

Highlands' Newspaper

FREE

Volume 8, Number 50

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Thursday, Dec. 16, 2010

| FRI | SAT | SUN |
|----------|----------|----------|
| | | |
| 37 \ 29F | 32 \ 17F | 30 \ 16F |

Through Dec. 25
 • A 22-pound Santa made with Kilwin's chocolate will be raffled off with all proceeds benefiting Big Brothers, Big Sisters, R.E.A.C.H., and Gar's Kids. The Santa will be at Kilwin's until Christmas Day. \$1 per ticket or \$5 for six tickets. The 22-pound chocolate Santa is being donated by Jerry Moore owner of Kilwin's in Town Square on Main Street..

Fri. & Sat., Dec. 17 & 18

• At Paoletti's Restaurant, intimate Wine Tasting at the bar at 1 pm. Great inexpensive wines from around the world, available for retail sales daily. Cheese and Crackers are served. Cost: \$20 per person refundable with case purchase.

Saturday, Dec. 18

• American Legion Post 370 breakfast and meeting, 9 a.m. and 10 a.m., respectively, at Shortoff Baptist Church.

• Santa at the Visitor Center 10 a.m. to 3 p.m.

• The Nantahala Hiking Club will take 2.2-mile easy hike to Kings Creek and Spoon Auger falls, with a modest climb to view each fall. Call leaders Mike and Susan Kettles, 743-10791.

Sunday, Dec. 19

• At Community Bible Church, The Stories of Christmas at 7 p.m. and carols at 6:30 p.m. Call 526-4685 for more information.

• The Nantahala Hiking Club will take an easy 1.5-mile walk on an old road in the Blackrock Mtn.-Jones Creek area, with an elevation change of 300 feet. Call Kay Coriell, 369-6820.

Monday, Dec. 20

• Highlands-Cashiers Hospital will host a "Medicare Update for 2011" seminar from 10am to 11:30am in the Jane Woodruff Clinic Building, suite 103. For more information or to register please call 526-1313. Seating is limited.

MC Planning Board turmoil is put to rest

After two-weeks of upheaval over the county commission's recent appointment to the county planning board, tempers have subsided and plans have been finalized concerning the future of that board.

At the Monday, Dec. 13 county

commission meeting, County Attorney Chester Jones presented information on expanding the county's planning board from 11 to 13 people – as requested by commissioners at the Dec. 6 meeting – but in one week that request changed.

At a planning board worksession Tuesday, Dec. 7, planning board members voted unanimously to ask the county commission not to change the ordinance regulating the size of the planning board, but in-

•See TURMOIL page 13

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'Snow Days' come with a price

Winter weather came fast and furious this year causing a two-hour delay at Highlands School on Friday and no school county-wide Monday and Tuesday. Since students are required to go to school 180 days a year, and because the state mandates the last day of school be June 10, school administrators have to get creative with make-up days.

Macon County School's, Tuesday, Dec. 14 instructional day will be made up on Monday, Dec. 20 with early dismissal at 11:30 a.m. Friday, Dec. 17 will be a full instructional day with regular dismissal.

Inclement weather make-up days are as follows:

• Monday, Dec. 13 to be made up on Friday, Jan. 21

• Tuesday, December 14 to be made up on Monday, Dec. 20 (1/2 Day - 11:30 Dismissal)

• Nantahala School will make up a previous school cancellation on Saturday, Jan. 22 with 11:30 a.m. dismissal

• Macon Early College will be completing first semester EOCs next week with their last day being Dec. 22, 11:30 a.m., early dismissal "Schedule changes due to in-

•See SNOW DAYS page 3



Area firefighters join forces to fight blaze.

Photo by Roger Lee Wilson

Fire destroys Coppage home in Horse Cove

At 1:41 p.m., Tuesday, Dec. 14, Highlands Fire & Rescue, as well as Cullasaja, Cashiers-Glenville, Satolah, Sky Valley and Scaly Mountain responded to a call of a house on fire at 4553 Horse Cove Road.

Multiple departments were called due to limited available water sources in the area.

Departments responded as quickly as they could given the location and the condition of the icy

roads but when they arrived, the home – owned by the Coppage family – was fully engulfed.

"There was a lot of fire when we got there," said Highlands F&R officer Robbie Forrester. "It was a frame house and the wood was dry."

When firefighters arrived, Kara Joiner and her two children were in the yard – firefighters don't believe Rick Joiner was home when the fire broke out. The Joiners were

living in the Coppage home.

One vehicle – a Suburban – was also destroyed. Only the home's foundation is left.

Firefighters believe the fire started around the fireplace but the Fire Ground Investigator began investigating on Wednesday to determine the exact cause.

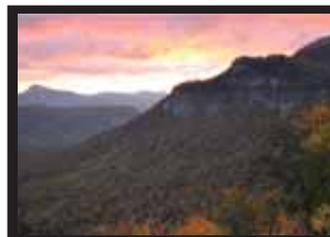
Highlands responded at 1:41 and got back to the station at 7 p.m.

– Kim Lewicki

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• THE PLATEAU'S POSITION •

• LETTERS •

Highlands needs a professional process for hiring department heads

Dear Editor,

At the last Town Board, the discussion concerning the status of the search for a new zoning administrator raised concerns about the hiring procedures of the town. A question was asked if the applicants for the position had been sent a letter confirming their applications. Apparently about a dozen people have applied, yet no letters had been sent to the applicants acknowledging the receipt of their credentials. In addition, the notion was put forward that it was time to start a review where most applications could be discarded into a trash bag.

Surprisingly, there did not appear to be a systematic process for screening and determining the best-qualified candidates for this very important professional position.

I would like to propose several procedures that could help insure a consistent, open and fair process in selecting professionals to fill the major town department positions. I concede that the procedures outlined will not necessarily be applicable and needed in all hiring situations, such as hourly positions that can be filled efficiently by the Town Manager.

First, whenever a person applies for a position, a letter acknowledging receipt of the application should be sent immediately. That letter and the application credentials should be placed in the applicant's file. An evaluation form identifying all the required qualifications and experience as stated in the position announcement should be included in each applicant's file. A screening committee could then review the files and complete the evaluation form for each applicant. This process would insure the identification of both unqualified and highly qualified applicants. It would also document that each applicant was given a complete review and consideration. The screening committee could be an existing town committee related to the open position, or the town board, mayor and town administrator could create it.

Second, after qualified applicants were identified, the Town Board could select the top applicant, or applicants, that they wish to interview. All stages of the interview process need not be done in closed session. While there is a need to discuss an applicant's credentials, professional views, and references by the Town Board in a closed

• HAWK'S EYE VIEW •



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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session, much of the interview process could be done in open session where the public and stakeholders could ask questions of the candidate in order to learn about his or her professional ideas as applicable to Highlands. This type of forum would allow feedback to be given to the Town Board. For instance, in hiring a new zoning administrator, it may be helpful for the Planning Board and Zoning Board members to be involved in the process, as well as the real estate professionals and other community leaders.

Finally, after the Town Board makes the hiring decision, a letter should be sent to all applicants informing them that the position has been filled. The files of all applicants should be retained, not put in the trash.

By not having a consistent hiring process, the town opens itself up to litigation from an applicant who may believe he or she was not given full consideration or was treated unfairly. In such a situation, a defense cannot be that this is the way we do it here in the mountains. As a community, we need to subscribe to the best and current practices in hiring professionals in our government.

An alternative to the process outlined above would be to hire a personnel consulting firm that would conduct a professional search for qualified applicants and certify that a professional process was followed at all stages.

Patrick Taylor
Highlands

Grassroots groups gather regarding bears

Dear Editor,

I, along with many others, appreciate your letters regarding bears. Many of us have similar concerns regarding the bear hunting issues that both of you mentioned.

With the help of Wild South, Bill Lee, JMCA, NC Representative Ray Rapp, biologist Mike Carraway, Captain Greg Daniels of the North Carolina Wildlife Resource Commission' wildlife enforcement division, affiliates of the North Carolina Wildlife Federation, Highlands-Plateau Audubon Society, responsible hunters and other interested individuals, we are making a major attempt to address "some" hunting practices that need to be examined. At our meeting in Waynesville in November, this group met to begin discussions.

Our core group of individuals and organizations feel a coalition, of those who

•See LETTERS page 18

Discounted flu shots now available for adults at MC Public Health Center

The Macon County Public Health Center is now able to provide flu shots at a discounted rate for any adult who has not yet been vaccinated. The new rate is \$14 and shots are available on a walk-in basis (no appointment needed) Monday – Friday from 8 a.m. to 4 p.m. at the health center's Lakeside Drive location.

This year, seasonal influenza vaccine provides protection against three strains of influenza, including H1N1. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age and older get a yearly flu vaccine.

The new discounted rate for adults has been made possible by a recent state-level decision to expand the allowable use of state-supplied vaccine from just children to adults, too.

The public health center will bill Medicare and Medicare replacements, BCBS, Crescent, and Tricare – so clients should bring their cards with them to their visit. Medicaid enrollees should be prepared to pay at the visits in the event Medicaid does not cover the cost.

To keep up-to-date about seasonal clinics, visit the health department's website at www.maconnc.org or call 349-2081.

'Monkey Hill' site of free winter fun in town



A winter blast swept down from Canada over the weekend bringing frigid temperatures registering 2.8 degrees Sunday night and snow-filled winds gusting to 30 mph. By the time it was all over Tuesday AM, Mother Nature dumped about 12 inches of snow on the plateau and caused temperatures to register -1.3 Monday night.

Photo by Kim Lewicki

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...SNOW DAYS continued from page 1

clement weather present us with a unique set of challenges and minimal opportunities to make up lost days of instruction," said Superintendent Dan Brigman. "I greatly appreciate everyone's ongoing flexibility and patience as we seek the most appropriate options available to ensure minimal loss of instructional time and preservation of the approved calendars."

• THANKS •

At the Community Thanksgiving Dinner at the Civic Center Tuesday, Nov. 23, we served 250 people and still had left-overs!

A very special thanks to Rev. Gary Hewins and Rev. Hinson of Community Bible Church for the very best program we ever had.

Thanks also to Highlands Recreation Director Selwyn Chalker and his crew for all they did.

And last but not least, my utmost thanks to David Bee who made the turkey, dressing, mashed potatoes and gravy.

Also thanks to each church for their participation.

It was the best dinner ever!

Pat Griffin
Highlands

...on this day from the History Guy

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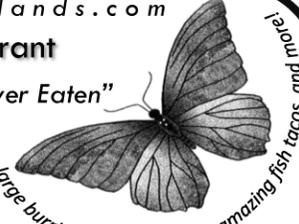
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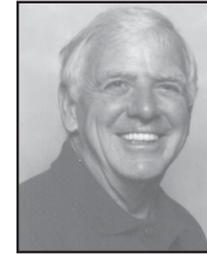
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• LAUGHING AT LIFE •

Her dryer has balls

There are certain things in life you learn not to ask about, especially if you don't give a hoot about the answer. One of those things is to never ask why our dryer has balls.



Fred Wooldridge

It all started when the gas man cometh to our closed home to turn on our natural gas. After firing up the water heater and range, we headed for the clothes dryer to make sure it was heating. The guy opened the dryer door and removed a scary looking blue rubbery ball with spikes. With a look of puzzlement on his face, he held it up for me to see.

"Hey, don't ask." I said. "I just live here. I don't do laundry. Supposedly, that ball makes my li'l missus's life easier and that makes my life easier. Happy wife, happy life."

The guy must've been married because he nodded, accepted my response, threw the ball back in the dryer and shut the door. End of story, right?

Wrong! A couple of days later I went to the dryer to retrieve an article of clothing. I was shocked. Now there were two blue balls in the dryer. The second one was even scarier looking than the first. A little larger than a softball, it looked like one of those World War II land mines lying on the bottom of the ocean, complete with protruding horns with holes in the end.

I hesitated, holding the ball in my hand, I pondered my next move. Do I do the smart thing and just throw it back and forget I ever saw it or do I do the stupid thing and take it to the li'l missus and ask what it is? It seems I never learn because, like the gas man, I held it up for her to see and asked, "What it is?"

"Oh, that! That ball is making my life so much easier," she responded. "See this opening? I pour a small amount of tap water in that hole, and then I toss the ball in the dryer with the clothes. As the dryer tumbles, it makes steam and irons our clothes. TADA."

Now here's the part where my years of husband training take over. Since I have been married to my li'l missus even before the invention of the wheel, I've learned not to pursue issues like this further and ask

how it makes steam unless the ball reaches a temperature of 212 degrees or over.

No, no, no, I don't ask that question. You see, if I ask that question, she'll snatch the ball from my hand and say, "I'll show you. Let me get the box and you can read for yourself." She'll say this because she also doesn't have a clue how the ball makes steam and irons clothes.

Instead, I say, "That is awesome, sweet baby. No more ironing." Sarcasically, I ask, "Do they also make a ball that sews buttons back on shirts?"

Waiting for the possibility she might throw the ball at me for being a smart-ass, I quickly asked, "While we're on the topic of balls, what does that smaller blue ball with the spikes do for us?"

"Well, Mr. Smarty-pants, since you asked, I'll educate you. That little blue ball keeps your shorts from wadding. If clothes wad in the dryer, they won't dry properly and you'll have wet shorts."

Again, being a seasoned husband, I accepted her explanation and didn't ask about the principle behind the technology. In my younger years when I was more stupid than I am now, each of the ball issues would have turned into a major debate. (We don't fight anymore, we just debate.) I would have challenged the technology. Like most women, my li'l misses is not interested in how things work. If it works, who cares? It's kinda like elephant repellent balls. Put one of those babies in your dryer and you're guaranteed to have no elephants in your house. Hey, that works.

So now you know our dryer has blue balls, two of them. Whether they're working their magic in our tumbler doesn't mater. My clothes are ironed and my shorts are not wet or wadded. But more important than anything, my li'l missus is happy and life is good.

Note: Tumbling blue balls is the future of a happy home and strong America. Write that down.

• Read Fred's column on-line all winter at www.highlandsinfo.com, click on LOCAL NEWS

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"Southern Living" magazine named Wolfgang's Restaurant & Wine Bistro the "Best place for dinner in Highlands."

• THE VIEW FROM HERE •

The state of Haiti is really too much to comprehend

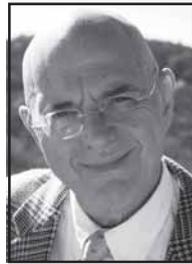
I don't pretend to be able to see inside the soul of Haiti. My personal experience has been of happy people, who are grateful for any small favor. Despite living conditions for Haiti's masses so deplorable that few Americans would tolerate them, Haitian people are usually smiling.

Haitians have shown remarkable resilience and unmatched patience with their condition. They suffer a standard of living that is the poorest in the hemisphere, and smile. They watch their families die from preventable diseases and after a very public and vocal period of mourning, smile again. This is a land in where people die from the water they drink; where malnutrition, poverty, and unemployment are pervasive. It is also a country where people find a reason to smile, or perhaps they feel a person shouldn't need a reason to smile.

This has been a year to test even the Haitian spirit. In January, a massive earthquake claimed some 250,000 lives. Thousands more were injured and destruction was widespread. The Haitians mourned their dead, and then, perhaps grateful that their lives had been spared, smiled again. The Haitian people have a marvelous capacity for happiness.

There was a rare bit of good fortune in November when Hurricane Tomas spared Haiti a direct hit. But, in Haiti, the news is rarely all good. The storm produced heavy rains, which fanned a cholera epidemic, already underway. The cholera epidemic is yet another example of incredibly bad luck. Despite primitive sanitation and a host of diseases spread by food, water, and fecal contamination, Haiti had never experienced a cholera outbreak. The organism responsible for the disease, vibrio cholera, apparently did not exist in Haiti. More than 2,000 Haitians have died since October.

In 2007, cholera claimed just over 4,000 deaths in 53 countries. Cases are now being confirmed in The Dominican Republic. Bacteria have little respect for international boundaries. It is probable that cholera was introduced by Nepalese, United Nations peace keepers. The strain of bacteria originates in south Asia. The first cases occurred downstream from the UN base. Human excrement was found to be polluting a stream that fed into the Arbonite River, where initial cases were re-



Feedback is encouraged.
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hsalzarulo@aol.com

ported.

The Haitians smiled a bit less as the epidemic took hold. Rumors spread that the germ had been intentionally introduced to kill peasant Haitians. Health officials could do little more than drive through slums and shanty towns in trucks with loud speakers, advising the people to wash their hands. Soap was occasionally distributed with the advice.

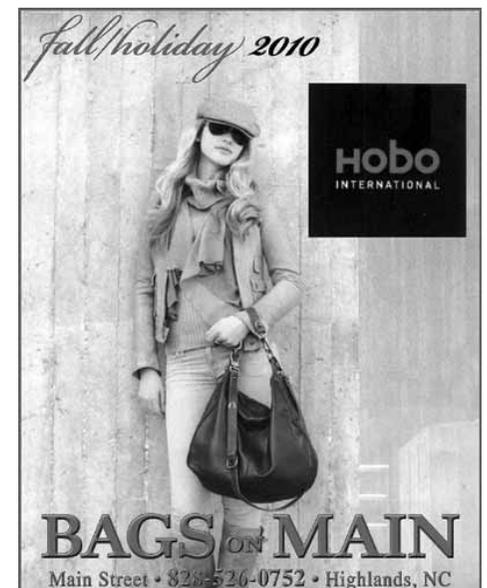
Foreign and local health care providers have provided rehydration to victims of an illness that can kill a healthy adult in a few hours. Despite their efforts, the death toll continues to rise.

The recent presidential election was badly flawed and almost certainly fraudulent. It remains to be seen if it was fatally flawed. One wonders if we will see the breaking point in Haitian patience, if grim scowls will replace the broad smiles

we expect in Haiti. Haiti's leaders complain that little of the foreign aid that was promised for rebuilding after the earthquake has arrived.

In a country where the elite don't trust the people to select their leader, it is understandable that foreign donors might be reluctant to send money to further fill the pockets of the rich. It has been a terrible year in Haiti. Every tragedy is magnified by the nation's poverty. Lack of building codes increased the death toll from the earthquake. Lack of proper sanitation and secure drinking water supply spur the cholera epidemic. Intermittent flooding kills thousands instead of tens because there is so little topsoil to absorb the rainfall. Erosion followed deforestation in a country too poor, or too corrupt, to replant.

The most recent insult, a fraudulent election, may be what it takes to make the people of Haiti finally lose their sense of humor. I'd hate to see a humorless Haiti. They have so little else.



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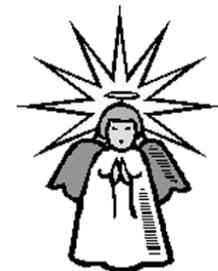
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• CONSERVATIVE POV •

**Throw another log on the fire, Mabel**

**M**y sons, who live in south Florida, have been ragging me mercilessly about their beautiful weather recently (they know how much I love it) while we have had nasty forerunners of winter. I read with interest this morning that Ft. Lauderdale set a new cold record - 42 degrees - for Dec. 7<sup>th</sup> in the last 169 years. Miami is expecting 30s before the spell is over. Payback would feel great if it weren't 19 degrees here as I write this.



**Don Swanson  
Feedback is  
encouraged. Email  
swansonson@dnet.net**

Unfortunately, the frigid weather probably won't reach Cancun MX where the 2010 United Nations Climate Change Conference is being held. You remember the time when climate change was called global warming, don't you? Their choice of Cancun was a stroke of genius, since most of the rest of the Northern Hemisphere is in the deep freeze.

While the attendance to the conference would have been really puny without the incentive of plush resorts and warm weather,

it is down significantly from it's Copenhagen predecessor. I'll tell you later. But first, I'm going to let you in on the mind-numbing places my research takes me.

According the Wikipedia: "The 2010 United Nations Climate Change Conference is being held in Cancun, Mexico, from 29 November to 10 December 2010. The conference is officially referred to as the 16<sup>th</sup> session of the Conference of the Parties (COP 16) to the United Nations Framework Convention on Climate Change (UNFCCC) and the 6<sup>th</sup> session of the Conference of the Parties serving as the meeting of the Parties (CMP6) of the Kyoto Protocol.

In addition (good grief, there's more?) the two permanent subsidiary bodies of the UNFCCC-the Subsidiary Body for Scientific and Technological Advise (SBSTA) and the Subsidiary Body for Implementation (SBI) - will hold its 33<sup>rd</sup> sessions. The 2009 United Nations Climate Change Conference extended the mandates of the two temporary subsidiary bodies - the Ad Hoc Working Group on Further Commitments for Annex I Parties under the Kyoto Protocol (AWG-KP) and the Ad Hoc Working Group on Long-term Cooperative Action under the Convention (AWG-LCA) - and they will meet as well."

There is more, but I've had enough, and I'm sure you've have had more than enough. Here, you thought the UN folks sat around doing nothing. Wesley Pruden has some thoughts he'd like you to know. From the December 2<sup>nd</sup> edition of the Washing-

ton Times: "Scams die hard, but eventually they die, and when they do, nobody wants to get close to the corpse. You can get all the rooms you want this week in Cancun. The global-warming caravan has moved on, bound for a destination in oblivion. ... the Washington guests are staying home. Nobody wants to get the smell of the corpse on his clothes.

Everybody who imagined himself anybody raced to

Copenhagen last year for the global-warming summit, renamed 'climate change' when the globe began to cool, as it does from time to time. Some 45,000 delegates, 'activists,' business representatives and the usual retinue of journalists registered for the party in Copenhagen. This year, only 1,234 journalists registered for the Cancun beach party. The only story there is that there's no story there. The UN organizers glumly concede that Cancun won't amount to anything, even by UN standards."

My, my, how insensitive.

From suite 101.com: "Wikileaks exposes the United States for manipulating the Copenhagen Climate Accord in order to expedite their climate change agenda. In the latest release of cables, Wikileaks reveals how the U.S. used corrupt actions to manipulate other countries into backing Obama's global warming plans during the Copenhagen Accord."

This just in:

From THE WEEK website: "As negotiators from nearly 200 countries met in Cancun to strategize ways to keep the planet from getting hotter, the temperature in the seaside Mexican city plunged to a 100-year record low of 54 degrees F. Climate change skeptics are gleefully calling Cancun's weather the latest example of the 'Gore Effect' - a plunge in temperature they say occurs wherever former Vice President Al Gore makes a speech about the climate. Although Gore is not scheduled to speak in Cancun, it could be that the Gore Effect has announced his secret arrival.

Climate-Gate was bad enough, but Cancun's weather is particularly 'inconvenient' for global-warming alarmists. It's a reminder that global temperatures have 'flatlined' despite rising carbon dioxide levels, which is decidedly chilling against the concept of hampering economic growth to limit Co2 emissions."

I realize this is a parochial example, but my hometown of Minneapolis is starting at its third cold snap (minus 15) accompanied by its third heavy snow (10 more inches) and it isn't even winter. I rest my case. For now.

# • HIGHLANDS-CASHIERS HOSPITAL NEWS •

## HCH's pharmacy strengthens patient safety by ensuring quality medication measures

HCH Pharmacist, Jim Cothran, said "We are working hard to make sure our patient's medications are safe during their stay with us. Our medication safety program is top notch and administered through the latest computer technology."

When a medication is ordered for a patient at HCH, the computer automatically checks for allergies, interactions with other medications, how well the patient's body may or may not metabolize the medication, and how the medication might interact with food.

"Once the medication order has been reviewed by our Pharmacy, it is delivered directly to the nurses' station," said Cothran. "When it is time for the patient to receive their medication, the nurses utilize the medication barcode scanning system to ensure that he or she is getting the correct medication at the correct time."

HCH has also implemented a new Computerized Physician Order Entry (CPOE) to increase patient safety and decrease human errors during the ordering process of medications.

Historically, healthcare workers often use abbreviations much like shorthand and in the past have been error prone areas. The installation of the CPOE will help to eliminate mistakes, speed up patient care and allow HCH physicians to electronically enter patient records and medication orders into the hospital's computer system. At any given time, the physician can view past and present records virtually that include x-rays, administration of drugs, testing and screenings.

Cothran said "Even with these precautions, medical mistakes can still happen in any health care system. We want our patients to be involved in their own health care. Research shows that patients who are actively involved in their care are more likely to get better faster."

Listed below are helpful pre-cautions for



**Jim Cothran**

individuals, ensuring they receive the best care possible.

- If you have questions or concerns, don't be afraid to ask.

- If you notice that the medicine the nurse is about to give you is a different color than the one you have been taking, speak up.

- Be sure that your nurses and doctor know about allergies you have, or negative reactions you have had to other medicines.

- If you don't receive your medicine at the time you normally get it, tell your nurse or doctor.

- Notice whether you caregivers have washed their hands. Hand washing is the most important way to prevent infections. Don't be afraid to remind a doctor or nurse to do this.

- Make sure your doctor and nurse checks your wristband and asks your name

before he or she gives you your medicine or treatment.

- Carry an up to date list of the medicines you are taking in your purse or wallet. If you have to come into the hospital, this list will be used by your doctor, nurses, and pharmacist to make sure you are continued on the correct medicines. Write down how much you take and when you take it. Go over the list with your doctor and other caregivers and keep it current

- If possible, ask a trusted family member or friend to be your advocate (advisor or supporter) while in the hospital. This person can ask questions that you may not think about when you are stressed. They can also help make sure you get the right medicines and treatments.

- When you go home, make sure you can read the handwriting on prescriptions written by your doctor. If you can't read it, the pharmacist may not be able to either. Ask somebody at the nurse's station or doctor's office to print the prescription, if necessary.

## A simple weight loss plan

By **Richard S. Matthews, Jr. MD**

Many times when I see a patient in the office for a routine examination, or a physical exam, we talk about diet and exercise. I have found that most patients are not eating enough fruits and vegetables. I have a simple 1-2-3-4-5 plan that is easy to remember.

This diet, or change in eating habits, will lower your cholesterol without pills, help you lose weight and add fiber to your diet to dramatically reduce constipation.

I recommend for most people to have one salad, two pieces of fresh fruit, and three fresh vegetables everyday.

Studies show that consuming five fruits and vegetables a day with increase ones intake of health boosting antioxidants. These protect your cells from toxic substances in your system, protect your cells from damage, and are thought to slow aging and reduce the risk of cancer, heart disease, arterial disease, and other problems.

Via this 1-2-3-4-5 diet, I suggest that you have a (1) salad everyday, (2) two pieces of fresh fruit everyday, (3) three fresh vegetables a day, (4) eat no more than 4 to 6 oz. of any type of protein or meat any day, and (5) to drink five glasses of water every day.

By adapting this healthy eating routine, you will be on the right track to improve your health, mood and boost your energy levels.

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## • MISSION CORNER •

Have you ever wondered why the Highlands-Cashiers area is such a nice place to live? There is the natural beauty, the temperate climate, lots of cultural and educational things to do and too many golf courses to count. The Halloween Festival has to be one of the best in any town, the tree lighting ceremony is always a joy to see and to participate in and the Christmas parade is pretty special for such a small town. This truly is really a wonderful place to be.

In addition to all these things, I think what makes our area such a special place is the giving nature of all the people, summer and locals, as well. We just had the Alternative Giving Fair where 13 of the local charities participated. Any one of the activities that were featured there would make a town proud, but we have 13! These range from local charities

like the Emergency Council, the Community Care Clinic, the Free Dental Clinic and the Literacy Council to International charities, such as the missions to Bolivia, Bosnia and Haiti, Living Waters to the World, and the Friendship world Mission. In my mind, these are what make our town something special.

Every other week we will have contributions in this column from all of these groups and more explaining what they are doing so readers can get involved, if they care to, as participants, donors or just to offer prayers and moral support to all these worthwhile groups.

First up: The Literacy Council of Highlands

— Dr. John Baumruker

### A Collaboration of Literacy and Art: The Literacy Council/Bascom Outreach Program

"A growing body of studies, including those in the research compendium *Critical Links*, presents compelling evidence

connecting student learning in the arts to a wide spectrum of academic and social benefits. These studies document the habits

of mind, social competencies and personal dispositions inherent to arts learning. Additionally, research has shown that what students learn in the arts may help them to master other subjects, such as reading, math or social studies."

Consequently, the Literacy Council of Highlands is collaborating with the Bascom Center for the Visual Arts for a six-week pilot program funded through the Bascom's Youth Outreach initiative. This pilot program features local children's authors and a corresponding Appalachian-themed art project that reflects the literary theme. This study is currently being implemented during the Literacy Council's Monday/Wednesday and Tuesday/Thursday after-school groups where the children are working on a quilt for display at a

culminating reception to be held at the Bascom. Following the reception, the quilt will be on permanent display at the Literacy Council.

There are many wonderful children's authors, including award-winning Appalachian author Cynthia Rylant, Spruce Pine native and Appalachian State graduate Gloria Houston and Lester Laminack, Professor Emeritus with the department of Birth-Kindergarten, Elementary and Middle Grades Education, at Western Carolina University. The Literacy Council has selected the following six pieces of literature by these three authors for the study:

**Week 1:** *Saturdays and Teacakes* by Lester Laminack

**Week 2:** *When I Was Young in the Mountains* by Cynthia Rylant

**Week 3:** *My Great Aunt Arizona* by Gloria Houston

**Week 4:** *Snow Day* by Lester Laminack

**Week 5:** *Silver Packages: An Appalachian Christmas Story* by Cynthia Rylant

**Week 6:** *The Year of the Perfect Christmas Tree* by Gloria Houston

As we are nearing the end of our special Appalachian project, the children are working on their fourth quilt square. This week, we are reading *Silver Packages* by Cynthia Rylant.

This lovely book is based on the true story of a poor boy in an Appalachian coal mining area of Kentucky. Every year a train would come into his town and a wealthy man would throw beautiful silver packages from the train to all of the children. Each year the boy longed for a doctor's kit, but year after year, he would get things he needed, like underwear or socks. The end of the story reveals that the boy grew up to become a doctor and, of course, he finally got his doctor's kit. Through his experiences, he had learned a special lesson about giving back to those in need. The Christmas train has been in operation since 1943 and is still operating today thanks to the help of volunteers.

1. *Critical Evidence: How the Arts Benefit Student Achievement* by Sandra S. Ruppert, 2006.



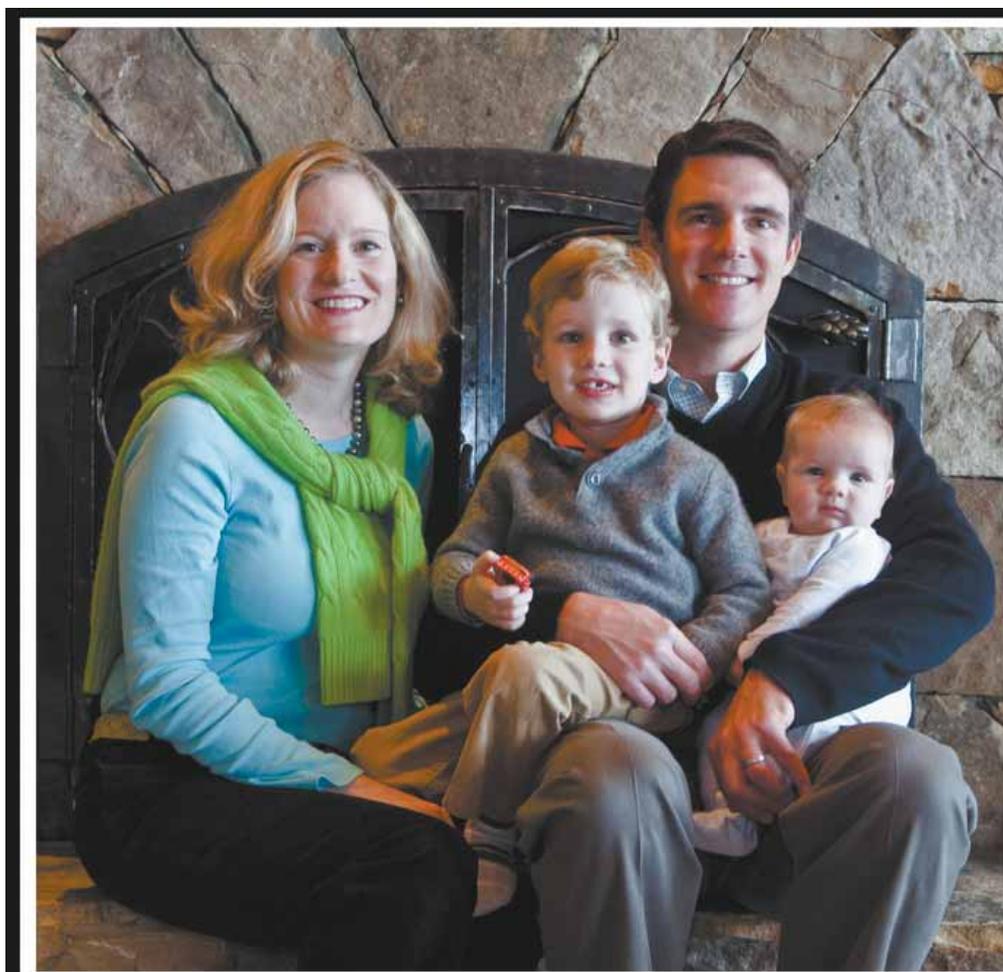
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## • COACH'S CORNER •

### Random thoughts for Dec.16, 2010

**W**ith Christmas being just a hop, skip and a Drew Brees pass away, let's look at some of the events of the past week.

The big news in baseball is that Cliff Lee spurned the Rangers and the Yankees to sign with Philadelphia, giving them perhaps the best starting rotation of all time. The gold standard for 4 man rotations has always been 1993 Atlanta, which featured Greg Maddux, Tom Glavine, John Smoltz and Steve Avery. While looking back, that rotation was phenomenal, I think that what the Phillies starters have already accomplished is remarkable. Both Roy Oswalt and Roy Halladay have won twenty games and 3 Cy Youngs, and Cole Hamels and Lee have both been two of the best postseason pitchers in the generation. It is certainly going to be a tough year for National League hitters when they face the Phillies.

Urban Meyer has left the building...again. While this year's retirement may not be the shocker that last year's was, Meyer stepping down from UF still qualifies as earth shattering news in the college football world. Meyer's successor at UF is former Auburn and Texas defensive coordinator Will Muschamp (he of the boom....mother-shut your mouth....seriously, youtube it and you will see). Muschamp will bring an aggressive, no-nonsense style to both recruiting and the field, but it remains to be seen how well the spoiled UF fans treat Muschamp if the Gators struggle again next year.

Brett Favre's consecutive games streak ended at 297 on Monday night when the old man couldn't go against the New York Giants. Somewhere...John Madden is weeping softly and clutching his Favre bobblehead.

While Duke remains #1 overall in the NCAA basketball poll, they suffered a deha-

bitating loss when freshman PG Kyrie Irving suffered a torn ligament in his big toe against Butler. This will inevitably open the door for Kansas, who add freshman sensation Josh Selby after he served his 9 game suspension for improper benefits. Both Kansas and Duke look great, but Duke just lost a freshman All-American and Kansas gained one-you do the math there.



**Ryan Potts**

[tryanpotts@hotmail.com](mailto:tryanpotts@hotmail.com)

The BCS National Championship game is set, pitting the Oregon Ducks against the Auburn Tigers. This is a great matchup, but it is disappointing that TCU cannot be involved despite the fact that they have been a top 10 team all year and finished the season undefeated. Obviously a playoff would determine the best team, and allow TCU the chance to

compete-which is really all any college football team/coach/fan wants. As far as the game between Auburn and Oregon, I'm gonna have to go with Auburn in a shootout. I do think that Oregon has the better overall team and is better coached than the Tigers-however, Auburn has Cam Newton-and at this point in the season it would be really hard to bet against him.

And finally, the Denver Broncos fired Josh McDaniels after a tenure marred by bad trades, spygate II and just a general over the top arrogance from a guy who hadn't accomplished much of anything outside of his tenure with the New England Patriots. Sound familiar? If so, that's the same thing that happened to Bill Belichick during his first go around as a head coach with the Cleveland Browns. I think the experience with Denver will humble McDaniels, and he might be able to resurrect his career much in the same way that his mentor did.

### Highlanders sweep Swain

**By Ryan Potts**

The Highlander basketball squads hosted the Swain Maroon Devils Friday night in Highlands and came away with wins in both the varsity girls and varsity boys.

The Lady Highlanders came out strong against the Lady Devils, taking a 9-4 lead at the end of the first quarter behind the strength of some hot shooting by senior Courtney Rogers. The Lady Devils were able to fight back, pulling within two at the half and creating what would be a nip and tuck game throughout the second half. The Lady Highlanders managed to build a working margin of 8 points in the second half and ultimately held on for a 44-40 victory. Rogers led Highlands with 18 points and Emily Munger add-

ed 13.

The varsity boys came into the game looking to end a 4 game losing streak and were able to hit the ground running with a hot start shooting to take an 8 point halftime lead. The Highlanders were able to stifle the Swain offense with tough man to man, and got plenty of offense from PG Logan Schmitt and frontcourt players Robbie Vanderbilt and Josh Delacruz. The Highlanders pushed their lead out to double digits in the second half and came through with an 11 point victory. Schmitt led the Highlanders with 17 points and Vanderbilt and Delacruz added 13 and 11 respectively.

The Highlanders will host archrival Blue Ridge on Friday night weather permitting.



## What's for Dinner?

Highland's favorite lunch place now has homemade dinner to go.

All served hot and ready to take home.

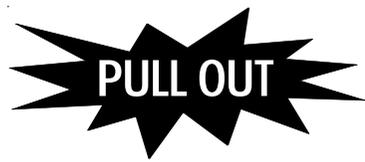
Mon - Sat pick up from 4:30 pm until 6:30 pm.

Each Dinner feeds a family of four

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| Fri | Wild fried shrimp, hand cut fries, handmade hush puppies, and coleslaw      | 18.95 |
| Sat | In-house smoked BBQ, coleslaw, apple and bacon baked beans, and yeast rolls | 16.95 |

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# On going and Upcoming Events

## Ongoing

- At Health Tracks at Highlands-Cashiers Hospital, various exercise classes all week long. Call 828-526-1FIT.
- Nantahala Tennis Club meets everyday at 9 a.m. at Highlands Recreation Park. \$2 per person; all visitors welcome. Call 526-3556.
- YOGA- Moonrise Yoga - The Highlands Dedicated Studio, 464 Carolina Way. Mon 5:15pm and Sat 9:30am. All Levels. Mats provided. Pre-register

for Winter Series, 526-8880. More info at [www.yogahighlands.com](http://www.yogahighlands.com).

## Sundays

• Aftershock Youth meets every Sunday Night at 6:30 p.m. downstairs at Cullasaja Assembly of God at 6201 Highlands Road, Franklin, NC. Contact youth ministers Seth & Sarha Henegar at 828 369-7540 ext 203.

• The High Mountain Squares will be having a dance workshop get-together on Sundays. This will include main/stream and plus levels. The caller will be Jim Roper from Cornelia, GA. The dances will be held at the Environmental Resource Center, Lakeside Drive, Franklin, from 3 to 5 p.m. The cost is \$3 per person. For information, call 828 349-0905, 828 369-8334, 706 782-0943.

## Mon. & Thurs.

• On the Mat Yoga at the Episcopal Church of the Incarnation on Main Street. Upper Level Jones Hall. Mon., and Thurs. at 10:45 a.m. Bring your mat. 828-482-2128. \$10/hour. (12/31)

## Mon., Wed., Fri.

• Heart Healthy Exercise Class at the Rec Park. 8:30-9:30 a.m. \$20/month.

• 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 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

• Highlands Rotary Club meets at noon at the

Highlands Conference Center at noon.

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

• The Highlands Dialogue Tuesday discussions at the Civic Center from 10-11:30 a.m. For information about the Highlands Dialogue or any of our upcoming discussions, e-mail John Gaston [johngaston@aol.com](mailto:johngaston@aol.com) or Karen Hawk [hwkncrw@earthlink.net](mailto:hwkncrw@earthlink.net).

## Tues. & Thurs.

• Study Hall at the Literacy Council of Highlands in the Peggy Crosby Center from 3 to 5 p.m. Come do your homework, projects use the resources on site and get help from a tutor. For more information, contact Faviola Olvera at (828) 526-0925 or by email at [missolvera@yahoo.com](mailto:missolvera@yahoo.com).

• Kettlebell Class at the Rec Park with Ginger Baldwin at 5:15 p.m. Fast moving free weight kinetic chain movement for 30-40 minutes. \$8 per class. Call 526-3556 or 526-4959 to reserve a spot.

## Wednesdays

• The Highlands Mountaintop Rotary meets at 7:30 a.m. in the dining room at the Highlands-Cashiers Hospital. Enter the hospital in the main or emergency entrance and follow the signs downstairs. Visitors are welcome. Meetings end at 8:30 am.

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

• The Homegrown Buds, a homeschool 4-H club, meets at noon at the Macon County Library on Siler Road in Franklin at 1 p.m.

## Wednesdays & Fridays

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

## Every 3rd Wednesday

• Study sessions at the Universal Unitarian Fel-

lowship Hall in Franklin. A \$5 soup-supper will be served at 5:30 p.m. Study sessions will begin at 6:30 p.m. Call 828-524-6777 or 706-746-9964.

## Thursdays

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

## 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.

## Saturdays

• At Paoletti's Restaurant, intimate Wine Tasting at the bar at 1 pm. Great inexpensive wines from around the world, available for retail sales daily. Cheese and Crackers are served. Cost: \$20 per person refundable with case purchase.

• At Cyprus International Restaurant, live music beginning at 9 p.m. No cover.

## Through Dec. 25

• A 22-pound Santa made with Kilwin's chocolate will be raffled off with all proceeds benefiting Big Brothers, Big Sisters, R.E.A.C.H., and Gar's Kids. The Santa will be at Kilwin's until Christmas Day. \$1 per ticket or \$5 for six tickets. The 22-pound chocolate Santa is being donated by Jerry Moore owner of Kilwin's in Town Square on Main Street..

## Fri. & Sat., Dec. 17 & 18

• At Paoletti's Grand Holiday Wine Tasting at 1 p.m. \$20. Refundable with wine purchase.

## Friday, Dec. 17

• The High Mountain Squares will dance this Friday night at the Macon County Community Building on Route 441 South from 6:30-9 PM. Hoyle Grose from Asheville, NC will be the caller. We dance West-

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# Upcoming and Ongoing Events



ern Style Square Dancing, main/stream and plus levels. There will be a Plus Workshop from 6:30 to 7. Everyone is welcome. For information call 828-349-0905, 828-369-8344 or [www.highmountainsquares.com](http://www.highmountainsquares.com)

- The Atlanta Boy Choir Annual Holiday Concert With All Choirs Participating at 7:30 P.M. at The Cathedral of St. Philip, 2744 Peachtree Road, Atlanta, GA. Tickets are \$15 each and may be ordered by calling 404.378.0064, Please make checks out to the Atlanta Boy Choir.

## Saturday, Dec. 18

- Santa at the Visitor Center 10 a.m. to 3 p.m.
- The Nantahala Hiking Club will take 2.2-mile easy hike to Kings Creek and Spoon Auger falls, with a modest climb to view each fall. Meet at the Cashiers Wachovia Bank (in back) at 10 a.m. Bring water, lunch; wear sturdy shoes. Drive 40 miles round trip. Call leaders Mike and Susan Kettles, 743-10791.

- At Paoletti's Restaurant, intimate Wine Tasting at the bar at 1 pm. Great inexpensive wines from around the world, available for retail sales daily. Cheese and Crackers are served. Cost: \$20 per person refundable with case purchase.

- If you are interested in participating in Highlands Greenway Trail work, please register with Hillarie Quin at 526-2385 or [hmquin@frontier.net](mailto:hmquin@frontier.net). We will meet at the upper parking lot (near the pool entrance) behind the Rec Park at 9 AM for a brief orientation session. We will be working on the new trail in the Rec Park, we will install a culvert flair and clear a section to connect to the Highlands Historical Society. Participants will be furnished the necessary tools and safety equipment. Participants should bring water, rain gear, and a day pack to hold them. Wearing warm clothes

that can get dirty is advised.

## Sunday, Dec. 19

- At Community Bible Church, The Stories of Christmas at 7 p.m. and carols at 6:30 p.m. Call 526-4685 for more information.

- The Nantahala Hiking Club will take an easy 1.5-mile walk on an old road in the Blackrock Mtn.-Jones Creek area, with an elevation change of 300 feet. Meet at Westgate Plaza in Franklin (opposite Burger King) at 2:00 p.m. Bring water, a snack if you wish; wear sturdy shoes. Drive 20 miles round trip. Call Kay Coriell, 369-6820, for reservations. Visitors are welcome but no pets please.

## Monday, Dec. 20

- Highlands-Cashiers Hospital will host a "Medicare Update for 2011" seminar December 20th, 2010 from 10am to 11:30am in the Jane Woodruff Clinic Building, suite 103. The free educational program, presented by *NC's Seniors' Health Insurance Information Program*, is designed to help interested community residents better understand the recent Medicare coverage updates as well the complexities involving health care reform. Additionally, the discussion will include an overview of the 2011 Medicare changes, basics of Medicare, co pays and deductibles, and the differences between Medicare replacement plans and Medicare supplement policies. The seminar is beneficial to both current and future Medicare beneficiaries. For more information or to register please call 526-1313. Seating is limited.

## Sun., Dec. 25

- Christmas Dinner at the Hudson House 11 a.m. to 4 p.m. Proceeds to benefit nonprofits. Call Rick Siegel today for reservations. 828-526-5102.

## The Bascom's winter schedule includes "Saturdays at The Bascom" program

Now open year round and welcoming visitors on Fridays and Saturdays there's plenty to see and do at The Bascom in January and February. What's in store?

- Spend "Saturdays at The Bascom" and discover Art Cinema or take in an exhibition with a local flair. Enjoy a schedule of great Saturday afternoon movies and learn inspiring stories about art and artist's lives.

- View *The Bascom Collection*, January 8-February 12, which includes 20th and 21st century American art in numerous media. Then, from February 19-April 2, Regional Art Leagues will present their annual exhibition. Join us in celebrating the art and artists who offer a glimpse into the beauty of the plateau.

- Students will use their imaginations at Saturday Art School (January 8-February 12) for fun, hands-on, age appropriate art classes. Other winter art classes for young people include Friday morning's Pre-School Creativity Classes (January 14-February 18), Tuesday After School Art

(January 11-February 15) and Thursday's Paint Like a Master (January-March 3).

- Relive the fun and spirit of Highlands' past at our nostalgic Winter Barn Dances. Honoring educators on January 22nd, police, firefighters and EMS on February 26 and veterans on March 26, the dances, from 7-10 pm and featuring live entertainment, are sure to be a treat for the entire community. To purchase tickets (\$5) or for more information, please call 828-526-2112 or visit [www.winterinhighlands.com](http://www.winterinhighlands.com).

- Greg Newington returns to The Bascom on January 28-29 for Photography for Lovers. Part of Highlands Romance Weekend, learn how to add a sense of romance to your photos using light, filters and Photoshop.

The Bascom winter hours from January 7th to April 2nd, Fridays and Saturdays only, are 10 am-5 pm. For more details on all Bascom winter activities, visit [www.thebascom.org](http://www.thebascom.org) or call 526.4949.

## Order of Eastern Star has Holiday goodies for sale

### Pumpkin Rolls

This is your last chance in 2010 to get your pumpkin roll from Highlands Chapter #284 Order of the Eastern Star. We will be selling pumpkin rolls in front of Bryson's Food Store on Friday, December 24. Pre-orders may be made by contacting Paula Gordon, Worthy Matron, at 342-4378 or calling the Masonic Lodge at 526-4533 and leaving a message with your phone number. But — you don't have to pre-order to be able to get one. Don't miss out — the pumpkin rolls will be gone after December

24 and won't be back until Thanksgiving 2011.

### Pecans

Eastern Star has pecan pieces and chocolate covered pecans from the 2010 crop. The pecan pieces are 16 oz bags for \$8.00 and the chocolate covered pecans are 12 oz bags for \$8.00. Please call Paula Gordon, Worthy Matron, at 342-4378 or calling the Masonic Lodge at 526-4533 and leave a message with your phone number. We will call back.

## Reserve your spot at the table for Christmas Dinner

The 9<sup>th</sup> Annual Christmas Dinner will be served in the quiet elegance of the Hudson House at Highlands Country Club (30 Hummingbird Lane). Over 8 years this dinner has raised more than \$60,000 for local non-profits. Beneficiaries include Habitat for Humanity; The Literacy Council of Highlands; The International Friendship Center; and Hospice.



This year all proceeds will go to Gar's Kids Program at Carpe Diem Farms; R.E.A.C.H. of Macon County; and Big Brothers Big Sisters of Highlands. Although not always thought of, these nonprofits provide vital and meaningful services to those in our community very much in need of our love, thoughts, and generosity.

Gar's Kid's is an interactive camp for boys and girls of ages 5-13 and emphasizes empowering children. It began 10 years ago as a one-week scholarship program and evolved into three summer day-camps and an after school program which include therapeutic riding programs.

Domestic violence knows no boundaries. It affects families and individuals of all genders, races, ages, and economic status. R.E.A.C.H. of Macon County provides services to victims of domestic violence

in Macon County. R.E.A.C.H. of Macon County provides a 24-Hour Crisis Line; Rape Crisis Companion; Emergency Shelter; Individual & Group Counseling; Court Advocate services; and Legal Aid Referral services. R.E.A.C.H. is an acronym for Resources, Education, Assistance, Counseling, and Housing. R.E.A.C.H. of Macon County was

formed in 1990 after community leaders saw the local need to initiate a program to address the growing problem of domestic violence.

Big Brothers Big Sisters of Highlands provides one-on-one mentoring to children of the Highlands Community.

The dinner is \$35 per person for adults; \$25 per person for children under 12; and children under 5 eat free. The dinner includes a mouthwatering buffet of Ham, Turkey, Squash Casserole, Scalloped Potatoes, Sweet Potato Soufflé, Cranberry Walnut tossed Salad, Sautéed French Green Beans, Orange Cranberry Relish; Dressing; Gravy, and Rolls.

Let us prepare your meal and do your dishes. Give yourself the gift of calm, ease, and time with your family on this most special day. Call 526-5102 for reservations to the 9<sup>th</sup> Annual Highlands Christmas Day Dinner.

## • SPIRITUALLY SPEAKING •

### What are you looking at?



**Pastor Sam Forrester**  
Whiteside Presbyterian Church

Isaiah 45:22

**W**hat are you looking at when it comes to your life and expectations? Do you think God is going to come down into this world and save you? He is very clear in Isaiah about how your salvation will come. He says "Turn to me and be saved...."

It is very difficult for men to simply turn to God. There are so many distractions. Yes, it is true, God did come down into this world to bring salvation. He did that through Jesus Christ. Jesus came and did for men everything they could never do for themselves. But you are not saved by his works unless you first look to him and turn from your sinful selfish ways. In the Sermon on the Mount, Jesus makes it clear you must narrow your interests in this world and bring the thoughts and attitudes of your heart and mind to focus on Christ and his works until your hope of salvation is exclusively in him.

Many have a mental image of what a true Christian is to be. This image can become a serious hindrance to your concentration on God. When you are looking at what you think you need to be, you miss the point. There can be no salvation in the works of men. Salvation is very simple, it is "Turn to me and be saved" it is not "you will be saved" it is "be saved." The very thing you desire, you shall have if you focus on him and on him alone.

When Jesus went to the Feast of Tabernacles in Matthew 7, he went to make it clear to the people that salvation was found in him and in him only. He stood up as the priest brought the water that represented life into the Temple and declared "If a man is thirsty, let him come to me and drink. Whoever believes in me, as the Scripture has said, streams of living water will flow from within him." To end the thirst of a dry soul one must come to Christ and drink. There is no other way to have life in the soul than to come into Jesus Christ. Paul in Ephesians 2:5 says you can be made alive only in Jesus. Jesus himself makes the same point in John 14:6 when he says "I am the way and the truth and the life. No one comes to the Father except through me."

In Revelation 22 where the River of Life is so vividly shown and the coming of Jesus at the end of time is declared and the last invitation given, we hear these wonderful words, "The Spirit and the bride say, 'Come!' Whoever is thirsty, let him come; and whoever wishes, let him take the free gift of the water of life." This free gift is eternal life in Jesus Christ. It is not to be earned or purchased by anyone. It is to be taken by those who see themselves for the sinners they are and turn to Jesus and be saved.

It is sometimes the blessings of God that cause you to lose your way because you begin to think "I earned all of this by my own works." But that is a lie from Satan. The difficulties of life will help you remember there is nothing of worth in you and will cause you to turn to Jesus and know your salvation, for it is in him and in him alone.

Pick yourself up, awaken and turn to God. Build your hope and trust on Jesus Christ and his works alone. Do not let your focus be distracted from him and what he has done for you. There is nothing in this world that offers the gift he offers. Turn to him and be saved, look to him alone. The moment you do, salvation is yours, free and clear.

## • PLACES TO 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

Rector: Jim Murphy, 252-671-4011

Worshipping at the facilities of

Whiteside Presbyterian Church, Cashiers

Sunday: Holy Communion - 9:00 a.m.

Sunday: Adult Forum - 10:45, Bucks Coffee Cafe, Cashiers

Monday: Evening Bible Study at Whiteside

Presbyterian - 5 p.m.; Bible Study & Supper at

members' homes - 6 p.m.

Wednesday: Men's Bible Study -8:30 a.m., First Baptist Church

Thursday: Women's Prayer Group - 10 a.m., Whiteside Presbyterian Church; Healing Service at noon

### 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

Sun.: 9:30 am: Adult Sunday School, Prayer Group.

10:30 am: Children's Program (Pre-K - 5th Grade),

Merge for 6th Graders. 10:45 am: Worship Service. 5

pm Student Arts Group, The River Middle & High

School Student Ministries.

Tues.: 9:30 am: Women's Bible Study.

Wed.: 5 pm: Dinner. 6pm: Children's Program

### EPISCOPAL CHURCH OF THE INCARNATION

526-2968

Reverend Denson Franklin

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

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

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

### FIRST ALLIANCE CHURCH OF FRANKLIN

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

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

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.

### FIRST BAPTIST CHURCH

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

Mondays: 8 a.m. - Men's Prayer Group & 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

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

### MOUNTAIN BIBLE CHURCH

Pastor: Clayton Lopez • 828-743-9704

Independent Bible Church

Sundays:10:30 a.m. at Blue Ridge School

Weds: Bible Study 6:30 p.m.; Youth Group 6 p.m.

### OUR LADY OF THE MOUNTAINS CATHOLIC

#### CHURCH

Rev. Dean Cesa, pastor

Parish office: 526-2418

Mass: - 9 a.m.: Sun., Thurs. & Fri

Saturday Mass - Mem Day through Oct. at 4 p.m.

### SCALY MOUNTAIN BAPTIST CHURCH

Rev. Clifford Willis

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

Wednesdays: Prayer Mtg. - 7 p.m.

### SCALY MOUNTAIN CHURCH OF GOD

290 Buck Knob Road; Pastor Alfred Sizemore

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

Evening Worship - 6 p.m.

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

For more information call 526-3212.

### SHORTOFF BAPTIST CHURCH

Pastor Rev. Andy Cloer.

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

Wednesdays: Prayer & Bible Study - 7

### UNITARIAN UNIVERSALIST FELLOWSHIP

85 Sierra Drive • 828-524-6777

Sunday Worship - 11 a.m.

Child Care - 10:30 a.m. - 12:30 p.m.

Religious Education - 11 a.m. - 12:15 p.m.

Youth from 8th - 12th grades meet the second

Sunday of each month from 5 - 7:30 p.m

### WHITESIDE PRESBYTERIAN CHURCH

Cashiers, Rev. Sam Forrester, 743-2122

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

## ... TURMOIL continued from page 1

stead to leave it the way it is.

Jimmy Goodman, whose appointment to the board over Al Slagle's re-appointment, sparked the recent controversy, was at the meeting.

Evidently, the terms of two members are expiring in the spring so the planning board's plan is to recommend Al Slagle be appointed to one of those positions because the current members whose terms are expiring don't want to be reappointed.

Still to be discussed at another time is a request that came out of the MC Commission's Dec. 6 meeting to put a mechanism in the ordinance regulating the planning board that would allow the removal of a member if he or she obstructs and prohibits the board from doing its work as outlined by its mission statement.

Monday night, Attorney Jones expressed concern about freedom of speech. The commission agreed to discuss that and the possibility of doing away with term limits at an-

other time.

The board also agreed to cancel the December 27<sup>th</sup> meeting due to the Christmas holidays and voted to return to one regular meeting a month, which will be held on the second Tuesday of each month at 6 p.m. The next regular meeting will be on Tuesday, January 11.

The resignation of Commissioner Jim Davis was accepted, effective Dec. 30, and Kevin Corbin, who was picked by the Republican party to replace Davis, was accepted.

Commissioner Davis originally submitted his resignation at the Nov. 22 meeting, to be effective Jan. 10, 2011, but his Senate term begins Jan. 1, 2011 so he resigned effective Dec. 31. Corbin will replace Davis effective Jan. 1.

State law requires all counties to adopt a code of ethics by January 1 and all board members have ethics training. All members, including Corbin, have had the training and the code was adopted.

## Signs of Christmas all around us



Linda Barden snapped this shot of Thorn Park at Mirror Lake on Thursday, Dec. 9. The next morning ice and snow caused a two-hour delay at Highlands School.

### Take an ornament; give a gift

"Giving Tree Ornaments" for the children whose families have registered this year with the Highlands Emergency Council, can be picked up this year at the following locations: RBC Bank, Macon Bank., First Citizen's Bank, Bank of America, Wachovia/Wells Fargo Bank

Gifts are to be returned to these locations by December 17th at the very latest, and should be unwrapped. Gift bags are acceptable.

Any questions can be directed to the Highlands Emergency Council at 526-4357, or the respective Manager's at the participating banks.

Look Refreshed and Wrinkle-Free this Holiday Season!

**10 % off**

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(888)2-DR-BLUE [www.bluelasergroup.com](http://www.bluelasergroup.com)

### Dr. Joseph H. Wilbanks, D.D.S.

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### DEADLINE:

Monday at 5 p.m.

### WANTED

**LOOKING FOR CARPENTRY WORK.** Have tools. Please call Alferdo: 524-9304 or 371-2976.

**LOOKING FOR LANDSCAPING,** yardwork. Call 828-200-1038 or 526-1025.

**LOOKING FOR HOUSECLEANING WORK.** Call 828-200-1038 or 526-1025.

### REAL ESTATE FOR SALE

**SKY VALLEY** – 3 Bed, 2 Bath, 2-car garage. View. Single level home. Small yard, 8 years old. 706-746-3551. Leave Message. (12/30)

**CLASSIC 40'S CABIN** in Webbmont area w/ 1+ ac. 2/2.5 w/ wormy chestnut walls. Completely renovated in 2000. Below REA at \$439K furnished. By appt ONLY. 526-0974

**\$103,000!! LOWER CLEAR CREEK,** 5.5 miles from Main Street. 2 Lots. .55 & .95 acres. Septics installed. Borders National Forest. 2005 2/bed, 2/bath. Very cozy with fabulous view. Call 828-482-2052.



**Highlands-Cashiers**  
**HOSPITAL**

Fidelia Eckerd Living Center  
US 64 Between Highlands & Cashiers, NC

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**Positions Now Available**

**Scrub Tech**

**Registered Nurses**

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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 substance screening. Call Human Resources, 828-526-1376, or apply online at [www.hchospital.org](http://www.hchospital.org).

(st. 11/11)

**\$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)

### LOST and FOUND

**BROWN CAP WITH FISH ON FRONT,** heirloom. Call 772-321-0881 or 526-5669.

### RESIDENTIAL FOR RENT

**COMMERCIAL – MAIN STREET EXPOSURE,** 800 sq ft. with storage space. Small kitchen area. Great for retail or small office space. handicap access. Call for details. 526-3363

**WATERFRONT HOME** – Mirror Lake. One mile from town. Furnished, 3 BR, 2 BA, LR/DR/Sunroom, gas heat/fireplace, W/D, dock, decks, porch, canoe, storage. Now through May. \$1,000/mth, plus utilities, 770-435-0678 (12/30)

**NICE 1BR CABIN CLOSE TO TOWN ON SMALL HORSE FARM.** Private, well insulated, pretty view, W/D and gas heat/fireplace. Can provide some optional rent relief with occasional property maintenance. \$600/mo. 421-7922. (st. 11/18)

**2-BED, 2 BATH,** loft, finished basement. Central heat. Long view. Near boat dock. 828-508-2542. (st. 11/4)

**CUTE HIGHLANDS COTTAGE.** 2BR/1BA. Recently remodeled. Close to town, private, quiet. Deck, W/D, DW, wood stove. No smoking. \$795/month + utilities. 770-845-1577. (st. 11/4)

**ARCHITECTS PRIVATE 3BED/3BATH HOME.** Stunning open living area. Two stone fireplaces, den, two decks overlooking stream and private stocked trout pond. Designer furnished. Walking distance to town. Non smokers only; deposit required. Call 770-639-2682. (3/31/11)

**COTTAGE ON TURTLE POND ROAD NEAR DILLARD ROAD.** 2/2, unfurnished, \$600 a month plus utilities. Call 526-5838 ext. 230 (st. 9/30).

**1 BEDROOM/1 BATH,** in-town furnished apartment, totally renovated, 2 decks, hardwood floors, granite countertops, washer/dryer. Call: 526-9523 (st. 9/30)

**1/BED/1 BATH APARTMENT.** Furnished. Clean. No smokers, no pets. \$450 per month plus utilities. Call 828-200-9360. (10/7)

**2 BEDROOM, 1.5 BATH,** central heat/air, dishwasher, wood floors at Oak Square Apartments on Main Street, Highlands. Washer-dryer access. Competitive rental price. Call 828-421-1157. (st. 9/23)

**SMALL PRIVATE ONE BR FURNISHED COTTAGE ON CHESTNUT STREET** with screen porch. Additional sleeping loft. Three blocks to Main Street. Available immediately. \$650. monthly plus utilities for six months lease. e-mail: [chestnutcottages@yahoo.com](mailto:chestnutcottages@yahoo.com) or, contact Charlie @ (828)526-8645 (st. 4/22)

### REAL ESTATE FOR RENT/SALE

**3BR/2BA HOME,** In Town, Hickory St, level landscaped lot, 24x36 2-car garage/workshop, \$595,000, offers welcome. 352-494-1531 (Jan 6)

**ASTEAL ON GORGEOUS 3 BED/3 BATH** – Monthly rental (or weekly) – Beautifully furnished home on 1.5 acres in a private community just off Hwy 64, between Cullasaja Club & Lake Osseroga. Central heat/air, lg. stone fireplace, large open living design, 1000 ft. deck, garage, many extras. (561) 212-2148 or (561) 239-2424 [woodlandsview@bellsouth.net](mailto:woodlandsview@bellsouth.net) or see our place on [www.vrbo.com/99644](http://www.vrbo.com/99644). Contact for special low monthly rates. Tell us you heard about it from this ad ... house is also for sale (12/16)

**PINEBROOK CONDO FOR LEASE OR SALE** – 2/2 downstairs. Call for details. 200-0018 or 421-2144.

**FOR SALE/RENT – BEST 'COMMERCIAL' BUY IN HIGH-LANDS** – 535 4th Street. Zoned mixed-use, commercial and residential. Recent Remodel. Great retail/office and separate one-bedroom basement apartment. \$299,000. Call 770-827-0450. (St. 11/5)

**RESTAURANT FOR LEASE ON THE CASHIERS ROAD.** – Previously occupied by High Country Cafe. 6,300 sq. ft. Call Buddy or Sherry Kremser at 706-782-6252. (St. 11/5)

### ITEMS FOR SALE

**GLASS TOP TABLE WITH 4 PARSONS CHAIRS** – paid \$1,500 will sell for \$650; Bissel Steam cleaner – \$100; Service for 8 Mikasa \$45; Service for 4 Portuguese dinnerware \$35; Set of golf clubs with bag \$200. Call 349-0284. (12/9)

**HUGE LOT OF BOYS AND GIRLS CLOTHES IN EXCELLENT CONDITION.** Boys sizes Newborn to 4T — Sleepers, shirts, jeans, coats and more — Over 130 items: \$135; Girls sizes Newborn to 2T — Sleepers, leggings, pants, dresses — Over 128 items: \$125; or both for \$220. Please call 828-526-8709 and ask for Lisa. (12/9)

**2009 CAMOUFLAGE ATV 250 CC BRAND- KAYAK** has front and rear racks with helmet and trailer only 20 miles. Great Christmas Present or Great for Hunting Season! Paid \$5,000, will sacrifice for \$1,895 or OBO. 828-371-2129 or 828-371-2129. (st. 9/9)

**AFGHANISTAN-VINTAGE RIFLE** very rare. Collector's Dream. Saw one at gun show for \$7,000-\$10,000. Great for Christmas for REAL gun collector. Over 100 years old. Will sacrifice for \$1899 or OBO. 828-371-2129 or 828-524-7233 (st. 9/9)

**BALDWIN ORGAN** \$100, Gulbransen Spinet piano \$250. 828 526 4818 (st. 8/26)

**PIANO** — MAKE OFFER! Gorgeous Fully restored. Late 1800s upright owned by the Vanderbelts and was in the Biltmore Estates. Plays beautifully \$7,000 invested, worth way more. Must sell. Will sacrifice for \$2,100. 828-524-7233 or 828-371-2129 (st. 10/22)

**COLEMAN 5000 ER ELECTRONIC GARAGE DOOR.** \$500. Call 526-5025. (st. 8/13)

### VEHICLES FOR SALE

**COLLECTORS!** '65 Sunbeam Tiger with hardtop. Red. Excellent brakes, wheels. All new front end. Records. Original parts available. Serious inquiries only. Call 404-966-0283. (12/23)

**MERCEDES BENZ 1995, C220,** \$5,900. New tires, brakes, battery, hoses. Garaged. Perfect, dependable, exceptional, 32 mpg regular gas, 182,000 miles. 706/745-3993 or 404/520-0852. (st. 6/17)

**2003 NISSAN FRONTIER** – 4 Door, 60,000 miles, Excellent condition, \$9,000 OBO. 526-9180. (st. 5/20)

### SERVICES

**HANDYMAN SPECIAL** – Repairs and remodeling, electrical and plumbing, carpentry, painting and pressure washing more. Low prices. Free estimate. Call 828-421-4667.

**WILL SIT FOR ELDERLY, HANDICAPPED OR CHILDREN.** Your home or mine. 13 years childcare experience. By the hour. Call 828-966-3988. References.

**24-HOUR CARE FOR YOUR LOVED ONE** – 16 years experience. Will travel to accommodate. \$2,800 monthly, negotiable. Call Clare Myers 828-349-3479 or 828-342-1603.

**TREE SERVICE** – Complete Tree Removal, Trimming, Stump Grinding, Lot Clearing, Under Brushing, and Hemlock treatment and fertilization for "Woolly Adelgid." 828-526-2251

**J&J LAWN AND LANDSCAPING SERVICES** – Complete Landscaping Company, Design, Installation and Maintenance. Also featuring Plants, Trees, Hardscapes, Water Features, Rockwork, Fencing, Drainage, Erosion Control and RR-Tie work. 20 years serving Highlands area. 828-526-2251.

## Highlands Police & Fire Reports

Highlands PD log entries from Dec. 8  
Only the names of persons arrested, issued a Class-3 misdemeanor, or public officials have been used.

Dec. 8

• At 5:30 p.m., a van was reported stolen from a residence on Azalea Circle.

Dec. 10

• At 4:17 p.m., officers were called to a home on Raoul Road to help get someone into bed.

Dec. 14

• At 1:32 p.m., officers were called to assist a motorist on Cook Road.

• During the week, police officers responded to 6 alarms and issued 5 citations.

Highlands F& R Dept. log entries from Dec. 8:

Dec. 8

• At 11:59 a.m., the dept. was first-responders to a residence on Cook Road. The victim was taken to the hospital.

Dec. 9

• At 3:09 p.m., the dept. responded to a vehicle accident on Dendy Orchard Road. There were no injuries.

Dec. 10

• At 11:20 a.m., the dept. responded to a fire alarm on Church Street set off by the sprinkler system.

• At 6:28 p.m., the dept. responded to a call of an unattended brush fire on Rook House Road. It was extinguished.

• At 10:10 p.m., the dept. provided mutual aid to Satolah on a structure fire on Luther Owens Road.

Dec. 11

• At 6:11 a.m., the dept. responded to a fire alarm on Falls Court West. There was no problem.

Dec. 12

• At 10:56 a.m., the dept. responded to a call of a possible structure fire on Leonard Road. Plastic food containers were burning in the oven.

• At 4:57 p.m., the dept. responded to a vehicle accident on Cook Road. There were no injuries.

Dec. 13

• At 2:49 p.m., the dept. was first-responders to Church Street. The victim was taken to the hospital.

Dec. 14

• At 11:38 a.m., the dept. responded to a fire alarm at a residence on Whiteside Mountain Road. There was no problem.

• At 1:41 p.m., the dept. responded to a call of a structure fire at a residence on Horse Cove Road. The home was completely destroyed.

• At 3:34 p.m., the dept. responded to a fire alarm at a residence on Spruce Lane. There was no problem.

• At 5:12 p.m., the dept. responded to a fire alarm on Main Street which was set off by a water break.

• At 5:38 p.m., the dept. was first-responders at a residence on Claire Lane. The victim was taken to the hospital.

• At 10:35 p.m., the dept. responded to a fire alarm at a residence on Buckberry Road. It was due to smoke from a kerosene heater.

Dec. 15

• At 6:55 a.m., the dept. responded to an alarm at a home on Falls Drive West. There was no problem.

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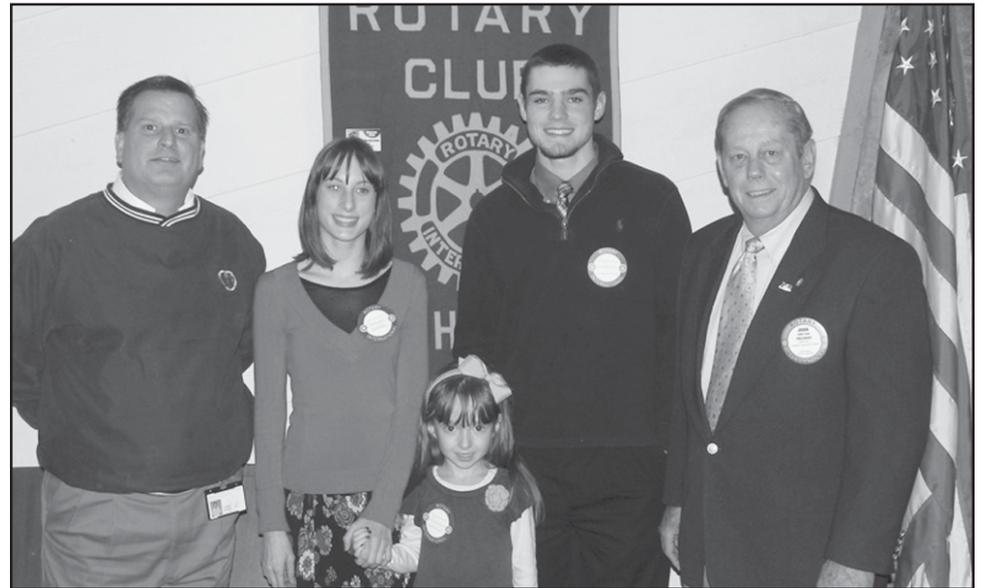
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 They will be UPDATED and SEEN in the newspaper  
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## • BUSINESS/ORGANIZATION NEWS •

### Rotary's 'students of the month'



The Rotary Club of Highlands honored the Highlands School Students of the Month for November at its November 30 meeting. Shown with Highlands School Counselor, Thomas Jessup, are middle school winner, Rachael Foster, elementary school winner, Anna Stiehler, high school winner, Robbie Vanderbilt, and Rotary President, Jodie Cook.

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• BUSINESS/ORGANIZATION NEWS •

Mountain Garden Club works and entertains at Fidelia Eckerd Living Center



The Mountain Garden Club recently made a special visit to the residents of Highlands-Cashiers Hospital's Fidelia Eckerd Center (FELC) spreading joy and Christmas spirit. Fashionably dressed as reindeer, Mountain Garden Club members performed various seasonal songs with lively and unique dance choreography.

In addition to their routine, Club Members hung Christmas decorations as part of their ongoing project to beautify the grounds in the courtyards of the living center. White lights were hung outlining the gazebo, draping the picket fencing in one courtyard and ornaments were hung in the other. Adding a festive touch inside, gel ornaments were also hung in the windows. "We can't thank Cecil Hines, Candy Field, Carol Strunk, Carolyn Cook, Elizabeth Little, Suzy Mosely and

Midge Rothermel enough for their work, time and contagious spirit they bring to our center and it's residents," said Ava Emory, RN, FELC Chief Nursing Officer. "They not only brighten our facility, they brighten the lives of our residents and staff."

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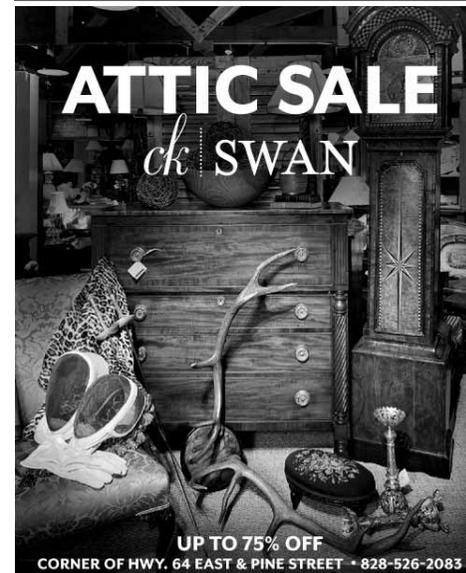
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Rotary's 'Shop with a Cop' Bingo winner



The Rotary Club of Highlands joined with the Highlands Police Department and the Macon County Sheriff's Department to sponsor SHOP WITH A COP Bingo on December 9. Ella Crook, a 6 year old Highlands resident, won the final Super Bingo game and took home \$100. She is shown with Highlands police chief Bill Harrell (left) and Macon County sheriff Robbie Holland.



Mrs. Sizemore and her 1<sup>st</sup> grade students with Smokey Bear and Greg Brooks of the US Forest Service.

## Smokey Bear visits Highlands School

Students in Mrs. Donna Sizemore's 1<sup>st</sup> grade class immediately recognized the tall visitor on November 30.

"Smokey!" they shouted.

Smokey, who burned his paws in a wildfire as a cub, has been teaching children and adults about preventing wildfires since 1944.

But usually people see Smokey on TV or in a parade, not up close.

"Did you high-five Smokey?" Greg Brooks of the U.S. Forest Service asked the first graders.

Mr. Brooks, who works with Smokey in the Nantahala Ranger District, talked with the students about campfire safety.

"There are good fires, and there are bad fires," he explained.

Students watched a video and saw how to use water and a shovel to be sure a campfire is out. They also received Smokey Bear coloring books, refrigerator magnets and other items.

The visit from Smokey and Mr. Brooks was arranged by the Mountain Garden Club, which is sponsoring the students in the 2011

Smokey Bear poster contest.

"This is the 50<sup>th</sup> anniversary of this national contest," said Dixie Barton of the Mountain Garden Club.

"We can't wait to see the posters these students make," said Dr. Becky Schilling, also of the Mountain Garden Club.

Five days after Smokey's visit, Todd Moss of Moss Tree Farm, whose son Brandon is in Mrs. Sizemore's class, said "Smokey is all he's talked about!"

Calling his son nearer, he asked, "Brandon, what does Smokey say?"

"Never play with matches!" said Brandon.

"And what else?"

"Only you can prevent wildfires!"

The Smokey Bear/Woodsy Owl poster contest is for students in grades 1-5. Entries must be sponsored by a garden club belonging to the National Garden Clubs, Inc. For information contact Dr. Becky Schilling of the Mountain Garden Club at [rjs@dnet.net](mailto:rjs@dnet.net) or 828-200-0699.



### Tree of Lights

This December at Highlands-Cashiers Hospital Place an ornament on the Hospital Christmas Tree in memory of or in honor of a family member or friend with a gift of \$10 or more. These bells (in honor of) and stars (in memory of) will display the name of your friend or loved one. Your tax deductible donation will go toward scholarships for students entering the health care field. Given in memory or honor of (circle one):

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### ... LETTERS continued from page 2

value wildlife, is an important step in developing awareness among those who formulate laws and enforce hunting regulations. It is hoped our voices will be heard as we attempt to work towards more respect for wildlife and individual property rights as well as contributing factors. There has been a failure, in our changing landscape and society in Western North Carolina, to recognize the large majority of the residents are "owners" of public lands and wildlife and need to be more involved in the decision making process that govern these natural resources.

We hope, through a collective effort, Western North Carolina Wildlife Advocates will become a diverse and united voice to those who formulate hunting regulations and those who are involved in the difficult task of enforcing these laws.

On Friday January 7, we plan to meet again with major emphasis on additional law enforcement options along with a discussion of hunting practices that both hunters and non-hunters feel need to be addressed. We solicited the support and participation of any who would like to get involved in this endeavor.

**John Edwards**  
**Wild South Wildlife Outreach**  
**Director of Mountain Wildlife Days**  
**Bear Smart Advocate**

### Dear Fred ... about Sanford, FL

Dear Editor,

I'm writing in response to Fred Woolbridge's Dec. 9 column.

Fred, you old bozo. Now you've done it. Up until now I'd always loved your column — your droll wit, your hilarious sarcasm, your flair for foolery. But then you went and blew it in your Dec. 9th column by belittling my dear old hometown of Sanford, FL, a lovely old southern town full of great morality, integrity and charm.

If I wore shorts, they'd be in a wad because you have besmirched the birthplace of six generations of my family merely because of your story of assault rifles being offered as a premium by one insensitive nitwit of a truck dealer. This is strictly atypical of peace-loving Sanford. And what's more, you told the terrorists of the world how simple it is to convert an AK47 into a more deadly weapon. Duh.

Instead of a slow ride down commercial Frenchas you described, one should take a slower side around Sanford to experience the many antique shops and fine restaurants on First Street, to see the museums and Fort; Mellon Park on the beautiful St. Johns River, or to cruise the residential areas — the myriad of churches and beautifully restored historical homes all over town.

No, Fred, America has not gone mad, especially the quality of Americans lucky enough to claim towns such as Sanford as home. Unlike your smeared presenta-

tion of it, Sanford is a God-fearing, first-rate town of renown.

Yes, Fred, I too am a Floridiot — a Sanfordite by birth, but since the 1940s I've considered Highlands my second home and have lived here full-time for 12 years now (braver than you, I love the winters). If I'm ever forced to leave, I'd proudly return to Sanford, the former "Celery Center of the World." (Bet you didn't know that!)

So there you have my feedback, oh Frederick the Great. You just don't mess with Sanford.

**Martha (Mot) Wight**  
**Highlands**

### Bear hunting watch continues

Dear Editor,

Last week, my letter-to-the editor regarding hound hunting of bears was published. I want to thank you all for your positive and supportive responses. I will continue my quest to make a difference in the state of North Carolina. I have replied to all of the emails I received, however, I did have some email problems on Thursday and Friday that have since been resolved. If you sent an email and did not receive a reply, please try again. Again, thank you to all who have shown support and encouragement. I will keep you posted.

**Kate Messer**  
**Highlands**



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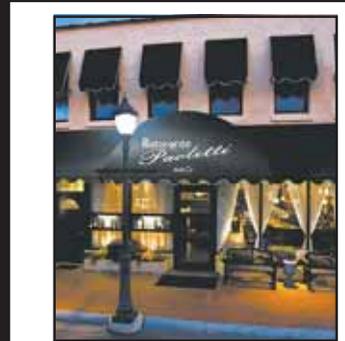
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