COMMERCIAL' BUY IN HIGHLANDS - 535 4th Street. Zoned mixed-use, commercial and residential. Recent Remodel. Great retail/office and separate one-bedroom basement apartment. \$389,000. Call 770-827-0450. (St. 11/5)

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COLONIAL GLASS – set of 12 Sherbet Goblets, and dessert plates. \$35. Call 526-4063.

TWO ELECTRIC WATER COOLERS for sale. Approximately 38" tall x 12" square. Put bottled water on top. \$50 each. OBO. Call 526-3262

LENOX SPICE JARS, full set mint condition, original price \$45 each. Also jewelry call 369-0498. 7-9 p.m.

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2005 BOBCAT 334 G SERIES -- Enclosed cab/heat, 800 hrs./hydraulic thumb, 16 & 24 in. bucket. Asking: \$21,500 OBO. Call: 526-5793 (st. 12/3)

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2004 FORD EXPEDITION XLT – olive green,

beige leather, 72,000 miles, Excellent condition, V-8 5.4 liter. \$13,500. Call 828-526-4707.

CADILLAC DEVILLE 2002 – Silver, 85,300 miles. One owner, garaged. \$8,950. See at 150 Shelby Circle, Highlands. 787-2310. (St. 7/9)

SERVICES

STOP SMOKING IN 2010? Five-week program uses hypnosis and other tools, beginning January. Individuals, small groups. Details 526-8885. 12/31

THE HIGHLANDS HANDYMAN – Anything and Everything. From High End to Low Spend. Local References. Call a neighbor. Call Mark at 526-0031.

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New chef joins the team at Highlands-Cashiers Hospital

Joseph Foster, a Florida native, will be the new chef at Highlands-Cashiers Hospital. He last held the position of General Manager and Executive Chef at the Cellar Grille and Tavern Restaurant in Jacksonville, FL. His extensive chef experience includes years of culinary positions in Florida restaurants such as the Aqua Grill, Chef's Garden, and Ponte Vedra Golf and Country Club.

In 2004, Foster attended the Culinary Institute of America in Hyde Park, NY. There he found his passion for Japanese and Mexican cuisine. "My interest in cooking began in my teens; it's only natural for me to be in this business. Attending the Culinary Institute enabled me to fulfill my lifelong dream as a chef," states Foster. "I believe my personal flare will be conveyed in everything I prepare."

"Foster brings the kind of experience and expertise we've been looking for to our hospital," said Kathy Owens, Manager of Nutrition Services. He has an overall grasp of our departmental needs. He has held positions from dish washer to food and beverage director, to top chef positions in high-rated restaurants. We have confidence that he will bring fresh ideas to our efforts in revamping menus and improving the quality of our often stereotypical hospital food."

She said the hospital also looks forward to upgrading its onsite meals that are prepared to accommodate each patient or resident's food preferences, allergies and therapeutic needs. "We also take pride in our high safety and sanitary grade of 100.5," said Owens.

Foster will lead the nutritional services team with a focus on customer service. In addition to preparing patient and resident meals, HCH nutritional services provides

catering hospital sponsored meetings and employee appreciation events. Annually, the department participates and dishes up fun fare for Community Health Screenings, Healthy Living Fairs and at several Relay for Life functions.

"Our patients and residents can be assured that nutritional needs are met through professionally designed menus and nutrition support. "We are glad to have Joe on board to help as we reach our goal of providing first-class food to all who encounter our hospital," says Frank Leslie, Interim CEO.

About Highlands-Cashiers Hospital

"HCH is a community hospital that provides diagnostic, surgical and acute patient care to the public through on-site professional services, or as a referral to regional support providers.

Our emergency care facility is Physician staffed 24/7 and treats patients promptly, monitoring their visit with personal care and attention. HCH also provides Physician Clinics, a skilled Nursing Facility, Hospice Care, Skilled Rehabilitation, and Medically-Based Wellness Programs allowing individuals and families nearby access to professional care in these critical areas. The hospital continues to expand its programs to provide the public the broadest possible range of quality healthcare.

Our *Board-Certified Physician Staff* continues to grow to better serve you, as do our medical specialties now covering 18 areas of healthcare, specialties usually only found in much larger facilities. We continually update our range of diagnostic procedure by adding new state-of-the-art equipment."

Our goal is to be the healthcare partner to whom you can entrust your life.

• HOSPITAL NEWS •

Bob Jones Tournament proceeds go to H-C Hospital Foundation

The 28th annual Bob Jones Invitational Golf Tournament held this summer season raised over \$135,000 for Highlands-Cashiers Hospital.

This year's tournament, held in memory of Walter Commons Wattles, took place on August 15 at Highlands Country Club.

Earl Mauldin, Chairman of the Bob Jones Golf Committee and Highlands-Cashiers Hospital Foundation (left), presented a check to Robin T. Taylor, Foundation Executive Director.

Other tournament committee members unavailable for the photograph were Anne Bailey, Wayne Beckner, John McKey Jr, William Gaston, Allen Harden, Helen Olnick, Jim Santo, and Ruthie Watts.

This year's proceeds bring the total contribution from the tournament to the Foundation since 1981 to over \$2.9 million dollars.

Funds raised through this golf tour-



namment assist the hospital in providing diagnostic, surgical and acute patient care to the public through on-site professional services, or as a referral to regional support providers assuring quality healthcare services are available to our communities.

Gynecologist to be on staff Jan. 4

James C. Smallwood, MD, FACOG, who practiced for 22 years in Sylva, and who has been a member of the teaching staff at the Mountain Area Health Education Center in Asheville for the last three and a half years, will become part of the medical staff at Highlands-Cashiers Hospital in January. His practice here will focus exclusively on gynecology.

He will open his practice Jan. 4, seeing patients three days per week and performing surgery in the hospital's surgical center one day per week.

His new offices will be located in Suite 203 of the Jane Woodruff Clinic on the hospital campus. Appointments can be made by calling (828) 526-5045.

Smallwood joined the staff at MAHEC in June of 2006 as a clinical assistant pro-



Dr. James Smallwood

fessor of medicine in the Department of OB-GYN of the University of North Carolina School of Medicine. He was also on the medical staff of Mission Hospitals in Asheville. He was awarded MAHEC's Outstanding Faculty Teaching Award for the 2006-07 year.

He earned his medical degree in 1975 from the Medical College of Georgia in Augusta, where he was a classmate of F. Augustus "Gus" Dozier, MD, the other general surgeon now on staff at Highlands-Cashiers Hospital (the two have

kept in touch over the years). Dr. Smallwood completed his internship and residency in obstetrics and gynecology at the United States Air Force Medical Center at Keesler Air Force Base in Mississippi, and he worked at medical centers at two other Air Force bases in the early 1980s, including serving as chief of obstetrics and gynecology, before entering private practice in Sylva in 1984.

He is certified by the American Board of Obstetrics and Gynecology and accredited in advanced operative laparoscopy by the Accreditation Council for Gynecologic Endoscopy. He is also a Fellow of the American College of Obstetricians and Gynecologists.

He is a member of the North Carolina Medical Society, the North Carolina Obstetrical and Gynecologic Society, the American Medical Association, the American Association of Gynecologic Laparoscopists and the Southern Obstetric and Gynecologic Seminar, Inc. he also serves on the Committee on Practice Bulletins - Obstetrics for the American College of Obstetricians and Gynecologists. Based in Washington, DC.

"This is a major development for Highlands-Cashiers Hospital. Dr. Clay Smallwood has an outstanding reputation and a tremendous following of patients across Western North Carolina, including many patients in the Highlands-Cashiers area, and we are extremely pleased that he is coming to practice here," said hospital Interim CEO Frank Leslie. "We have been looking to bring a viable gynecological program back to the hospital for the last several years, and we could not have found a better qualified, more respected physician to help make that happen."

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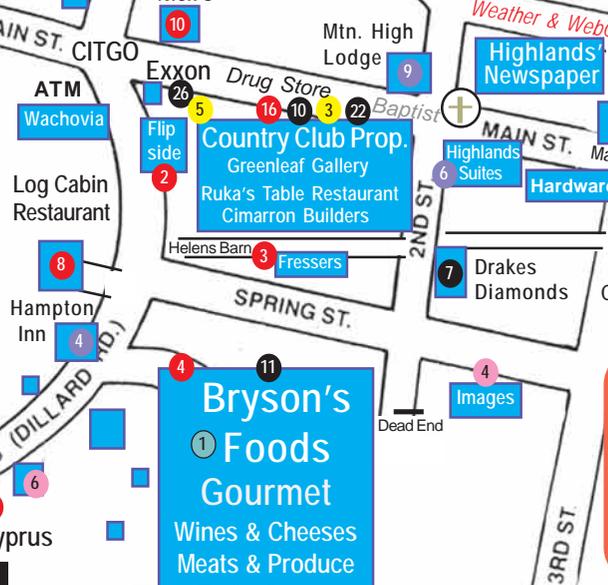
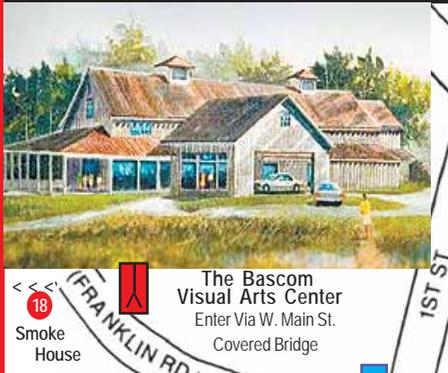
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|------------------|---------------------|-------------------------|---------------------|
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| 2 Flipside | 2 Chestnut Cottages | 2 AnnaWear | 23 Tin Roof Gallery |
| 3 Fressers | 3 Fire Mountain | 3 Bear Mt. Outfitters | 24 Twigs |
| 4 Golden China | 4 Hampton Inn | 4 C.K. Swan | 25 Village Kids |
| 5 Highlands Deli | 5 Highlands Inn | 5 Christmas Shop | 26 Wholesale Down |
| 6 Horacio's | 6 Highlands Suites | 6 Cyrano's | 27 Wine & Cheese |
| 7 Kelsey | 7 Main St. Inn | 7 Drakes Diamonds | 28 Whiskers |
| 8 Log Cabin | 8 Mt High Lodge | 8 Dry Sink | 29 Wits End |
| 9 Main St. Inn | 9 Skyline Lodge | 9 Elephants Foot | |
| 10 Nick's | | 10 Green Leaf Gallery | MARKETS |
| 11 Oak St. Cafe | | 11 Highlands Photo | 1 Bryson's |
| 12 Paoletti's | | 12 House of Wong | 2 Dusty's |
| 13 Pescado's | | 13 JohnCollette Gallery | 3 Mtn. Fresh |
| 14 Pizza Place | | 14 Needle Point | 4 Whole Health |
| 15 Rooster's | | 15 Peak Experience | |
| 16 Ruka's Table | RENTALS | 16 Rarities | BEAUTY |
| 17 Skyline | 14 Chambers | 17 Radio Shack | 1 All Seasons |
| 18 Smoke House | | 18 | 2 Creative Concepts |
| 19 SportsPage | REALTY | 19 Stone Lantern | 3 Gifted Hands |
| 20 Wild Thyme | 1 Century 21 | 20 | 4 Images Unlimited |
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