

Highlands' Newspaper

FREE every Wednesday

Volume 9, Number 48

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Wednesday, Nov. 30, 2011

Thursday, Dec. 1

• A Special Called Macon County Commission meeting at 8 p.m. in the courthouse boardroom to consider, accept and discuss the resignation of Chairman Brian McClellan and to hear possible replacements from the MC Republican Party Executive Committee.

Saturday, Dec. 3

• Highlands School Junior Class pancake breakfast before the Christmas parade from 8-11a at the Highlands United Methodist Church on Main Street. The cost is \$5 a person and it will be well worth it! Don't miss out on a yummy meal.

• New and Gently Used Coat and Clothing Drive at the Bank of America parking lot from 9a-noon. Drive sponsored by the ladies of BOA with donations going to R.E.A.C.H. of Macon County.

• Town of Highlands annual Olde Mountain Christmas Parade on Main Street from 11 a.m. to noon.

• 'Tis the Season in Coleman Hall at First Presbyterian Church from 11:30 to 2:30. Donate to your favorite Non Profits and enjoy a free lunch!

• Annual Carol Sing after the parade at First Presbyterian Church at 2 p.m..

• Booksigning at Shakespeare & Co. at Village Square on Saturday 12:30-2pm of Highlands-Cashiers Land Trust's acclaimed coffee table book, *First Creation* published to commemorate the 100th anniversary of the Highlands-Cashiers Land Trust's first acquisition. The book is \$50 and 100% of the proceeds from the sale go to Highlands-Cashiers Land Trust.

• Smoky Mountain Brass Quintet performing a Christmas Concert at First Presbyterian Church at 5 p.m.

• Highlands Chapter #284 Order of the Eastern Star will be selling pumpkin rolls during the Christmas Parade. Cost will be \$12.

Monday, Dec. 5

• The Macon County Republican Party Executive Committee will hold a special meeting on Monday at 6:30 p.m. at the Macon County Court House, court room A on the 4th Floor to pick a commissioner to fill the vacated seat of Brian McClellan.

Board picks new Town Manager

The Town of Highlands has made an offer to Robert A. Frye for the Town Manager position and Frye has accepted.

"I'm coming up Wednesday to meet with the mayor to finalize the details, meet the depart-

ment heads and look for a home," he said in a phone interview Monday.

Frye has more than 20 years of experience in local government. He replaces Jim Fatland, who served as Highlands first Town

Manager since it changed its form of government to the Manager-Council form. Fatland was terminated July 6, 2011.

Frye was employed as the Town Administrator for the Town

• See MANAGER page 8

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Highlands Christmas Parade set for Saturday



Camels and more will strut their stuff during Highlands Christmas Parade, Saturday, Dec 3 beginning at 11 a.m. Numerous events are planned for after the parade. See page 14. Photo by Jim Lewicki

Replacement sought for McClellan

On Thursday, Dec. 1, the Macon County Commission is holding a special meeting at 8 p.m., to consider, discuss and accept the resignation of Commission

Chairman Brian McClellan.

Likely due to the Nov. 18 DWI arrest in Jackson County, near Sylva, two-term commissioner McClellan released a statement Nov.

22 explaining his resignation though he didn't refer to the DWI arrest.

"Effective Dec. 1, I am resign-

• See McCLELLAN page 8

Sheriff Dept. investigating BOE member

Lately accusations of sexual misconduct at institutions of learning have rocked the nation and now allegations of such conduct have surfaced in Macon County.

Macon County School Board member Tommy Baldwin, who represents the Nantahala District, is under investigation due to allegations concerning inappropriate conduct.

Details concerning the allegations – the who, what, where, etc., — haven't been disclosed.

"The Macon County Sheriff's Department is aware that an allegation has been made against a school Board Member," said Sheriff Robert Holland. "I received a complaint via a telephone call during the evening at my residence and the following day assigned a detective to the case. I will not confirm who the allegation was made against nor what the extent of the allegations is. Any member of the news me-

• See INVESTIGATING page 2

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Toll Free FAX: 866-212-8913 • (828) 526-3228

Email: HighlandsEditor@aol.com

Publisher/Editor – Kim Lewicki; Copy Editor– Tom Merchant

Cartoonist – Karen Hawk; Digital Media - Jim Lewicki

Locally owned and operated Kim & Jim Lewicki

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265 Oak St.; P.O. Box 2703, Highlands, N.C. , 28741

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... INVESTIGATING continued from page 1

dia that has reported we identified the alleged suspect did so inaccurately. We have not identified anyone and feel at this time doing so would be unprofessional as a law enforcement agency."

At the Monday, Nov. 21 School Board meeting held at Nantahala School, Chairman Tommy Cabe read a prepared statement about the allegations.

"We want to say that we are aware of allegations against a school board member, and those allegations are being investigated by the proper authorities," read Cabe. "Be aware that this is not a tribunal and that we are not empowered or in any position to discuss these matters while they are still subject to an investigation. The school board will take no action and will have no comment on these matters until the conclusion of the investigation."

However, at the urging of School Board member Gary Shields, School Board Attorney John Henning, Sr., verified that the person the allegations were leveled against was member Tommy Baldwin. Baldwin was not at the meeting.

Sheriff Holland said so far this is an allegation and no charges have been filed.

"I remain confident that my staff will investigate this matter professionally and

thoroughly. At the conclusion of our investigation and before filing any charges, if necessary, we will staff this case with the District Attorney's Office just as we do every other case of this nature. The investigation continues," he said.

Superintendent Dan Brigman has deferred all questions to the Sheriff's Department.

— Kim Lewicki

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• LAUGHING AT LIFE •

Stupid family stuff

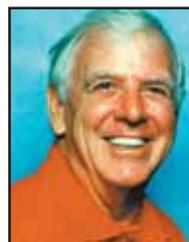
The snowbirds are pouring into South Florida and more are on the way. By January they'll all be here and waiting in line to get a seat at a decent restaurant will be the norm. Actually, waiting in line is common for practically everything. Oh, and the busiest intersections will require a two, sometimes three, light changes to get on the other side. And they call this life in the fast lane?

But here's the good news. If you lost your job and don't mind working a little under your pay grade, come on down 'cause we've got work, at least until May when the snowbirds leave. The weather ain't too bad either.

Here's a little item I'm putting in my "funny, not so funny" file....and I'm not making this up. When the li'l missus is reading in the same room I'm watching

TV, I turn off the volume and use my headset. The other day I plopped on the couch with a sandwich and realized I forgot my headset. I decided to wait until I finished eating before jumping up. Watching TV without sound can be interesting. For several minutes I watched the police clash with citizens before I realized I wasn't watching the violence in Cairo but the Occupy Wall Street bunch in New York. What are those people doing anyway? I agree with Newt, take a bath and get a job.

Some of the nastiest people on this planet play bridge in South Florida. Here's the scenario: we sit down at a table with



Fred Wooldridge

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two total strangers, smile at them, say hello, and watch them completely ignore us as if we weren't there. It happens often. Didn't any of those people go to kindergarten?

Maximilian Kolbe Wooldridge, age three, my youngest Florida grandson, is the most likable, lovable, generous person I've ever met. He willingly gave up his new cherished Spider-man boots to my youngest son's wife, Lisa, a woman he hardly knew because she lives in Dubai. Max doesn't give up his boots to just anyone. He's sleeping with the stupid things. I hope Max doesn't ever learn to play bridge 'cause they'll eat him alive.

Just so you'll know, Max is named after a Polish Franciscan Friar who willingly gave up his life when the Nazis were about to put a Jewish father of three children to death. He never met the man and gave up his life for a stranger. My little Max may just have that kind of generosity.

Our daughter, her naval commander husband and my four grandchildren are moving from Virginia Beach back to Mayport in Jacksonville, Florida. The li'l missus and I are elated because the navy base is only a few hours from where we live. Of course, I have to cheat a little with the speed to get there in four hours. We are sad they weren't with us for Thanksgiving. (Are you falling asleep yet? No? Then I'll keep going.)

The li'l missus and I are also elated

•See WOOLDRIDGE page 17

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• THE VIEW FROM HERE •

Details are blurred but feeling is vivid

Was it the 22nd or 23rd? Not as bad as, "Was it Houston or Dallas?" but proof of erosion of a memory once believed indelible.

In the '80s, freshman classes who had no recollection of President Kennedy's assassination entered the nation's universities. To those of us who recalled the event in photographic detail their arrival marked the coming of a new generation.

Forty eight years ago President Kennedy was murdered in Dallas. Historians have debated how our country might have been different had he survived, but one thing was certain; those of us who were alive that day would never forget where we were when we heard the news of his shooting. I still remember where I was, but last week I was uncertain of the date. My memory has changed, faded through the years. I remember I was standing in the aisle of a medical school lecture hall. David Crowe, or maybe it was David King, had heard the story returning from lunch.

For years I remembered every detail of the moment and of the hours and days that followed. The memory has faded, like an old photo left in the sun. I no longer know if I remember the day's events as much as their repeated recitation through the years. The lecturer said that we would be forced deal to with life and death in our chosen profession, so class would be held as scheduled. Mike Silbert and I walked out.

He drove an old Buick. I've lost track of the model, but I remember switching the radio from station to station. Each carried the same message; the President had died. I remember crossing the bridge over



Dr. Henry Salzarulo

Feedback is encouraged.
email:
hsalzarulo@aol.com

the White River. We went to a bar, but I don't really remember it. From there I drove to my mother's house, 70 miles away. I told her of my plan to drive to Washington for the funeral. She looked at me blankly and asked, "Why?" Unable to offer a reasonable explanation, I spent the weekend at Mom's place. I think I watched Jack Ruby shoot Lee Harvey Oswald in her living room, on Sunday morning, but it might have been a rerun.

That's the thing about November, 1963. Images have become blurred, indistinct. We lived and relived the experience for years. In those days, every aspect was crystal clear. I no longer have any recollection of the feel of my feet on the auditorium floor, the smell of David's breath as he announced the shooting. I don't remember the reaction of my classmates, but I'm sure, like mine, it was shock. I don't recall hugs or wailing, but we must have comforted one another. There was a time when I still felt the professor's piercing eyes on my back as I fled the room, but no more.

That November day is more like a movie I saw years ago, one in which I remember the highlights, but have lost the nuances. I treasured the memory, and mourn its loss. It was once real and poignant, a horrible, but precious souvenir of my youth. The clarity of that day will never return.

Some might celebrate the healing of old wounds. I regret its gradual fading. This year I forgot the date. Unlike years past, newscasters did not remind me of the significance of November 22. I will always remember where I was and what I was doing the day President Kennedy was killed, but I no longer feel the sting.

Rip Roaring Cullasja River and Falls



Two days of heavy rain left rivers swollen with rushing water. There were minor power outages in town due to downed trees and minor flooding due to stopped up ditches and drains but nothing out of the ordinary considering the weather, said Highlands Public Works Director Lamar Nix. Photo by Taylor Earman.

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• BACK DAYS IN HIGHLANDS – PART 8 •

By Herm Wilson
(8/23/1905-1/6/1993)

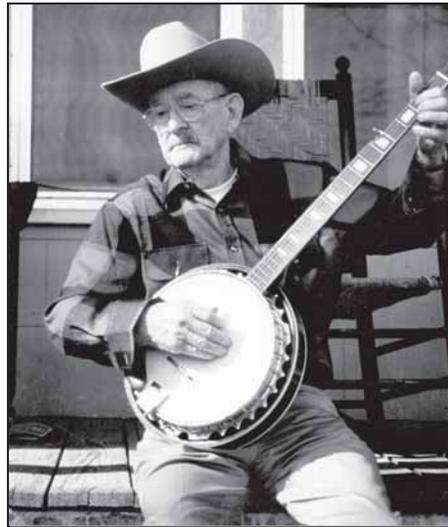
The dog that went to church

"The history of the true mountaineer will soon be lost forever. We don't know why our ancestors settled in the rugged mountains of Western North Carolina, but I am sure they had a reason.

The young people of today who grew up in the mountains don't have the slightest ideas as to what the true life of a mountaineer was because they were born into the jet age and our nation has changed so much in the last 50 years. I write the following parts of "Back Days in Highlands" so a record of that time can be kept."

– **Herm Wilson**

(Published with permission from his son Neville Wilson)



would show his long white teeth with a vicious growl that was a warning to leave him alone.

One day us boys decided to stop Ole Boss from going to church some way, some how.

We were going to church one night so we put the small log chain to his collar and drove a staple

into a locust log. We were so sure that we had him that time but we were mistaken. He pulled the staple out of the log and dragged the chain about a mile-and-a-half, got a hook on the chain hung over a tree root and broke loose again. He was at our feet when services were over.

On our way back from church, someone found the chain and we brought it back home. But Ole Boss went to church.

Back in those days, people carried a kerosene lantern to light their way back

home. One day my mother and sister were going up to Highlands and that's when Ole Boss made his final trip.

He had run into some truck drivers and they shot him dead. Us boys didn't find out who killed him for more than a year. I am sure that if we had been on the scene there would have been at least one less truck driver but after thinking it over, maybe that was the best way for Ole Boss to go.

He was the nearest all around dog that I have ever known. He would catch and hold wild hogs; he would tree opossums and squirrels. But he would never hurt little pigs or little lambs; he would never hurt little farm animals. He would run a bear and big game of any kind.

And that's not all ... Ole Boss would go to church!

• Herman "Herm" Wilson was one of the six men whose contributions to the Town of Highlands were featured in the Highlands Historical Society's production of "Highlands Live!" in June 2011. Interest in him led his son Neville and daughter-in-law Kathleen to share some of Herm's writings that reflect the man's homespun humor, philosophy and patriotism.

Ole Boss was half bulldog and half English sheepdog. He was jet black with a white breast.

No animal ever grew that Ole Boss wouldn't tackle. He would freely give his life for any member of my family. He would have followed us to the ends of the earth.

We did not want Ole Boss to go with us to church, but go to church he did. We would put a strong leather collar around his neck and fasten a small log chain to the collar and drive a heavy staple into a log. We were sure that Ole Boss was secure but no, some way, some how, he would break loose and come to church and lie down at our feet.

My grandfather despised a dog in the church house and he would try to put Ole Boss out, but then Ole Boss



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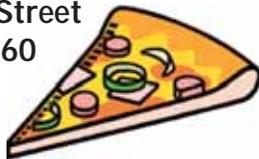
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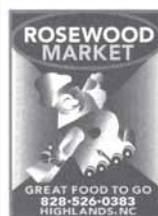
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Extra Points



Ryan Potts
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through this column without writing his name, but you know who he is...and what he is doing right now is pretty amazing for the Broncos-who are now all of a sudden in playoff contention after a 1-4 start.

LSU proved that they are by far the best team in the land by shellacking Arkansas

on Friday-now all that is left to figure out is if the Tigers will play Alabama or Oklahoma State in the BCS Championship. My vote goes to Oklahoma State right now, provided they beat Oklahoma at Bedlam on Saturday-otherwise I guess we will be seeing a rematch of a 9-6 snoozer game from early November.

And finally, the NBA has reached a deal to end the lockout and begin games on Christmas Day. I'm sure some people will be glad that the NBA has come around, but I am simply looking forward to the playoffs more than anything else. My money is on Chicago this year to win the NBA finals-but as always, it is subject to change without any intelligent reason.

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It was a great week in sports, but not a great week to be writing a column (two games, Thanksgiving, Jury Duty) so this week we are just going to go with some quick thoughts from the weekend that was.

UNC went down to UNLV this weekend in what was a virtual road game for the Heels. I did stay up late to watch the entire game, and it looks as though UNC has some of the same issues as last year. They still struggle to defend the three point shot and they had trouble with the pick and roll of UNLV. UNC is still one of the top three teams in the nation (Ohio St. and Kentucky) but they are going to have to fix some things on the defensive end if they want to win a National Championship.

Urban Meyer has agreed to coach the Ohio State Buckeyes-good move on their part because he is the guy who can bring their program back quickly from the Jim Tressel mess. As a Florida fan, I hate to see Meyer go to Ohio State because of all he did at UF and because of the state of the Florida program right now, but OSU was Meyer's dream job all along and so it is hard to be too upset over that.

There's a guy in Denver right now who has led the Broncos to a 5-1 record since he took over as the starting quarterback. I'm trying to get

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... McCLELLAN continued from page 1

ing my position as the District I representative on the Macon County Board of Commissions. This will give the county time to complete any immediate business before I vacate the seat," reads the press release.

"I must refocus my priorities on my family and personal issues. Serving Macon County has been a high honor and I am grateful for the opportunity. At this time, I need to concentrate all of my energies on taking care of those things and people most dear to me."

Around 9:30 p.m., Friday, Nov. 18, Highway Patrol saw McClellan's vehicle cross U.S. 23 from the right shoulder to the left shoulder and back onto the median and pulled him over for a traffic stop.

Later at the jail, about an hour after the arrest, he blew a .20 in the breathalyzer. The legal blood alcohol concentration is .08 percent.

McClellan, 55, was arrested for drunken-driving in Highlands in 2009, a little over two years ago.

Chris Murray, chairman of the Macon County Republican Party said the Execu-

... MANAGER continued from page 1

of Sawmills, in Caldwell County, from October 9, 2000 until September 14, 2010, which used a hybrid form of the Manager-Council form of government similar to the form used in Highlands until recently. He said he is comfortable and sees merits in both hybrid and boilerplate versions of the Manager-Council form of government.

He resigned from the Sawmills position because he said he didn't agree with the way the new members on the council were handling the business of Sawmills fiscally. However, the mayor of Sawmills was one of his references.

"Basically, I felt they were spending too much of their fund balance," he said.

Prior to Sawmills, Frye was employed by Watuaga County as Assistant County Manager/Operations Services Director from February 1996 until November 1999.

He started his career in local government at the Region D Council of Governments in 1987 as a Regional Planner. His professional experiences include: grant writing, economic development activities, land use planning, environmental planning, solid waste operations/planning, bid specifications development, municipal budgeting, municipal water/sewer operations, and general municipal managerial activities.

He has graduated from a variety of UNC Institute of Government courses including the County Administration. His educational background includes a Bachelor of Arts degree in Political Science from

NC State University and graduate level courses in Public Administration at the University of North Carolina at Charlotte.

Frye said he is looking forward to finishing his career in Highlands. "I started my career in the mountains and miss them. Highlands is an outstanding, dynamic community where anyone would want to live and work," he said.

He said he has been keeping up with Highlands via the local newspapers and has researched it using their archives. "I feel I can hit the ground running and I am looking forward to becoming a part of the community. It's too early to consider changes, specifically if things are working well. I'm not the kind to try to shake everything up," he said.

He said he believes in communication and flexibility, and considers them both integral parts of small town government.

He said perception is often more important than reality. "It's amazing how fast mis information can travel," he said. "That's why transparency is best. The more community involvement and participation in town government the better."

Though he doesn't plan on attending the Dec. 6 Town Board meeting, he plans on being in town for the special meeting on Dec. 8, where the town will hear from UNC-Chapel Hill School of Government about the Manager-Council form of government.

The executive committee consists of the officers of the party, precinct chairs and vice-chairs, at large committee members Macon County Republican elected officials and the party Finance Committee Chairman. The meeting will be closed to the general membership of the party but a press release will be given immediately following the meeting announcing who the nominee is.

Meanwhile, at Thursday night's special meeting of the MC Board of Commissioners members will consult with the MC Executive Committee of the MC Republican Party and hear recommendations for filling McClellan's seat.

The person chosen must live in District I, the Highlands District.

— Kim Lewicki

• CONSERVATIVE POV

LOL...



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

of defaulting on its debts in the name of saving us from...I'm not sure what. Yes, the Tea Party types bear primary responsibility (this writer disagrees) – but they couldn't have done it without the cowardice and incompetence of the Obama administration (this writer agrees) which let things get way out of hand. But all that aside, at least the Tea Party people have a story and a message. The Obama people have none – at least none that I've been able to discern."

Bringing the issue down to street level, from the 11Alive.com website: "A west Georgia business owner is stirring up controversy with signs he posted on his company's trucks, for all to see as the trucks roll up and down roads, highways and interstates. 'New Company Policy. We are not hiring until Obama is gone.'

"Can't afford it,' explained the employer. "I've got people I want to hire now, but I just can't afford it. And I don't foresee that

I'll be able to afford it unless some things change in DC. Business owner, Bill Looman, made it clear that he is not refusing to hire to make some political point, it's that he doesn't believe he can hire anyone, because of the economy. And he blames the Obama administration."

Enough of that. A matter that seems deservedly lost in the shuffle is the labor dispute between the NBA players union and the team owners.

It is a perfect example of the insanity of greed and avarice (excessive or insatiable desire for wealth or gain). While I fail to understand the popularity that professional basketball enjoys, television contracts are huge and tickets go for hundreds of dollars a seat. There is plenty of revenue to go around, enough for the average salary per player of \$5.8 million. These guys hit the lottery jackpot every year.

But evidently this isn't enough. The union is niggling over a percentage point

or two of gross revenues, while the players are collectively losing \$220 million per month. The season is all but erased and billions of dollars are being lost, but talks continue to go nowhere. Maybe by Christmas, they say. Frankly, I'll do just fine if they never play another game.

I don't have the details available to compute how long it would take to make up for the losses mounting up so far this year. Common sense would lead you to believe that it would be a long, long time, especially if the moratorium causes a future lack of interest in what has been a cash cow. Anyway you look at it, it is stupid. I guess the union heads need to prove every now and then that they can cause a problem so they can fix it. Collective bargaining at it's worst.

NOTE:

Since this column was originally submitted, the NBA players union and owners reached a tentative agreement to begin the season on Christmas Day. This in no way changes my disdain for the current state of collective bargaining.

I admit it – I am texting challenged. (To show how old my computer is, my spellcheck redlines texting.) I'm so ignorant, I don't know if LOL stands for "laughing out loud" or "lots of luck." So, I'm going to claim it means "lack of leadership" and dare anybody to challenge that. "Lack of leadership" has become the universal mantra against Obama by everybody from Joe the Plumber to Mack the Knife.

Recent users include the Mayor of New York. From The Telegraph: "Michael Bloomberg has launched an attack on Barack Obama for an absence of leadership as Washington failed to hammer out a deficit deal, renewing suggestions he could mount an independent bid for the White House. In a stinging rebuke of Mr. Obama, who remained on the sidelines as the deal collapsed, and a rare intervention into Washington politics, Mr. Bloomberg said: 'It's the chief executive's job to bring people together and provide leadership. I don't see that happening.' Mr. Bloomberg's words could fuel speculation about whether he would mount a third-party bid for the White House."

Not to be outdone, the other New Yorker, Donald Trump, says he'll ante up. He has denounced Obama's lack of leadership from the rooftops. From the Washington Wire: "He's done it before and he's doing it again. In his new book, 'Time to Get Tough,' Donald Trump lashes into President Barack Obama and threatens to run against him next year if the Republicans don't nominate a strong candidate.

Beating the drum even louder, Mr. Trump details his net worth – which he puts

at \$7 billion – and says he's prepared to pour a large chunk of his \$270 million in liquid assets into a presidential bid. In the book, due out next month, Mr. Trump holds nothing back in blaming Mr. Obama for all that ails the economy. He claims Mr. Obama has spent much of his time traveling 'around the world apologizing for the country' and 'playing nice with China.'"

Not to be outdone, Fortune magazine ran a cover story entitled, *American Idiots – How Washington is Destroying the Economy...* Senior editor Allan Sloan writes: "Today's (economic) crisis was completely avoidable. You can blame it directly on the fools who brought our country to the brink



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Sundays at 8am

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Highlanders drop opener to Towns County

The Highlands Highlanders opened the 2011-12 basketball season by hosting the Towns County Indians last Tuesday evening. The Lady Highlanders opened the game by battling the pressure of the Lady

Indians and attempting to control the pace of the game. While the Lady Highlanders did a decent job of handling the press early, Towns was still able to extend their lead by hitting five three pointers in the first quarter. The lead was

just 6 points for Towns with a few minutes left in the second quarter before the Indians forced some turnovers and extended their lead to double digits. The second half saw the depth of the Indians wear down the Lady Highlanders for a double digit victory.

In the boys game, the Highlanders came out strong early, forcing turnovers and building a 12 point halftime lead. The smaller Highlanders were able to use pressure defense to quicken the pace of the game and create havoc. Unfortunately for the Highlanders, foul trouble hampered them considerably in the third

quarter, as the Indians were in the bonus with just 4 minutes gone in the third quarter. Foul issues also caused the Highlanders to slow the game down, allowing the larger Towns County team to work the ball in the paint to their 6'6 center. Towns cut the lead to 3 at the end of the third quarter, and were able to edge in front with just a minute remaining in the game. A frantic Highlander comeback attempt ended in a flurry of missed layups, and the Indians held on for a 4 point victory.

• THANKS •

Oyster Roast a success

The 2nd annual THANKYOU Oyster roast to benefit the Highlands and Cashiers-Glenville Fire Departments, Rescue Squads and EMS was well attended and even more successful than the first.

Eight bushels of oysters were eaten by many who claimed they were the best they'd ever eaten. We more than doubled the previous monetary goal and much is due to the many generous and delectable gifts from local merchants.

Special thanks to Highlands' Newspaper, the Rec Park, Highlands Hill Deli, Dusty's, Fressers, Sports Page, Pizza Place, Wild Thyme Gourmet, Highlands Smoke House, Mountain Fresh, Farmer's Market, Kilwins, Ugly Dog Pub, Cyprus, Madison's, Summer House, William Durning, Cat Evans and any other wonderful souls who I may have inadvertently forgotten.

My greatest disappointment is that many of our fire and rescue personnel were not present to be thanked. But it was more that evident that many, many people appreciate you all very much, so thanks again,

Noël Atherton
Whiteside Cove



Breakfast at Mountain Fresh

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Nora Mills stone ground grits
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Biscuit
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Extra side of maple syrup

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2.49
1.99
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1.99
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Mon - Sat open at 7 am and Sundays at 8 am.
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on this day ...

Nov. 30, 1803

In New Orleans, Louisiana, Spanish representatives officially transfer Louisiana Territory to a French representative. Just 20 days later, France transfers the same land to the United States as the Louisiana Purchase.

At one point, it was owned by Spanish, then, from that empire, it did vanish, and became a part of France, by some kind of happenstance.

From here it gets a bit confusing, with buying, selling, and crowns fusing, but I think that the kingdom of the Brit owned a portion, at least a bit, then, it was back to Spain, by and large, and in the main.

Americans could use a sliver, as well as just the water in the river. (at one point, did the Turks command? maybe not, but I don't understand)

Then, a bunch of Canadians decided to convert to Acadians.

Now, mostly, back to the French, who somehow managed a way to wrench this territory, to sell it to the Yanks, who said "Yep, I'll take it, Thanks."

With all the treaties broken and renewed, ya know the Indians got screwed.

– from The History Guy



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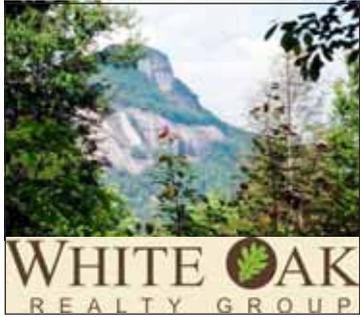
Best Views, Best Price. This .78+/- acre lot offers spectacular, long-range mountain views. Paved access, community water, and septic system installed. \$169,000. Call Susie deVill Schiffl at (828) 371-2079.

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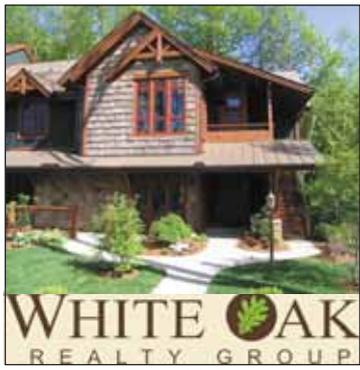
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Hardscrabble Ridge, Highlands: Large, in-town lots with gorgeous Whiteside Mtn views. Underground town water & power, starting at \$450,000. Contact Ali McClure Moody (828) 508-3576.



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The Birches of Wildcat Cliffs. 3 BR, 3 BA luxury condo w/superb finishes. Just a golf cart drive away from the golf course, offered at \$605,000, call for membership requirements. Contact Ali McClure Moody (828) 508-3576.



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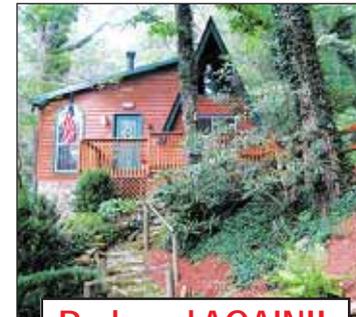
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Highlands In-Town: REDUCED! This updated Mirror Lake area cottage has great mtn views, 3 BR, 3 BA, wood burning fireplaces, loft, open/covered decking, & spacious master suite, offered at \$475,000. Contact Ali McClure Moody (828) 508-3576.



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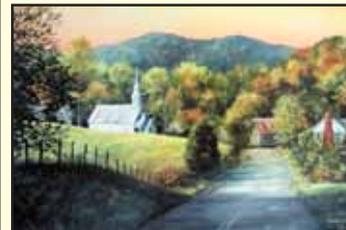
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PULL OUT

Highlands Area Upcoming Events

Daily

• CORE classes at Mountain Fitness on Carolina Way. Tues., Thurs., Sat., 9:30; Mon., Wed., Thurs., 5:15. \$10 per class or ask about specials. Call 526-9083. (st. 6/9)

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 \$40 a month.
• Zumba at the Rec Park, 9:05a-10a. \$5 per calss. First class free. Call Mary Barbour for Franklin schedule: 828-342-2498.

Mondays

• Closed AA meeting, 5:30 p.m. at the Episcopal Church at Fifth and Main streets.
• Monday Madness at Fressers Eatery in Historic Helen's Barn. \$5 burgers, \$1 off beers all day.

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.

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 wel-

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

Thursdays

• Al-Anon meeting, noon at the Episcopal Church on Main and Fifth streets.
• The Highlands Writers Group meets at 1 p.m. at the Hudson Library on Thursdays. Free writing exercises. Bring a seven-minute writing piece to read. Newcomers are welcome. Call Anne Doggett at 526 8009.

Every Saturday

• Ruka's Wine Tastings from 4:30- 6:30 p.m. Jazz begins at 7:30 p.m.

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.

Through Dec. 7

• Operation Patriotic Pen at Highlands School. Students/Staff/Parents are invited to write encouraging notes to soldiers on Christmas cards and turn them into the school and deposit them in the appropriate boxes in the main lobby - Afghanistan, Europe, USA and VA hospitals. Students need names and addresses of soldiers so please contact teacher Donna Sizemore at 828-332-0999 or email her at donna.sizemore@macon.k12.nc.us.

Thursday, Dec. 1

• A Special Called Macon County Commission meeting at 8 p.m. in the courthouse boardroom to consider, accept and discuss the resignation of Chairman Brian McClellan and to hear possible replacements from the MC Republican Party Executive Committee.

Saturday, Dec. 3

• Come support the Junior Class of Highlands High School at our pancake breakfast. The breakfast will be held on December 3rd before the Christmas parade from 8-11a at the Highlands United Methodist Church on Main Street. The cost is \$5 a person and it will be well worth it! Don't miss out on a yummy meal.

• New and Gently Used Coat and Clothing Drive at the Bank of America parking lot from 9a-noon. Drive sponsored by the ladies of BOA with donations going to R.E.A.C.H. of Macon County.

• Town of Highlands annual Olde Mountain Christmas Parade on Main Street from 11 a.m. to noon.

• 'Tis the Season 2011 is coming up fast! The event will be held in Coleman Hall at First Presbyterian Church on the corner of Main Street and 5th Street in Highlands from 11:30 to 2:30 Come along and join us and donate to your favorite Non Profits and enjoy a free lunch! This season, instead of giving more things, give more meaning.

• Annual Carol Sing after the parade at First Presbyterian Church at 2 p.m..

• Visit Shakespeare & Co. at Village Square on Saturday between 12:30-2pm and get your copy of Highlands-Cashiers Land Trust's acclaimed coffee table book, *First Creation*. Published to commemorate the 100th anniversary of the Highlands-Cashiers Land Trust's first acquisition. The book is \$50 and 100% of the proceeds from the sale of the book will go to Highlands-Cashiers Land Trust to help them save the places we all love.

• Smoiky Mountain Brass Quintet performing a Christmas Concert at First Presbyterian Church at 5 p.m.

• The Nantahala Hiking Club will take an easy-to-moderate 4.4 mile hike from Sloan Bridge to Upper Whitewater Falls with wintertime views along the ridge. Meet at 10 a.m. at the new parking lot by the ball field just

Get photos with Santa every Saturday now through Christmas Eve



Santa and Mrs. Claus kicked off the Christmas season hearing Christmas wishes and having photos taken outside the Visitor Center Saturday night after the Town Lighting. Santa will be there every Saturday 10 a.m. to 3 p.m. through Christmas Eve.
Photo by Jim Lewicki

HCP'S Annual Holiday Reading at PAC Dec. 15



From left are Helen Moore, Mary Adair Leslie and Vangie Rich.

PAC Annual Holiday Reading is scheduled for Thursday December 15th at 7:30 at the Performing Arts Center on Chestnut Street. Readings range from historical to hysterical and will include pieces by four local writers as well as some very special music and a live presentation of an Old Masters painting of the Madonna and Child. This annual event is PAC's FREE GIFT to the people of the Community so join us as we get into the real Spirit of the season with the 17th Christmas Holiday Reading at PAC. Remember, it's FREE!

Highlands Area Upcoming Events

PULL OUT

past the Cashiers Post Office, near the site of the future new community center. Drive 14 miles round trip. Bring water and lunch. Call leaders Mike and Susan Kettles, 743-1079, for reservations.

• Highlands Chapter #284 Order of the Eastern Star will be selling pumpkin rolls during the Christmas Parade. Pre-orders will be taken but are not necessary. You may call Paula Gordon at 342-4378 to order your pumpkin roll. Cost will be \$12.

Sun. Dec. 4

• The Nantahala Hiking Club will take an easy 2-mile hike on Pickens' Nose Trail to a rocky viewpoint. Meet at Westgate Plaza in Franklin (across from Burger King) at 2 p.m. Drive 40 miles round trip. Call leader Kay Coriell, 369-6820, for reservations. Visitors welcome; no pets please.

• The High Mountain Squares will be having a "Toys for Tots Dance" this Sunday at the Macon County Community Building on Route 441 South from 2-5 PM. Jim Duncan from Otto will be the caller. We dance Western Style Square Dancing, main/stream and plus levels. The admission cost to the dance is one unwrapped toy. There will be an "introduction to square dancing" from 2-2:30 for all that are interested in finding out what square dancing is all about. For

information call 828-349-0905.

Monday, Dec. 5

• The Macon County Republican Party Executive Committee will hold a special meeting on Monday at 6:30 p.m. at the Macon County Court House, court room A on the 4th Floor. The purpose of the meeting is the selection of a nominee for the District I county commission seat being vacated by Commissioner Brian McClellan effective December 1st, 2011. The executive committee consists of the officers of the party, precinct chairs and vice-chairs, at large committee members, Macon County Republican elected officials and the party Finance Committee Chairman. The meeting will be closed to the general membership of the party. A press release will be given immediately following the meeting announcing who the nominee is.

Tuesday, Dec. 6

• The Talk: Beyond the Birds & Bees at Mountain View Intermediate School for parents and their children in grades 5-8. The program is intended to provide basic information to students and help parents and their children communicate about puberty. There will be a program for girls from 6-7:30 p.m. and a program for boys from 7:45-9 p.m. in the media center at MVI School. The speaker is

Dr. Doug Egge, MD, Pediatric Associates of Franklin. (Girls and parents are invited to stay after their program for a free hot dog dinner. Boys and parents are invited to come early to eat before their program begins.) Hot dogs, chips and drinks will be provided to participants from 7-8:15. For more information, call Yvonne Robinson at Macon County Schools Administrative Offices, 524-2002, ext. 328. Pre-registration is required and space is limited. To pre-register, call the receptionist at 524-3314.

Thursday, Dec. 8

• A Special Town Board meeting at 7 p.m. in the Community Building to discuss the Town Manager-Council form of government with representatives from the UNC-Chapel Hill School of Government.

Sat. Dec. 10

• The Nantahala Hiking Club will take a strenuous 12-mile hike, with elevation change of 2,000 ft., to the summit of Standing Indian Mountain. Meet at Westgate Plaza in Franklin (across from Burger King) at 9 a.m. Drive 30 miles round trip. Bring lunch and plenty of water. Call leader Don O'Neal, 828-586-5723. Able visitors welcome, but no pet.

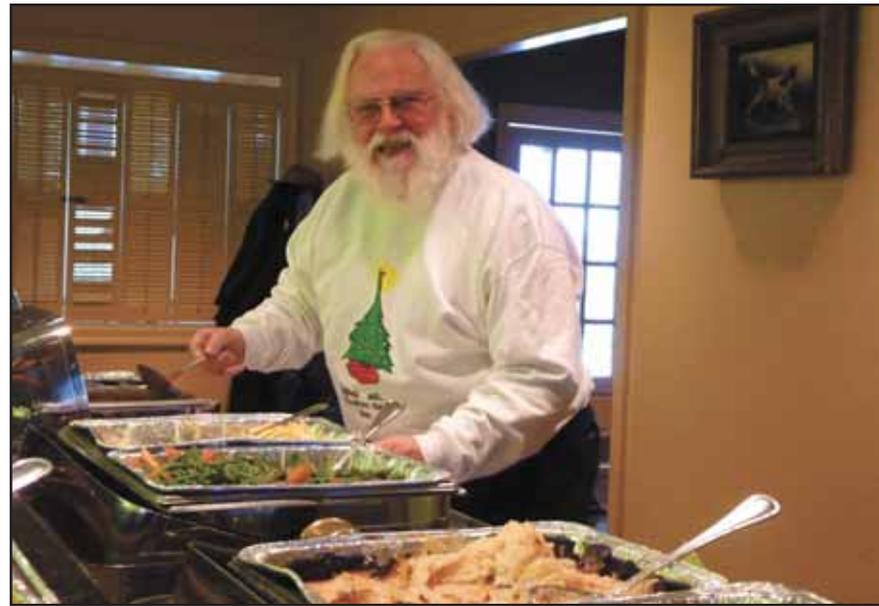
• Second annual Arts, Crafts and More Festival from 10-3 at the National Guard Armory, 611 Webster Rd, past Southwestern Community College Available for artists, crafters and those promoting a home based or small business are spaces for \$20, \$25, \$30 or \$50. Contact Sharon at 828-586-850, 226-0045.

Smoky Mountain Brass Quintet to Perform in Christmas Concert



First Presbyterian Church will present the Smoky Mountain Brass Quintet in a free concert on Saturday, December 3 at 5 pm. If you really want to get into the Christmas spirit, and hear all of your holiday favorites, make plans to attend this concert! The group dedicates time to the education of young musicians and serves as Quintet in Residence at Western Carolina University, as well as participating in a number of community service performances each year. The church is located at the corner of Main & 5th Streets. Handicap entrances are located on Church Street and on Fifth Street.

Hudson House site of Annual Christmas Day Dinner Buffet



The 10th Annual Christmas Day Dinner will spend its 2nd year in its new home, The Hudson House at Highlands Country Club. Despite the foot of snow, over 175 hearty Highlanders made their way to the scrumptious feast. The warmth and charm of the room partnered with the beautiful snow outside the big windows made for a perfect holiday setting. But most of all, everyone was able to sit in the same room, making Christmas for our "Highlands Family" a more intimate, caring, and fun experience. It was like a family dinner without the work.

This amazing buffet will feature traditional holiday fare including turkey, ham, beef tenderloin, squash casserole, scalloped potatoes, sweet potato soufflé,

Donna Wood's famous dressing, sautéed green beans with red peppers, rolls cranberry sauce, mixed green salad and a plethora of mouthwatering deserts. Highlands finest chefs (Marty Rosenfield, Holly Roberts, and Martha Porter) lovingly prepare this meal for all to enjoy.

The cost is only \$35 for adults, \$15 for children under 11, and children fewer than 5 eat free. All proceeds go to Big Brothers Big Sisters of Highlands and R.E.A.C.H. of Macon County, two local nonprofits. Christmas is a time of giving and sharing, so call Rick Siegel today for reservations. The dinner is from 11a-5p and by reservation only. 828-526-5102.

• SPIRITUALLY SPEAKING •

God's love is 'here & now' and all around

Lee W. Bowman
Pastor, First Presbyterian
Church of Highlands



Seldom are we able—in a single service of worship or any single newspaper column—to express the whole of God's promises to humankind. As a rule, week in and week out, the lectionary readings center us on a single story or theme. One of the things I love about the Advent season, though, is that in a powerful way it takes the 'there and then' story of our faith and reminds us yet again that God's love is 'here and now.'

That may be one of the greatest blessings of Christmas—more than the presents given and received, more even than the family time when we see loved ones from whom we've been separated. The gift of Christmas is that it focuses us squarely on God's love—a love that survived the fall in the Garden of Eden; a love that promised to Old Abraham that he would be the father of nations; a love that preserved the nation of Israel through exile and its own apostasy; a love that became incarnate in a helpless baby who would become for us a Savior; and a love that even today follows us, surrounds us, regardless of our response or even our acknowledgement of it.

In theological terms we call this God's providence. It's a place of privilege that we haven't earned but which we are freely given. It's a place of trust that we inherit like a child who takes the hand of a beloved parent. It's a place of security where we know in an ultimate sense, as the poet Robert Browning said, *God's in heaven and all's right with the world.*

I had occasion a number of years ago to witness God's providence as it was given expression in the life of George Willmott, a crusty old Kentucky farmer who died just two weeks after this encounter I had with him. I had had a very full day of church services, a Presbytery celebration, the CROP walk to alleviate local hunger and last but not least the church picnic.

About 4:30 I made my way out to the picnic, and I confess I was a little tired. As I was parking, the rain was coming down at a slant. I walked toward our church members, who were huddled under the awning over the picnic table, trying in vain to stay dry—an impossible task since the rain was every bit as horizontal as it was vertical.

One of the first people I saw, not under the awning but right out in the open, was George Willmott—not least of all because at 6 ft.-whatever, George was hard to miss. He was dressed in his signature plaid shirt buttoned all the way up, with a cap on his head. I

• See SPIRITUALLY SPEAKING page 17

John 3:16

• PLACES TO WORSHIP •

Proverbs 3:5

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
Sundays: 10 a.m. – Worship
Holy Communion 1st Sunday of the month
Wednesdays: 9 a.m. Healing and Prayer w/Holy Communion

CHRIST ANGLICAN CHURCH

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Worshipping at the facilities of Whiteside Presbyterian Church,
Cashiers

Sun.: Holy Communion - 9 a.m.; Adult Forum - 10:45 at Buck's
Coffee Cafe, Cashiers

Mon.: Bible Study & Supper at homes - 6 p.m.

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

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

CLEAR CREEK BAPTIST CHURCH

Pastor Jim Kinard
Sundays: School – 10 a.m.; Worship – 11
Wednesdays -- 7 p.m.

COMMUNITY BIBLE CHURCH

www.cbchighlands.com • 526-4685
3645 Cashiers Rd, Highlands, NC
Senior Pastor Gary Hewins
Sun.: 9:30 am: Adult Sunday School
10:30 am: Middle School; 10:45 am: Children's Program, Worship
Service. 12:30 pm Student Arts Group, 5 p.m. HS
Wed.: 6pm: CBC University Program

EPISCOPAL CHURCH OF THE INCARNATION

526-2968 • Reverend Denson Franklin
Sunday: Holy Eucharist Rite, 8 a.m., Breakfast; 8:30-9:30 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; Bible Study 10:30 a.m.
Reverend Howard L'Enfant

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

FIRST BAPTIST CHURCH

Dr. Charles Harris, Pastor • 526--4153
Sun.: Worship 10:45 a.m.; School – 9:30 a.m.; Evening Worship
6:30

Wed.: Men's Bible Study 8:30 a.m.,
Prayer Meeting – 6:15 p.m., Choir – 7:15-8:15 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

GOLDMINE BAPTIST CHURCH

(Off Franklin/Highlands Rd)

Rev. Carson Gibson
Sunday School – 10 am
Worship Service – 11 am
Bible Study – 6 pm

HIGHLANDS ASSEMBLY OF GOD

Randy Reed, Pastor
828-421-9172 • 165 S. Sixth Street
Sundays: Worship – 11

HIGHLANDS CENTRAL BAPTIST CHURCH

Pastor Dan Robinson
670 N. Fourth Street (next to the Highlands Civic Center)
Sunday: School 9:30 a.m.; Morning Worship 10:45 a.m., Evening
Worship, 6:30 p.m.

Wednesday: Prayer Service, 6:30 p.m.

HIGHLANDS UNITED METHODIST CHURCH

Pastor Paul Christy 526-3376
Sun: School 9:45 a.; Worship 10:50 a.; Youth 5 p.
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.

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8 miles south of Highlands on N.C. 28 S in Satolah
Pastor Roy Lowe, (828) 526-8425
Sundays: School – 10 a.m.; Worship – 11
Choir – 6 p.m.

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

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828-369-9270 or 828-293-5197

MOUNTAIN BIBLE CHURCH

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Independent Bible Church
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Road (4.5 miles from NC 107)

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

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Rev. Dean Cesa, pastor – Parish office: 526-2418
Mass: – Sun: 11 a.m.; Sat: 4 p.m.; Thurs & Fri.: 9 a.

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 • 526-3212
Sundays: School – 10 a.m.; Worship – 10:45 a.m.; Worship – 6
p.m.

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

SHORTOFF BAPTIST CHURCH

Pastor Rev. Andy Cloer.
Sundays: School – 10 a.m.; Worship – 11
Wednesdays: Prayer & Bible Study – 7

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Religious Education - 11 a.m. - 12:15 p.m.
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WHITESIDE PRESBYTERIAN CHURCH

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

... SPIRITUALLY SPEAKING from page 16

immediately went over to him, not only because I was glad to see him but also because standing next to George was a pretty good thing to do in a hard rain. "Preacher," he beamed, "this is just great. You need to keep having these picnics. They're good for the church."

I looked up at George as my skirt was becoming now thoroughly soaked thinking that maybe his apple cider has hardened and then murmured something less than enthusiastic about the weather. At which point, George said, "Aw, that's not a problem. It's going to clear up here in just a minute." Now I want to tell you that the sky was dark and the rain was pounding down. But George looked at that same sky and saw the promise of sunshine. And in 15 minutes—this is the truth—the sky was

blue and the sun shining.

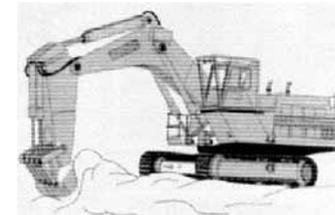
George was a man who trusted in God's gracious provisions—not always easy for someone who farmed for a living and certainly not easy for a man who just a few months before had been gored by a bull. But his surety and trust in God's abiding care was as real as the air he breathed up until the day he drew his last breath.

There's a beautiful metrical version of the Servant Song in Isaiah 12 that goes something like this:

*Surely it is God who saves me;
I will trust in Him and not be afraid;
For the Lord is my stronghold and my
sure defense,
And He will be my Savior.
So may it be for each one of us. A
blessed Advent to you all!*

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... WOOLDRIDGE continued from page 4

our Dubai son and his wife were in town for Thanksgiving. They don't have children but they do have Bear, a giant Rottweiler/Chow mix who is a lovable pussycat... sometimes. In fact, Bear's favorite toys are kitties my daughter-in-law, Lisa, rescues from the streets of Dubai. We have a picture of Bear standing and staring at the camera with a small kitten swinging from his wagging tail. Amazingly, Lisa always finds a home for them and Bear is always disappointed to see them go. PS – Bear stayed in Dubai.

The li'l missus and I are missing our friends in Highlands. Moving is always a

tradeoff; giving up cold weather, good friends, friendly bridge players in return for close-by family, warm weather and large closets.

Finally, here's my last piece of unimportant news. My hazmat paramedic firefighter captain son and his wife loaded their five children in the family car and headed to Auburn, AL for Thanksgiving to visit in-laws. Anytime this family is on the move it's a circus. Their car is properly named "Odyssey." (Thanks for staying awake.)

• *Fred's column can be read on-line all winter and his new mystery/thriller is available on Kindle and the Nook.*

• HIGHLANDS POLICE & FIRE LOGS •

Highlands PD log entries from Nov. 22. Only the names of persons arrested, issued a Class-3 misdemeanor, or public officials have been used.

Nov. 22

• At 9 p.m., officers responded to a 4-car accident on Pierson Drive where a driver veered into three parked cars. Kristin Araujo, 40, of Highlands was arrested for DWI at the site.

Nov. 23

• At 8 a.m., there was a call for service about a dog that looked lost on Main Street.
• At 11:05 a.m., officers responded to a two-vehicle accident in Highlands Plaza.
• At 4 p.m., officers responded to a two-vehicle accident at Main and 3rd streets.
• At 8:45 p.m., there was a call about a reckless driver on NC 106.

• During the week, police officers issued 6 citations and responded to 3 alarms.

Highlands F&R Dept. log entries from Nov. 24

Nov. 24

• At 6:27 a.m., the dept. was first-responders to a residence on US 64 east. The patient was taken to the hospital.

• At 11:41 a.m., the dept. provided mutual aid to Cashiers on a possible structure fire on Upper Ridge Road. The call was cancelled en route.

Nov. 28

• At 2:41 a.m., and 5:57 a.m., the dept. responded to two alarms at VZTop. A door was open and no problem found.

• At 11:36 a.m., the dept. was first-responders to a residence on Dog Mountain. The patient was taken to the hospital.

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• HEALTH MATTERS •

Tackling the Frown Lines

Frown lines mean different things to different people, but generally refer to the lines that appear on the face to make us look tired, angry or mad. They are caused by three different factors.

The first is skin aging. This is mostly due to sun damage, acquired, not just when we were young as previously thought, but every day, year around throughout life. The more sun or tanning bed exposure, the more damage created. If we smoke or have smoked the damage has been multiplied many times. The main damage is thinning of

the dermis, the support layer of the skin, which can cause wrinkles itself and allows the other two factors, gravity and muscle action, to more easily cause lines in the skin.

Gravity stretches the sun damaged skin and it descends except where ligaments attach the skin to the deeper tissues or bone. At these places, such as under the eyes, at the cheek-lip junction and at the jowl,



Dr. Robert Buchanan
Center for Plastic Surgery

the skin remains fixed and a deep fold results.

Muscle function causes the thinning skin to crease where the muscle has the most action. The more the muscle works, the worse the line gets. Initially this is just from being expressive, but, eventually, the muscles, especially the ones between the eyes, start functioning constant-

ly, even during sleep. Gravity plays a role here too, as many of the wrinkles are due to muscle function trying to elevate the tissues back to their proper position. The latter is especially true in the forehead and lateral to the eyes.

There are multiple ways to correct these problems, depending on their severity and cause. The best all-around treatment is good skin care. For those with no wrinkles now, this may simply be basic skin care avoiding moisturizers that weight the skin down and protection from sun damage using daily zinc oxide sun block (providing UVA protection). Once sun damage has occurred, this also involves use of tretinoin (Retin-A) to restore thickness to the supporting dermis.

If the only wrinkles are due to muscle action without any permanent lines, then a muscle relaxer (I use Botox® because I believe it is the safest) can improve the problem. It can totally eliminate the muscle action or just ameliorate it. Initial treatment lasts about five months, but may last longer with repeated use.

Once the line becomes set in the dermis, then some other treatment is necessary. The two methods that work here are injection of a filler to elevate the line or resurfacing the skin to eliminate the lines. When a filler is used, a needle is placed beneath the line elevating it and collagen or hyaluronic acid (a normal collagen precursor) is injected to keep the line up. (I personally use Juvéderm® since it lasts almost twice as long as any of the collagens or other hyaluronic

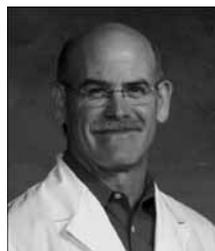
acid.) This works everywhere but especially well between the eyebrows and in the lips. Injection becomes problematic, however, when there are multiple lines present. The best alternative then is to simply flatten the skin in general and remove all the lines permanently. Resurfacing the skin with either a peel or use of a Laser accomplishes this.

Lines or folds from gravity can be similarly treated with fillers. Here, though, the choice of filler is broader and the longevity of effect is greater. The most common areas treated are the lines or hollows that form under the eyes, the “parentheses” between the lips and cheeks, some of the lines of the upper lip from loss of fat, and the depression and lines below the corners of the mouth. Although collagen and hyaluronic acid can be used here, I generally prefer something that can last much longer such as Radiesse® (calcium hydroxyapatite, a normal component of the body’s support structure) or your own fat. Radiesse® and fat can also be used to fill depressions caused by gravity and loss of fat, another result of aging. This can raise the tissues in general and, thus, also reduce some of the gravitational folds and wrinkles.

Of course, one of the best and most long lasting ways to eliminate the hollows, folds and wrinkles caused by gravity is surgery such as a brow lift for the forehead lines, a facelift for the lower facial lines or a lower blepharoplasty/midface lift for the lines in the medial cheek around the mouth. Since none of the other methods, except, perhaps, fat injection, is permanent, surgery may also be the least expensive approach.

Since everyone is different and we now have so many different methods to correct these problems, the only way to determine what your individual options are is with a consultation to discuss which line, wrinkle or fold bothers you and the specific methods that would work for you.

• Dr. Buchanan practices year around at The Center for Plastic Surgery in Highlands. To find out more visit www.PlasticSurgeonToday.com or call 828-526-3783 or toll free 877-526-3784.



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From left, Highlands' resident, Elaine Carlton receives her flu shot administered by Registered Nurse, Dixie Stewart, during the Annual Community Influenza Clinic provided by Highlands-Cashiers Hospital (HCH). The clinic was held on the Hospital campus at the Jane Woodruff Clinic Monday, November 14th. HCH provided over 80 flu immunizations to area residents free of charge. "Assisting our communities in preventing illness and leading healthy, productive lives is a very important part our mission at HCH," said President and CEO Craig James. "We hope everyone will take action to obtain this vaccine, which is a critical mechanism to prevent the flu."

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- Charles from Highlands, NC

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~ Richard Blue, M.D.



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LAKESIDE HOME – Mirror Lake. 3 bed, 3 bath, w/d, gas fireplace, expansive deck & dock. Bring your canoe. Annual lease. \$1,500 per month plus utilities. Call 828-342-2302. (st. 10/26)

HIGHLANDS COUNTRY CLUB, two beautifully furnished, 4 bedroom homes — mountain view or 18th hole — minimum 3 months for \$5,000. Longer term means lower rent. No pets, no smoking. 828-508-0664. (st. 10/12)

CHARMING, SKY VALLEY – 3 bed, 2 bath home Fireplace. Useable Basement. Views. \$750. Call Paul at 706-745-7279. (st. 8/31).

DOWNTOWN MAIN ST APT. –

Convenient location, unfurnished 1/1, small pets allowed. \$650/mo. Call 526-4044 or 200-0036 (st. 4/7)

HOUSE FOR RENT 3BR/2BTH. \$650 plus utilities. No cell phone service. 3459 Buck Creek Road 828-524-6038. (st. 3/3)

REAL ESTATE FOR SALE

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SEE THE ONLY GREEN ROOF. TORNADO PROOF, MODESTLY SIZED VILLA ON THE MARKET. Lakeside Lodge in Rocky Knob. Apts. Only. www.singlelaydesigns.com or call your broker. (st. 6/30)

LAST LOT AVAILABLE! – 1 acre +/-, water, prior septic permit, western mountain and

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PET CARE SERVICES OF HIGHLANDS - doggy daycare, washing, p/u & delivery from house to daycare or vet., pet sitters available 526.1971 or 482.2050.

AIRPORT TRANSPORTATION – Easy pickup procedures. Mark9398@live.com, or 828-524-2149, 239-292-3623. MC/Visa, Amex, Cash/Check.

HANDYMAN SERVICE – electrical, plumbing, pressure cleaning, painting, carpentry, yardwork. References. Call Al Edgar at 332-7271 (cell) or 369-6245. (9/21)

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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.

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UTILITY TRAILER – 6X10. \$500; Aerostatic Baldwin Piano 80^B. \$800; 4 Mag Wheels – 19x19 fits Mercedes W, Audi. Bolt pattern. 5x112. \$325; 2 New 4 Wheeler tires – Fits Honda 250 and others. \$75. Call 828-371-1609. (st. 11/9)

A WWII WORK BENCH. Solid Steel 14 drawers with tools & air compressor. Serious inquires only. \$1,200. 828-371-1609. (st. 8/17)

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AEROSTATIC BALDWIN PIANO 80^B – \$800 Call 828-371-2329. (st. 11/9)

4 MAG WHEELS – 19x19 fits Mercedes W, Audi. Bolt pattern. 5x112. \$325. Call 828-371-1609. (st. 11/9)

2 NEW 4 WHEELER TIRES – Fits Honda 250 and others. \$75. Call 828-371-1609. (st. 11/9)

2 MARBLE END & COFFEE TABLES \$125. 2 contemporary lady statues \$100. Tammy 770-337-1000 (Highlands). (st. 6/16)



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• BUSINESS/ORGANIZATION NEWS •

Highlands-based vacation specialists attend Cruise-One National Conference

Bryan & Tricia Cox, vacation specialists in Highlands, attended CruiseOne's 2011 National Conference – one of the industry's top annual educational forums – aboard Royal Caribbean International's *Allure of the Seas* October 9 – 16. CruiseOne – the nation's leading retail cruise travel franchise as part of World Travel Holdings – provided the 800+ attendees with a variety of general sessions, keynotes, workshops and power networking opportunities centered around the "Expand Your Horizons" theme.

Workshops that Bryan & Tricia attended included "How to Be Successful with e-Commerce," "The Benefit of Land Tours," "Million Dollar Ideas," "Selling European River Cruises," "One Page Marketing Plans That Work," "Stuart Cohen's Five Key Habits of Super-Successful Vacation Salespeople" and "Building Investment Value in Your Franchise."

Top cruise line executives were also on hand to speak with the vacation professionals, provide updates, give

advice and answer questions. Bryan & Tricia networked with senior executives from the top cruise lines such as Vicki Freed, Senior Vice President of Sales with Royal Caribbean International, and also enjoyed a keynote address by Gregg Lederman, "The Brand Integrity Guy."

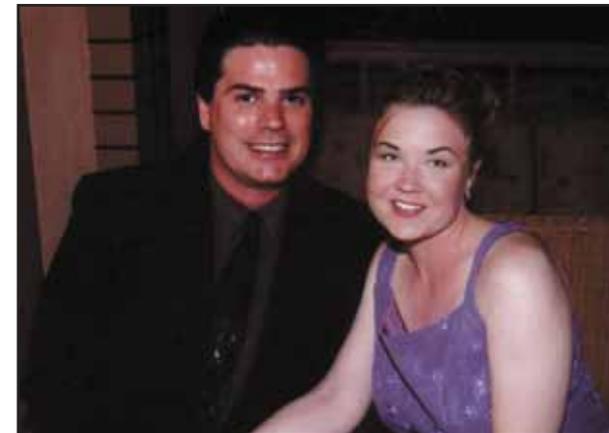
"This year's conference was both inspirational and educational," said Bryan & Tricia. "We learned a variety of helpful tips and with the land and sea offerings now both available, there are even more options for consumers planning their 2012 vacations."

For more information and to book your next vacation please visit TheCruiseFinders.com or call Bryan & Tricia, your Independent CruiseOne Vacation Specialist, at 828-356-7920 or Toll Free at 855-EZ-CRUISE.

About CruiseOne:

CruiseOne, the nation's largest home-based franchise travel agent network as part of World Travel Holdings (WTH), was founded in 1992 and currently has more than 750 franchise locations. The company has relationships with every major cruise line and many tour operators and

as a result, offers consumers the lowest possible prices. CruiseOne is consistently recognized for its efforts, including being named Royal Caribbean's "Partner of the Year," Celebrity Cruises' "National Account Partner of the Year" and Carnival Cruise Line's "Travel Partner of the Year."



The Coxes Joined Top Travel Industry Executives Aboard Royal Caribbean Internationals Allure of the Seas



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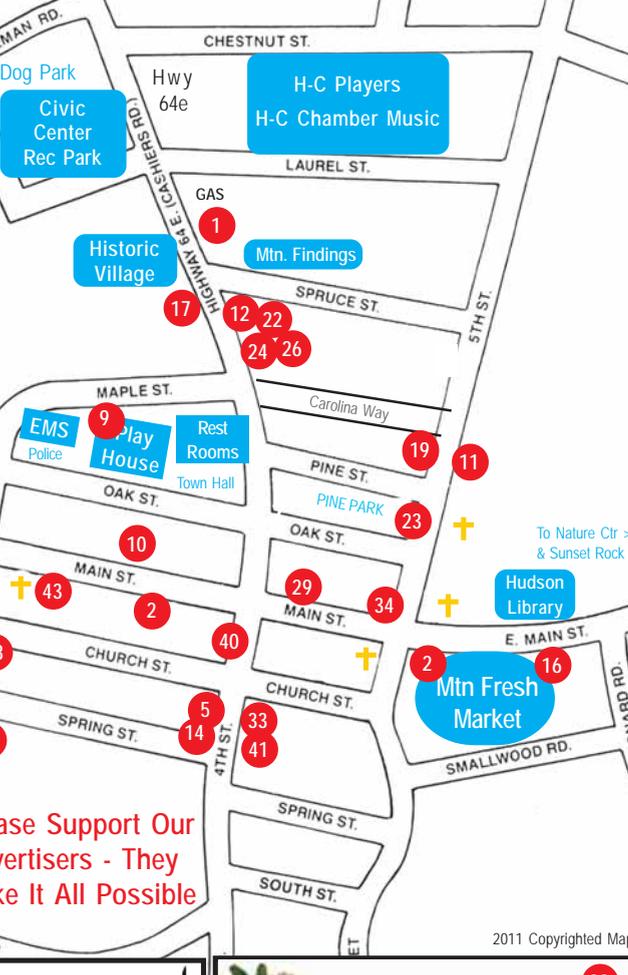
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Saturday, Dec. 3
 • Highlands School Junior Class pancake breakfast 8-11a at the Methodist Church. \$5 a person.
 • 'Tis the Season at First Presbyterian Church from 11:30 to 2:30. Donate to your favorite Non Profits and enjoy a free lunch!
 • Annual Carol Sing after the parade at First Presbyterian Church at 2 p.m..
 • Booksigning at Shakespeare & Co. at Village Square on Saturday 12:30-2pm of Highlands-Cashiers Land Trust's acclaimed coffee table book, *First Creation*.
 • Smoky Mountain Brass Quintet performing a Christmas Concert at First Presbyterian Church at 5 p.m.



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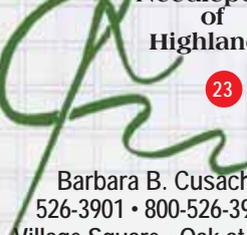
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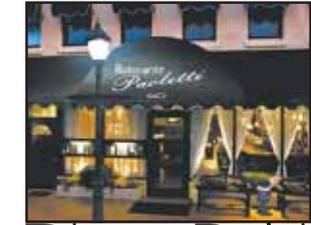
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