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 attendance, 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 a teacher work-day after each grading period. There are four, nine-week semesters with a grading period following each nine-week semester.

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 Bredlove said the anonymous aspect of the “Bullying” policy bothered him, but he understood that the state mandated school districts to have each policy as written in place.

Policy #459 - Bullying - 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 adopted 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 County Board of Education amended the policy in May, 2009.

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 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 negating this opportunity we forfeit our chance to create our vision, resulting instead in future growth creating a vision for us.”
**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 carpel 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 would do if it were their only concern. You have my support.

You have my support.

Dick & Barbara Lawrence
Scaly Mountain

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**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.

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**Letters to the Editor - Policy continued from page 1**

The policy asks, “All students and employees shall 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, disability. Furthermore, retaliation against a student or employee who has exercised any rights recognized under state or federal law is prohibited, including the reporting of an act.”

It applies to any circumstance taking place on school premises, in a school vehicle, or at a school event, during any school function or extracurricular activity, when a student is subject to the authority of school personnel or at 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 held accountable. 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.

This policy 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 “Adhere to the Code of Ethics for North Carolina Educators,” which is “There is a 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 acknowledges...”

See Policies page 18
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!
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.

I vend 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 last year’s 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.

I 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 on 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 heart 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’ 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.
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 FedEx. Margaret 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 just do it, but winter just isn’t that long here.

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 scraped 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. There 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 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 headphones 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 tiny Viking that hangs from a keyring from a trip to Epcot. I love it and think of him whenever I pull my keys from my pocket. He bought 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.

Carol 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 Arvada where she worked as the project manager to help create and nurture the prestigious mountain golfing community of Columia 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 expertise, attention to detail, and passion for customer service have made her one of the top agents in the area,” said Highlamps’ 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
REFLECTIONS FROM TURTLE POND

Simple gifts

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.

Of course I 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 had 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.

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.”

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 Harpers’ Magazine explores the myths that Asian garment 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 department stores, 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 garage sale. It got stiff and 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, “endless rows 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...
Ben Franklin: On Science

by Ben Franklin
a.k.a. John Armor

A scientist to speculate that electricity business, marvelous things with this really have done your cars and pockets. You use at home, in offices, in millions of batteries you grandfather of the would store that. The exposed to electricity it small knob outside and a metal bar with a kite. Insulated silk held the key away from 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 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 sealed 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 such scientists in the centuries since I was born. Lastly, science is not determined by frauds— and there have been many scientific frauds in the centuries since I was born. Only, 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.
As your thoughts turn to preparing for the cold months, you may be worried about ice or snow storms, the potential loss of electricity or simply staying comfortable during the cold months.

We want you to come stay with us for a few short months while the weather is upon us.

Here is what we will provide while you stay at Chestnut Hill during the cold months:

- Furnished apartment including bed, television, mini refrigerator, microwave and private bathroom.
- Three delicious meals a day.
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- All other services and amenities offered.

For more information about a short stay during the cold months, Call Gary at 828.787.2114 or e-mail: GaryTallent@ChestnutHillAtHighlands.com

You will see why so many others have decided to stay warm at Chestnut Hill Assisted Living.
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.

The parade always gathers 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 wonderous 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. The pride 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 bring 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 came to the stables of an inn. The night He was born, a group of shepards 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, 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. Thered ribbons remind us of the blood he shed for us. The ubiquitous angels remind us of the announcement 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 a defeated Snowman. 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.

Two days after the birth, shepherds and kings hear the good news. And then they go off spreading the word of all that had happened and praising God. (Story taken from Luke 2)

These people are all important, but only one speaks to the reason for the season. Jesus Christ. God’s Son. Come join the annual run!

The Resolution Run has no entry fee and offers no T-shirts or trophies. Those interested in participating will 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.

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.

Reach them on the streets or on the web. Email highlandseditor@aol.com for news on exciting advertising packages for 2010.

**The Student’s Eye**

Gardner Davis
Feedback is encouraged
gardnrdavis@gmail.com

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COOKING ON THE PLATEAU

Easy, elegant holiday entertaining with American Lamb

Nothing says special celebration like elegant, delicious American Lamb. Whether it’s a holiday feast or an intimate family dinner, American Lamb is elegant yet easy to prepare. From the traditional leg roast to the quintessential rack, there’s a lamb dish for every holiday occasion. American Lamb’s unique, rich flavor can make any meal seem special and will make your family and friends feel especially appreciated.

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 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
½ 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.
Highlands-Cashiers Hospital
Board-Certified Physicians Add Distinguished Member

Dr. James Clay Smallwood, renowned for excellence and Board-Certified in gynecological care is now accepting appointments in Suite 203 at The Jane Woodruff Clinic at Highlands-Cashiers Hospital (828) 526-5045.

Dr. Smallwood brings over 30 years experience in gynecology to our growing list of medical specialties. He will offer state-of-the-art gynecological care in diagnostics, treatment, counsel, and surgical services for women from adolescence to the reproductive years and on through menopause and post menopause.

James C. Smallwood, M.D.
Joins Highlands-Cashiers Medical Staff

At Highlands-Cashiers Hospital, we are proud to add yet another service in women’s healthcare which already includes mammography, plastic surgery procedures and wellness programs.

Area women can be assured that they will continue to receive the best in quality healthcare and that this is another step forward in adding to these life enhancing services.

Highlands-Cashiers Hospital
The Healthcare Partner to Whom You Can Entrust Your Life.

To learn more about Dr. James C. Smallwood, visit: www.highlandscashiershospital.org
### Specials

**Super Holiday Specials!**

Give the gift of health to yourself or a loved one!

Join for 3 months with unlimited visits, only $150

Membership includes all aerobic and strength training equipment, toning, and burn classes and introductory instruction by certified professional trainer.

**Need a Personal Trainer?** 10 personal training sessions for $600 $400

For additional information or to sign up, call 526-1FIT (526-1348)

Gift certificates are available for purchase. Holiday offers expire 12/31/09.

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### Ongoing and Upcoming Events

**Through Dec. 24**

**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 Sun. 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**
- Tuesdays, 11:30-12:30, Wednesdays 9:30-10:15 a.m. Call Mary K. Barbour at 828-354-2248.

**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 streets.
- Open AA meeting at noon at the Highlands Conference Center.
- Open AA meeting at noon at the Episcopal Church at Fifth and Main streets.

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### 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 10 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 fever has recurred 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.
**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 Jeannette 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.

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**Ongoing and Upcoming Events**

**Healthman’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

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**SALE!**

**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

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**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 with 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 will 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 Fresser’s Eatery in Historic Helen’s Barn, your reservation’s only a phone call away!

... Seating is available from 11 a.m. through 4 p.m. 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 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.

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

Tuesday, Feb. 2
• At Hiarp, The Geography of Bliss by Eric Weiner. Coordinator: John Carr. Civic Center: 10-11:30 a.m

Tuesday, Feb. 9
• At Hiarp, “Batter My Heart” will be distributed at previous meeting. Coordinator: Martha Porter Civic Center: 10-11:30 a.m.

Tuesday, Feb. 16
• At Hiarp, Ishmael by Daniel Quinn. Coordinator: Karen Hawk. Civic Center: 10-11:30 a.m

Tuesday, Feb. 23
• At Hiarp, “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.

Tuesday, Mar 8
• At Hiarp, Poems of Emily Dickinson. Coordinator: Bill West. Civic Center: 10-11:30 a.m.

Thursday, Dec. 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

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)
315 Main Street - 526-3376

Ruby Cinema
Hwy. 441, Franklin, NC 524-2076
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, 4:30, 7:15, 9:15

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

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

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

** Opening Wednesday 12/23 **

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.

• Hiarp, Poems of Emily Dickerson. Coordinator: Bill West. Civic Center: 10-11:30 a.m.
"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 dates are Feb. 12, 2010 which will focus on designing a questionnaire for state legislative candidates; 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

Christmas Sale 30%-75%
5 6
355 Main Street
in The Galax Theatre
526-4660
All Sweaters
and Coats on
Sale

For wherever you choose to roam...

BEAR MOUNTAIN OUTFITTERS
We outfit you for life

MEN • WOMEN • KIDS • CASUAL CLOTHING
ACTIVE WEAR • ACCESSORIES • BACKPACKS
HUNDREDS OF SHOE AND BOOT STYLES

Christmas Sale 30%-75%
SELECTED CLOTHING AND FOOTWEAR

MOUNTAINSMITH • AETREX • BORN • GEOX • TIMBERLAND • SMARTWOOL • WOOLRICH • J-41

Jams, Jellies, Preserves, Relishes & Gourmet Treats
Open: Mon-Sat •10-5

The Good Earth POTTERY
SALE in Progress!
30%-89% off Select Items
Corner of 5th and Main • 787-2473

Annawear
Year-End
Denim Sale

'7 for All Mankind'
BLOWOUT!
'Free People' Holiday Dresses and more ...
... All on SALE!

355 Main Street
in The Galax Theatre
526-4660
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.

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

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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 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

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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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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
A White Christmas

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 you provide a chance to consider who 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.

- The fulfilment of the promise made long ago (Matthew 1:1-17, Luke 3:23-38). A descendant 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.
- 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 becomes as a poor, lowly baby without even a room for shelter.
- There is the heavenly announcement of his birth, to not kings who must decide 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.

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
Children/Family Program; 10:45 Worship

EPISCOPAL CHURCH OF THE INCARNATION
Sunday: Breakfast; 9 A.M. - Sunday School
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 PM. 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 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
9813 Mullen, Parish Associate 526-3175
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
Sundays: 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: School – 10 a.m.; Worship – 11

SCALY MOUNTAIN BAPTIST CHURCH
Rev. Clifford Willis
Sundays: School – 10 a.m.; Worship – 11 a.m. & 7
Wednesdays: Prayer Mtg. – 7 p.m.

SCALY MOUNTAIN CHURCH OF GOD
290 Buck Knob Road; Pastor Alfred Sizemore
Sundays: School – 10 a.m.; Worship – 10:45 a.m.;
Evening Worship – 6 p.m.
Wed: Adult Bible Study & Youth – 7 p.m.
For more information call 526-3212.

SHORTOFF BAPTIST CHURCH
Pastor Rev. Andy Cloer
Sundays: School – 10 a.m.; Worship – 11

UNITARIAN UNIVERSALIST FELLOWSHIP
85 Sierra Drive • 828-524-6777
Sundays: Mass – 11 a.m.

WATTSVILLE PRESBYTERIAN CHURCH
Cashiers, Rev. Sam Forester, 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


MC Historical Society donates DVDs to schools

At the Dec. 14 School Board meeting, Superintendent Dan Branch 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 purchased at the Historical Museum (828-524-9758) or Michael Rogers Gallery (828-524-6709).

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 its 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.
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FOR SALE – BEST ‘COMMERCIAL SPACE IN WRIGHT SQUARE – Half a building or two floors of one building. Call Harold Brammer. 828-526-5673. (st. 4/16)

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RV SITES FOR RENT IN TOWN — Short Walk to Main Street. Daily, Weekly, or Monthly Rates Available. Contact Charlie @ (828)526-6645 e-mail: chestnutcottages@yahoo.com (st. 11/5)

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**THE HIGHLANDS HANDYMAN** - Anything and Everything. From High End to Low Spend. Local References. Call a neighbor. Call Mark at 526-0331.

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**FIREWOOD** - "Nature Dried" Call 526-2251.


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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 American Hyde Park, NY. There he found his passion for Japanese and Mexican cuisine. “My interest in cooking began in my teens; its so natural for me, so chief in this business. Attending the Culinary Institute enabled me to fulfill my lifelong dream as a chef,” states Foster. “I believe that personal flair 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.”

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 pride in our high safety and sanitary grade of 100.5,” said Owens.

Foster will lead the new chef team to Highlands-Cashiers Hospital. In addition to preparing patient and resident meals, HCH nutritional services provide 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.”

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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. Ear Mauldin, Chairman of the Bob Jones Golf Committee and Highlands-Cashiers Hospital Foundation, 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 Olinck, 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 tournament 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 professor 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” Dzier, 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, D.C.

“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 gynecologic 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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