

Inside:

Christmas Memories	pg. 10
Movie Pix	pg. 9
Ask Fred	pg. 5
Armchair Traveler	pg. 6
Florist Tips	pg. 13
Christmas Crafts	pg. 18

Holiday Shopping Map **INSIDE** **FREE** Highlands' Newspaper

Volume 1, Number 23

Locally Owned & Operated

Friday, Dec. 19, 2003

The week of Dec. 19-25

Dec. 19 & 20

• **HEARING WISHES** – Santa will be hearing wish lists and posing for photos in Oak Square on Main Street Saturday after the parade.

Dec. 21

• **JESUS B-DAY PARTY** – The Children of Highlands United Methodist Church will have a "Birthday Party for Jesus" on Sunday, from 9:30-10:30 a.m., it will include breakfast, birthday cake, games, crafts and more. Reservations are helpful.

Dec. 24

• **CHRISTMAS EVE SERVICE** – Highlands United Methodist Church Christmas Eve Service will be held at 5:30 p.m. It is a family-friendly service including Holy Communion and Candlelight. Everyone is invited.

• **HOLIDAY HOURS** – The Hudson Library will be closed December 24-26 and the Bookworm will be closed December 24 through January 2 in observance of the Holiday Season.

Dec. 25

• **CHRISTMAS BUFFET** – The third annual Christmas Day Buffet benefiting Habitat for Humanity is at the Main Street Inn. Seating begins at noon. Dinner buffet includes, baked ham, roasted turkey, sweet and mashed potatoes, dressing, assorted vegetables, desserts, ice or hot tea or coffee. Wine available by the glass or bottle. The cost is \$24.95 per person. MasterCard, Visa or American Express accepted. Call 526-2590 for reservations. Seating is limited.

• **TOWN BOARD MTG.** – The next meeting is Jan. 7.

Board 'for' Gantenbein but ad hoc group remains

By Kim Lewicki

Before the Town Board went into closed session Monday, Dec. 15 – the third time in a week concerning the Gantenbein-Williams matter – commissioners heard citizens speak in favor of the zoning administrator and the job he has done.

"I have worked with Mr. Ganten-

bein on the planning board and appearance commission and I don't think there's been a zoning administrator better prepared at those meetings which is a benefit to the boards," said John Cleaveland. "There are always differences of opinion, but Mr. Gantenbein was hired to make the call and while there are always going

to be gray areas in the ordinance, decisions are made based on the best knowledge."

Cleaveland said Gantenbein is an asset to the town. "I've never seen anything out of line and he has always performed his job in a profes-

▪See AD HOC page 2

The flu is here but not vaccine

By Kim Lewicki

It started in Texas, worked its way across the country and has officially hit North Carolina.

Health departments across the state are dispensing vaccinations as fast as supplies come in.

"The demand is far greater than we ever anticipated," said Ken Ring, Macon County Health Dept. Director. "We usually dispense 4,500 doses beginning late November or early December through February. But we've already dispensed 4,900 doses and we've run out."

This week the health department got another 100 doses but Ring doesn't expect anymore.

"We didn't expect to get this last shipment, but the state got it from the Center for Disease Control. By the time we get more, the flu season will be over," he said.

Manufacturers of flu vaccine, like manufacturers of consumer goods, use past history of consumer demand

▪See FLU page 2

Christmas village heralds the holiday season



For the folks at Log Cabin Restaurant readying for the holiday season begins before Thanksgiving when they start unpacking their Christmas Village. It took three days to set up the magical centerpiece which has become an annual affair – a holiday fixture patrons of the restaurant look forward to each year.

Despite valiant efforts to save it, tree must go

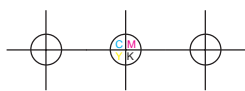
By Bob Wright
Contributor

Over the past 18 months, folks planning for the child development center site on Fifth and Church Streets have had the environment in mind.

Native plants have been rescued, as few trees as possible have been removed, lumbering and milling of the trees removed has produce more than 14,000 board feet of wood products for re-use in the new building. Most of all,

extraordinary efforts have been made to preserve the 40-inch diameter white oak tree crowning the hill behind the building under construction.

▪See TREE page 19



VERA BRADLEY

Wit's End

Known for classic women's clothing,
accessories & jewelry.

10 a.m.-5:30 a.m. Mon.-Sat. • 526-3160 • On Main Street
Established in 1940 by Margaret S. Young, Sr.

Everything you want to know about
Highlands in on
www.highlandsinfo.com
Dining, shops, realty, lodgings, events.

Reasonably Priced View House



Two-bedroom, two-bath home with a great mountain view and close to town. Fire-place, carport, and large deck overlooking the view. Offered at \$535,000. MLS# 21697

(828) 526-4983
Fax: (828) 526-2453
www.jcrealty.com
223 N. Fourth Street

JOHN CLEVELAND REALTY

Highlands' Newspaper

Highlands' only locally owned & operated newspaper.

FREE every Friday; circulation 5,000; more than 100 distribution points

Adobe PDF version at www.highlandsnewspaper.com
P.O. Box 2703, Highlands, N.C. , 28741 - (828) 526-0782
email: highlandseditor@aol.com

Publisher/Editor - Kim Lewicki
Copy Editor/Proofreader - Tom Merchant
Advertising - Carol Werner
Production - Darlene Melcher

All Rights Reserved. No articles, photos, illustrations, advertisements or design elements may be used without permission from the publisher.
Printed by the Asheville Citizen-Times, Asheville, N.C.

Highlands' Newspaper PDF

Subscription - \$12/year for Internet Version

Name: _____
Address: _____
Telephone: _____
Email: _____

**Send check and e-mail to: Highlands' Newspaper
P.O. Box 2703, Highlands, N.C. 28741**

... AD HOC continued from page 1

sional matter."

Steve Pierson and his son Eric who are developing Hard Scrabble Ridge on Bowery Road said they have had many dealings with Gantenbein and "he's always made me follow all the regulations," said Steve.

Eric Pierson said he's sat on various boards and worked with various zoning administrators for eight years and Gantenbein is an asset.

"Mr. Gantenbein has the best grasp of the law and works well with people and the community," said Eric.

During the closed session, commissioners discussed Gantenbein's job performance at length and agreed that the ad hoc committee set up to field particulars of the Old Edwards Inn project, worked well at the Dec. 10 zoning board meeting and will continue.

"We hope this ad hoc committee will eliminate any suspicion people may have concerning the Gantenbein-Williams relationship," said Mayor Buck Trott. "Even though there is no evidence of misconduct it's important that the public understand our zoning laws are being enforced in an evenhanded way."

The ad hoc committee is made up of Richard Betz, deputy zoning administrator and commissioners Hank Ross and Dennis DeWolf. The mayor said the ad hoc committee will exist until the OEI project is finished. "After that there will be no need for it," he said.

Commissioners said there has been much speculation about a pos-

sible conflict of interest on the part of Zoning Administrator Larry Gantenbein, and Mr. A. L. Williams, who is developing a significant commercial project in Highlands.

Although the board felt that a previous financial arrangement between Gantenbein's son and a company owned by Williams for a business outside of town did not constitute a legal conflict of interest, it nevertheless had the appearance of impropriety.

"The board is aware that the position of zoning administrator is an extremely sensitive one, and it is important that the public perceive that our zoning laws are being enforced evenhandedly," wrote commissioners in a press release. "We feel that Mr. Gantenbein's offer to recuse himself from all OEI matters resolves the matter of any possible conflict of interest. The board also recognizes that all of Mr. Williams's projects have been and will continue to be reviewed by the appearance commission, planning board and the zoning board at public meetings."

Commissioners said they are confident the boards are functioning properly, and said Gantenbein is a competent and hard-working employee who will continue to enforce the zoning ordinance, in letter and in spirit, fairly and impartially.

Last week Gantenbein informed commissioners that his son had secured financing for his new business through other means and was no longer using an A.L. Williams financing firm.

... FLU continued from page 1

to determine how much product to produce.

"This year exceeded their projections," said Ring.

Because of the severe shortage only patients considered "high risk" will be given the remaining vaccinations - mostly those over 65 or under six, those with heart or lung disease, diabetes, HIV or those who are immunosuppressed.

So far this season, influenza A/Fujian/411/2002-like viruses are predominating the United States. Officials say each year, the flu strain changes but still the vaccinations should provide some protection. What medical officials do know is that the national flu activity hasn't

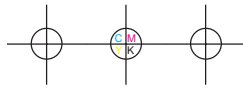
peaked and neither the duration of the flu season or the eventual magnitude is known.

As of Tuesday, Dec. 16, in Western North Carolina seven health departments have no vaccine, two had less than 100 doses and 3 had more than 100 doses.

Every year the deaths of about 1,000 people in North Carolina are due to flu-related diseases like pneumonia, about six of those are children.

What to do?

"Stay away from crowds," said Dr. Rebecca Brooks with Cashiers Medical Center. "That's a hard thing to do this time of year, but it's the best way to stay well."



• Letters to the Editor •

Angels are sometimes hard to see

Dear Editor,

It was really a pleasant surprise reading your article in the Dec. 12 issue on the Calloway family and finding out how they are getting along off the mountain. Maybe it's the time of year or maybe it's the family's departure from our community that motivated me to write.

If you have ever met Bitsy Calloway, the word "angel" is a reality - clear to see before you. Having played softball for some 20 years with Donnie Calloway and spending various other times with him, that I need not go into, the word "angel" doesn't come to mind as quickly as it does with his wife.

But reading your article and thinking of Donnie and the clan, I had to tell my self that "Yes, God does sometimes require us to look deeper to see that there are angels everywhere among us." And Donnie, bless his heart, truly walks in angels' footsteps.

David Parrish
Highlands

Community comes together for showhouse

Dear Editor,

This year's Highlands Historical Society Christmas Show House was a grand success. The setting was the resplendent Elliott House on Satulah Mountain complete with snow and stunning mountain views. The Society offers our sincere appreciation to Sabrina and Bill Hawkins for their generosity in offering their beautiful estate for our annual Christmas event. Many, many thanks also to our hard working Board. And we offer our gratitude to the following:

Wilson Gas Service for their last minute successful effort in igniting the gas logs in the house; Lamar Nix, Highland's Town Engineer, for arranging to plow and chat the road leading to the Elliott House; Selwyn Chalker and Bonnie Bryson for the use of the Recreation Center as our shuttle station and ticket sales.

These volunteers served in the following capacities and some more than once: Docents: Melinda Wilson, Mary Ann Cresswell, Elaine Whitehurst, Mary Berry, and Ann Turner. Several of our Board members also served. Ticket Sales: Sarah Sloan, Sue Potts, Ann Turner, Gladys McDowell, Isa Chambers and Geri Crowe. Shuttle Drivers: Dave Jellison, Wayne Crowe, and four of our Board members. Lew Batson organized our shuttle service and drove as well.

Our decorators this year put together a spectacularly beautiful Christmas setting and we are truly grateful for all of their hard work and creative talents. They are: Laurel Garden Club, Mountain Garden Club, Bette Davis Mitchell at the Antique Gallery, Tom Chambers and Co. and the Chambers Agency, Linda Hedden and Betty Zachary, Mary Berry and Sue Potts. Hanover House Antiques & Gifts, Cosper Flowers, Best of the Bunch Florist, Dutchman's Design, and The Little Flower Shop/Crystal and Bark.

Thanks too, to Highlands' Newspaper, Laurel Magazine and WHLC.

It was a very beautiful event and we are truly grateful to all of the above whose hard work made it so successful. And to all of you out there who missed it please make every effort to make it next year. I guarantee that you will not regret it.

Luther S. Turner, Jr., President
Highlands Historical Society

Is Old Edwards Inn still historic?

Dear Editor,

The Old Edwards Inn is on the Historic Registry. Has the present renovation been done in a manner to protect this designation? All that appears to be

▪ See LETTERS page 7

We welcome letters from our readers. All letters are subject to editing. We reserve the right to reject letters. Anonymous letters will not be accepted. Letters bearing identification and phone numbers can arrive by post or email. Published letters do not necessarily represent opinions of Highlands' Newspaper. Letter deadline: Monday prior to publication.



Dec. 15-24 40% OFF Select Merchandise

Dec. 26-Jan. 3 50% OFF Select Merchandise

Watch for the reopening of the Highland Hiker at 601 E. Main St. in early 2004. Our Cashiers store at the Crossroads will be open 6 days a week throughout the winter.

All Sales Final
No Returns ~ Refunds ~ Exchanges
Gift wrap and shipping not available for this sale

Booster Club buys warm-ups



Photo by Jim Lewicki

This year's Highlands School Booster Club has been hard at work boosting morale, insuring there are snacks, food and drinks at every home game and buying items for Highlands School teams and the band department. Recently, the Varsity Cheerleaders were presented with new warm-up suits - a cost of \$500. The Band Dept. also got \$500 for new instruments and \$1,000 for a better sound system in the gym. Booster Club board members are: President, Allan Dearth, VP Monica Crook, Secretary Mary Dotson, and Treasurer Barbie Aspinwall. Other members are Claire Knapp, Sherry Gibson, Rick Rawlins, Marti Dearth and Peggy Warren. The Booster Club raises money through the selling of banners displayed in the gym and through concession sales at home games.






WILD THYME GOURMET

OPEN
 Christmas Eve
 for lunch, only and
 New Year's Eve & Day for
 lunch and dinner.
 Now taking reservations.

490 Carolina Way ~ 526-4035

Home of the famous "Dusty Dogs"



DUSTY'S RHODES SUPERETTE
 "Celebrating 52 years in Highlands"
 Taking orders for Holiday Turkeys and Hams. Plan more holiday fun by using our ready-to bake pies, cookies, breads & hors d'oeuvres

"We cut the BEST steaks in town!"

493 Dillard Rd.
 526-2762

Highlands Outdoor Tool

Sales & Service in:
Chain saws & Trimmers



(828) 526-4925

2330 Cashiers Road
 Highlands, NC 28741



Remember **Best of the Bunch** for ALL your holiday gift giving needs. Floral arrangements, plants, custom designed gift and gourmet baskets. Let us help you decorate for the holidays with fresh flowers, plants and greenery.

Monday-Friday
 9:30 to 5

Saturday
 10 to 2



Best of the Bunch

641 N. 4th Street Highlands, NC 28741
 (828) 526-0490




Highlands' Newspaper

Got E-mail?

This holiday season give the gift of a **Highlands' Newspaper PDF Internet subscription.** \$12 per year. Weekly PDF version of paper posted at www.highlandsnewspaper.com each Friday.

• **Life Under Construction** •

Renovate Your Mind!

Dr. Maryellen Lipinski



Renovate: to repair and put into good condition.

Well, the New Year is almost upon us, so let's just spend a minute on what we can control going into 2004. Yep, it's your mind we are going to talk about. Get clear. Your mind, not mine.

Is your mind a dangerous neighborhood where you don't want to go alone? Well, is it?

Yikes. That sounds a bit scary. But really, stop and think about it. The only thing we can control in this entire universe is our mind. What we think. I learned something very valuable from psychoanalyst, Dr. Albert Ellis, when I was working on my doctorate in psychology. What we think leads to how we feel, which leads to our actions.

A simple concept, to be sure, but about as easy as getting the top off of a pill container that has a safety seal on it when your hands are slippery. Having said that, the concept is easy to remember but it is hard to put into practice.

Sometimes we give away our power and our mind control when we mistakenly assume that others can control how we think. Too often we tend to accept the words we hear from others as truth. Does this sound familiar? YOU make

me feel so bad, mad, glad or sad. Accept your responsibility for your life. Don't give your power to construct the life you want to others.

I can only remind you that other people, places and things do not control you in any way unless you let them. Situations happen and we control how we react to them.

More important to note is that our attitude can make way for progress in constructing the life we want or in destructing that life. Being open and positive helps us expand our minds and be more creative in our lives and thought processes. It also helps us to explore the creative part of our lives and gives us more confidence to take risks.

Watch out for COPL! COPL stands for trying to Control Other People's Lives. Just work on your own. You'll get a lot further ahead and save lots of time and energy.

"Your circumstances don't make you, they reveal you!"

- Charles Swindoll

Have you picked up your copy of **Life Under Construction**? It's a great gift or even better way to start the New Year. Stop by Chapter 2 in Cashiers or Cyrano's Bookshop in Highlands or email melspeaks@aol.com. Dr. Maryellen Lipinski is a psychologist by profession and an international professional speaker by design. Currently, she coaches individuals to obtain their goals in life and works as a Realtor at Village Realty of Sapphire Valley. www.ilovemountainrealestate.com. Her first book, *Random Thoughts and Mine Always Are. Conscious Detours to Creative Power* will make you laugh, cry, and think! www.maryellenlipinski.com

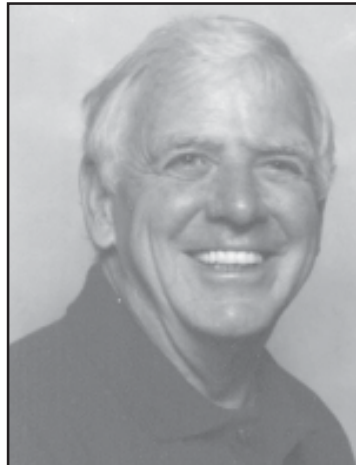
• **Ask Fred** •

Is there really a Santa?

Dear Fred:

I am liddle and my mommy said I could rite you a question. Josh and Buster (*names are changed to protect the guilty*) are in my class and they told me there is no Santa Claus. I think they are rite cause I saw him once at school when he wasn't dressed up and I think he might be a fake Santa. Is there really a Santa? I am not allowed to beet them up cause I am a girl.

Tish



Fred Wooldridge

Dear Tish:

Way back when I was liddle, maybe 150 years ago, I was told by a kid named Ed Crawley that there was no Santa Claus. I am still very mad at him. Finally I got up enough nerve to ask my Mom and here is what she said.

"If you don't believe in Santa, then he will be very sad. He will still bring you toys because he will always love you but he will do it with a sad face and a pouty lip. So you think about that and make your own decision. Do you want Santa to be sad or happy?" Turns out she was a very wise Mom because I still believe in Santa, even today.

Just because someone tells you their beliefs, doesn't necessary mean it's true. People used to believe the world was flat, but that does not make it so. In fact, if you didn't think it was flat, you were considered some kind of nut case. Today, if you think the world is flat, you are some kind of nut case.

Just because some people don't want to believe in Santa doesn't mean he doesn't exist. He is more than just a big jolly fat man who brings you toys on Christmas. Santa is about unconditional love and giving. He is unselfish as he doesn't expect anything in return for all his

work. Just believe in him and love him, nothing more.

There are people in the world that think there isn't a God. Well, guess what, Tish? There is a God and just because some people think there isn't, doesn't make it so.

If you are a Christian child then you know that on Christmas we celebrate the birth of Jesus Christ. Santa and Jesus have one very big thing in common. They both give of themselves unconditionally. All they ever ask for is love and belief in return. As your parents probably already taught you, Jesus gave of himself, and his life, so we can live forever. Saint Nick, as he is sometimes called, gives us gifts at Christmas to remind us of Christ's gift to mankind. As long as there is unconditional love and giving there will always be a Santa Claus. So the choice is yours, Tish. Do you want to believe in Santa or do you want to be like Josh and Buster? I think you are going to be like me and believe in Santa your whole life.

And Mom is right to tell you not to 'beet' up those non believers.

Instead, get an attitude, thrust your arm straight out and tell them to "talk to the hand."

Want to have some fun this winter? Our very own Contributor/Columnist Fred Wooldridge is ready to answer your questions about Highlands with tongue in cheek. The sky's the limit. All published questions are anonymous and, of course, don't expect a straight answer. E-mail us at askfredanything@aol.com. Put "Dear Fred" in memo line. We reserve the

Bought too much to carry home?
 Stork's **Wrap, Pack & Ship**
 Authorized
UPS & FEDEX Shipping Outlet
 Hwy. 107, 1/4 mi. North of the Crossroads in Cashiers
 10 a.m.-5 p.m., M-F, 10 a.m.-2 p.m., Sat
743-3222

• **Beauty Salons – for hair, skin & nails** •

A uniquely intimate salon & day spa
Creative Concepts & Body Works
 Hair • Facials • Manicures
 Pedicures • Tanning
 Waxing • Massages
 • Makeup •
 Laurel Street Highlands, NC
828-526-3939
 Sharon Taylor N.C. Lic.#1429

Images Unlimited
"Give the Gift of Touch"
 Hair ■ Nails ■ Jurlique Facials ■ Bronzing
 Waxing ■ Reflexology ■ Full Body Wraps
 Massage Therapy ■ Gifts
 Services provided by NC Licensed Massage & Bodywork Therapist
 Spring Street Highlands, NC
Salon 526-9477 Spa 526-8832

Christmas Day buffet at the inn

The third annual Christmas Day Buffet benefiting Habitat for Humanity is at the Main Street Inn. Seating begins at noon. Dinner buffet includes, baked ham, roasted turkey, sweet and mashed potatoes, dressing, assorted vegetables, desserts, ice or hot tea or coffee. Wine available by the glass or bottle. The cost is \$24.95 per person. MasterCard, Visa or American Express accepted. Call 526-2590 for reservations. Seating is limited.

Do You Like to *SPEED*?



High Speed Internet Service

As low as **\$29.95** per month

Now available in certain areas

526-5675



Highlands' Newspaper

Advertise your business each week in a "fresh package" to 5,000 potential buyers who don't have to buy the paper to see your ad. Call 526-0782

CASHIERS MORTGAGE SERVICES INC.

40 years combined banking & mortgage experience

• Cashiers Mortgage specializes in the second home market of mortgages up to \$4 million.



• Up to 100% financing
 • Land & Construction loans
 • Purchase & Refinancing loans
 • 24-48 hour underwriting approval, most cases
 • Superior personal service
 • Competitive pricing

Serving Highlands and Cashiers 743-0075
cashiersmortgage@aol.com

Joe and Vickie Pearson will work hard for you 24-7

Located on N.C. 107 in Cashiers opposite Zoller Hardware

• **Armchair Traveler** •

December in St. Petersburg, Russia

with Phyllis Picklesimer

It took an inordinate leap of faith for a self-proclaimed seeker of warmth and sunshine to consider transporting to St. Petersburg, Russia for an early December visit.

Burdened with a heavier than usual suitcase containing boots, gloves, long underwear, and hypodermic needles in case of a trip to a Russian hospital, I was jetted by Finnair along with 23 other travel agents, wives, husbands, mothers, and friends over eight time zones to discover the essence of St Petersburg-Petrograd-Leningrad-again St. Petersburg.

Founded by Peter the Great in 1703 on the marshy ground along the Neva River, the city has had a short, but turbulent history. Twice the capitol of Russia, today it has a population of about six million and is the second largest city.

Sometimes referred to as the "Venice of the North," St. Petersburg is built on 44 islands with more than 50 canals, as well as the Neva River and its tributaries wending through its heart. The waterways are traversed by numerous charming bridges. In winter, the Neva River is choked with ice – not the smooth sheets of a skating rink, but jagged sheets of broken ice, thrusting upward from the pressure of its mass.

St Petersburg was built on a grand scale with wide, straight boulevards so conducive to royal pageantry. There is an Italianate air to the city with its plastered, painted facades of azure, terracotta, yellow, turquoise, ochre, and cream, overlaid with restrained Baroque plaster friezes and bas-reliefs. Columns, pilasters, gilded capitals and domes are stirred into the architectural soup of this enchanting city. Its parks and tree-lined streets produce a desire to return to wander when the dimness of winter has been shaken off and its many lilacs are in bloom to perfume the air.

Not so cold as some cities at its

latitude, St. Petersburg's climate is somewhat tempered by its nearness to the sea. More than the cold, most vexing for the winter traveler is the limited amount of daylight. At 9:30 a.m., there is still the dark of night, which eventually dissolves into a dull grayness until twilight begins, quickly followed by night, at approximately 3 p.m.

Sy Petersburg is not a city of the sun, having only about 60 days of sunshine a year. In the summer, there are the "White Nights," starting toward the end of May and lasting to the middle of July, when it never really becomes dark.

During the peak time following the summer solstice, the White Nights Festival is held with rock concerts, ballets, and a frenzy of all-night celebrations with much "wodka" and champagne tasting.

No visitor to St. Petersburg could call their trip complete without touring the Hermitage, one of the world's greatest museums. The scope and scale of the Hermitage is overwhelming. Begun by Peter, but mostly the creation of Catherine the Great, the Winter Palace and other museum buildings contain 333 exhibition rooms. It has been calculated that to only glance at its 2.8 million exhibits would require a transit of 13 miles and nine years.

Catherine the Great was an avid collector with a discerning eye, and she was determined to have the finest art collection in Europe. Sparing no expense, and with excellent advisors, she purchased some of the most famous collections of all time.

Not only famous for the number of its exhibits, the Hermitage contains some of the most famous art works in the world. Here are represented almost all of the world's greatest craftsmen and many major works from the beginnings of history. There is Scythian goldwork, the Italian

• See TRAVELER page 7

... TRAVELER continued from page 6

Renaissance and DaVinci's Madonna and Child, the Dutch and Flemish masters, including Rembrandt's Portrait of an Old Man in Red; the French Impressionists--Van Gogh, Monet--all intermingled with sculpture, jewels, furniture, porcelain, bibelots, and other ransom of the ages. All of the glory of its treasures are displayed against and around the breathtaking rooms of the palace itself.

St Isaac's Cathedral is another splendid example of the embellishing of St Petersburg by the Tsars. The cathedral, as seen today, is the fourth St. Isaac's built on the site. Completed in 1858, it is a massive edifice of classic Corinthian design covering 2.5 acres. Topped by its golden dome, which required 220 pounds of gold for gilding, it is an impressive sight even in the gray of a December St. Petersburg day.

Upon entering, the first impression is of its vastness. With a length of 366 feet, a width of 320 feet, and a height of 333 feet, it is hard not to be awed by its monumental interior. Closer inspection reveals the splendor and opulence of its decorations. Everywhere there are paintings, icons, mosaics, bronzes, gilded statues, ormolu, and 14 types of marble ornamenting all surfaces.

The High Altar with its 10 pillars of glowing green Malachite, off-set with two pillars of deep

blue lazurite, are set against a rich, white marble facing and three levels of life-size mosaic icons the the saints, prophets, and St. Isaac. The High Altar must surely be one of the most beautiful in the world.

Capitalism has come to St. Petersburg as evidenced by the many young men selling souvenirs at the tourist sites.

The fall of Communism has also produced joint ventures between the Russian government and foreign investors. Two hotels visited by our group had been remodeled with these funds.

One, the Nevskiy Palace, was a five-star hotel by any standards. One of the complaints about modern Russia, that it has not fully grasped the concept of service, was certainly not evident in its fresh-faced, very professional staff.

I didn't wear my boots or long underwear, and thankfully didn't need the hypodermic needles, but my brief stay in St. Petersburg whetted my appetite to return to walk along the canals and under the linden trees.

While there, I heard stories of the breakdown in Russian families, of grandparents abandoned and bewildered by all that has happened in their lifetimes. I was told it will probably take a least a generation for stabilization to occur.

I hope they have the time. St. Petersburg is Cinderella awaiting her Prince Charming. I wish them well.

Phyllis Picklesimer and her husband Fred are summer residents of Highlands. She is associated with Starr Travel in Greensboro, North Carolina and leads groups to many far-flung areas of the world several times a year. Fred's family has lived in the Highlands area since 1853. Once a month she writes a travel column for Highlands' Newspaper.

... LETTERS continued from page 3

left of the original Inn is the brick and stone façade and the semblance of the original. The interior looks to be gutted to the studs and bare stone fireplaces.

What has happened to the charming architectural detail, stair railing, newel posts, stained glass windows, mantels, wood beading, wood floors as well as the wrought iron detail etc? What has happened to this Highlands landmark's sense of

place?

Did the zoning board and appearance commission discuss historic significance and protection of this status with the present owner? Where was/is the same tenacity and sagacity that was shown by the town when the also historic Episcopal Church (Incarnation) was planning the expansion of their sanctuary?

**Karen Hawk
Highlands**

*Thanks to all our customers for a wonderful year.
We wish you a Merry Christmas & Happy New Year
- Michael & Courtney*

M.C. NAILS
Complete Professional Nail Care
For Ladies & Gentlemen
(828) 743-3893
Monday-Friday 9 a.m. to 7 p.m.
Saturday - 9 a.m. to 5 p.m.
Sunday - Closed
Appointments
& Walk-ins Welcome

In Cashiers next to Subway



"Merry Christmas & Happy New Year" -



**From the friendly
folks at
Mountain Fresh
Fine Foods
Main Street
526-2357**

"Remember us for all your holiday cooking & baking needs."

In Historic Helen's Barn
3 generations of Fine Italian Cooks

The Gaslight Café

**Dinner Mon.-Sat. 5:30-until
OPEN
Christmas Eve, New Year's Eve
& New Year's Day.
Holiday Festivities Planned**

Call 526-4188 for reservations

Hand-cut Steaks - Chicken - Seafood - Italian Specialties - Wine List



The LOG CABIN

**WINTER HOURS: Wed.-Sun, 5:30 - until...
Closed Dec. 22-25
Open New Year's Eve & Day - Reservations appreciated
(828) 526-3380**

Directly behind Hampton Inn off Hwy 106

**Hand-Cut Steaks - Fresh
Seafood - Wild Game
Specials - Pasta - Chicken**



FIRESIDE DINING
"As Seen in Southern Living Magazine"



Vacation Rentals in Cashiers, Lake Glenville & Sapphire Valley all near the Highlands area.
Choose from more than 50 private homes for a stay that's almost as comfortable as your own home.
828-743-9234

Call Mary Korotva at 877-747-9234
www.cashiersresortrentals.com

Cashiers Resort Rentals



RE/MAX Experience

"Above the crowd" service!

Highlands At Falls on Main (Above the Bird Barn) (828) 526-1764 TF: 866-863-2578	Cashiers At the Crossroads (Beside Brookings) (828) 743-2905 TF: 866-397-2544
---	--

When you buy or sell a home through any of our agents, a donation is made to the Children's Miracle Network



Mtn. Fitness
TOTAL BODY FITNESS CENTER
526-9083



"We've Got A New Attitude!"

Alaina Rastelli
 ISSA Certified
 10-years experience

- New Ownership
- New Lower Rates
- Only Fitness Center & Gym of its Kind in Town.
- Gift Certificates available for: memberships, personal training and massages.

Come Check Us Out! First Visit Free.

460 Carolina Way (formerly Elite Fitness) • 526-9083

• **Healthy Living** •

Have a healthy, beat-the-fat season

You can enjoy the holidays (and all those treat) with out packing

on the pounds
 The holidays are a double whammy: Not only is there an abundance of treats, but seasonal stress (family dramas, extended travel, and endless social obligations) can make even the most disciplined dieter overeat.

Here's the proof: At a traditional holiday dinner, the average American consumes more than 4,500 calories and 229 grams of fat, according to the Calorie Control Council.

Fortunately, your waistline needn't suffer!! These four scenarios from a family dinner to a cocktail party are typically rife with calorie and fat traps, so here's a strategy for each to prevent an all-out pig-out. Whew!

The event: Family get-together
The eating trigger: STRESS!!

Hosting relatives or visiting family can be fun and rewarding, but it also puts huge demands on your time. Add the possibility of familial tension and your nerves can fray. "Stress increases levels of the hormone cortisol, which is linked to cravings for carbohydrates and fats," says Pamela M. Peeke, M.D., author of *Fight Fat After 40* (Viking,2001).

In ancient times these foods would fuel the fight-or-flight response, but these days you're not fighting off invaders or running from tigers. Instead, you're sitting next to your too-talkative aunt, and all you want to do is eat.

Beat the binge

Practice stress resilience. If your sister-in-law always seems to push your buttons, give yourself a

five-minute time-out, excuse yourself and give yourself five minutes of fresh air on the front



Alaina Rastelli
Mountain Fitness

porch. Or strike up a silly conversation with your three-year-old nephew. Also, maintain your normal exercise routine throughout the season. Daily activity is an excellent stress reliever. Avoid sweets and limit your intake of refined carbohydrates -- both can boost cravings by

causing erratic blood sugar levels.

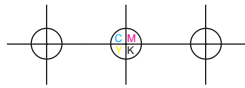
The event: Cocktail Party
The eating trigger: Alcohol

Toss down a few cocktails and your willpower suddenly flies out the window. "Worse, alcohol tends to redirect fat deposition to the abdominal area, so whatever calories you're eating could go straight to your tummy," says Dr. Peeke, M.D.

Even if you're not drinking, just being surrounded by tables of tempting treats raises the risk of uncontrolled grazing. If the cocktail party is with the office, chatting up with bigwigs can make you a little nervous, too, and you may find yourself constantly reaching for something to eat or drink to keep your hands occupied.

Beat the binge

Make sure you have a well-balanced snack (protein plus carbohydrate) before you leave for this event. An energy bar with at least 15 grams of protein and no more than 20 grams of carbs will settle a rumbling stomach and provide you with anti-craving insurance. Or if you prefer, have half of a turkey sandwich on whole grain bread. If you're going to drink, have a glass of wine (70 calories for white, 74 for red) or a spritzer.



• Movie Pix •

Video Guy Presents:
The 1960 comedy,

Little Shop of Horrors

Written by Charles Griffith, directed by Roger Corman, starring Jonathan Haze, Jackie Joseph, Dick Miller and Jack Nicholson.

Strange things are growing at Mushnick's skid row florist shop, where Seymour (Jonathan Haze, as bumbling assistant) practices his hobby of cultivating unusual plants. This is a fun, silly, spin on some of the classic (and often dreadful) horror films of the 50s and 60s, based (I believe) on a story line from a short segment of the Outer Limits SCI fi-horror television show.

The story line: Business is wilting at Mushnick's, but starts to grow when Seymour shows off his new and unusual plant specimen. It does draw a crowd of customers and on lookers, which is good. It also acquires a taste for human flesh, which is kind of bad for those that ultimately get turned into plant food, but good (for a while) for Seymour, his new girlfriend (Jackie Joseph), his boss, and fans of really silly, tongue-in-cheek comic horror films. Policeman Joe Fink (Wally Campo) does a Dragnet style voice over as he describes the investigation of this botanical crime spree.

Do not look for high art and drama here, it's not that kind of a film. Do not look for great acting – it's not that kind of film, either. Do look for references to many real



Stuart Armor

horror films of the same time, and for some early appearances for some actors who went on to have roles that did not involve paper mache plants, including Jack Nicholson's first film appearance.

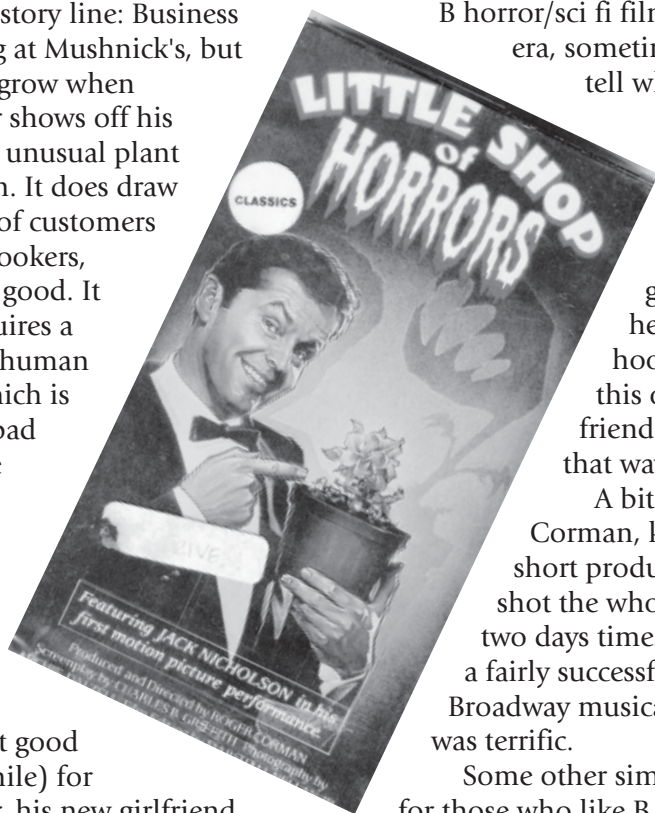
I happen to be a big fan of the B horror/sci fi films of that era, sometimes hard to

tell which ones were supposed to be funny, but no guessing here. It's a hoot, watch this one with friends, it's better that way.

A bit of trivia, Corman, known for short production times, shot the whole film in two days time. It inspired a fairly successful Off Broadway musical, which was terrific.

Some other similar films for those who like B films are Attack of the 50 foot Woman, Incredibly Shrinking Man, Wasp Woman, Creature from the Black Lagoon, The Ritz Brothers Gorilla, and Plan 9 from Outer Space. Other dark horror spoofs are Vampires Kiss, Serial Mom, Eating Raul, and Delectation.

These and about 5,000 other titles are available at Movie Stop Video, stop on by and give us a look



From left, Alana Wilson, Caitlin Rawlins and Kayla McCall. The backdrop is one of Caitlin Rawlins' artistic creations.

HS volleyball players selected for Smoky Mountain Conference honors

The Smoky Mountain Conference selected Highland's seniors Caitlin Rawlins and Alana Wilson as All-Conference players for the 2003 volleyball season. Kayla McCall, a junior at Highlands School, received Honorable Mention.

Caitlin was also voted the Smoky Mountain Conference Volleyball Player of the Year for the 2003 season. Caitlin led the Highlands team in kills, blocks, digs, and service aces on the road to the regular season and conference tournament championships.

In the last three matches, Caitlin averaged 28 kills and 19 digs per match. "All three of these players have lettered three years for the Highlands varsity, and played a major role in the successful season our team had this year," said Coach

Rick Rawlins. "While these players were outstanding, the other members of the varsity all made significant contributions to the team's success."

Senior Margie Potts lead the team in assists, and seniors Rosalyn Ashburn and Jessica Potts helped lead the team with inspired defensive play.

Angela Aspinwall and Janice Talley could always be counted on for great hustle and great serving at crucial times during a match, and Iyali Ruiz and Anna Claire Sims always did a great job of filling in at various positions as needed.

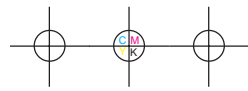
"The success of our team this year can be attributed to our finally coming together as a team in the last half of the season," said Rawlins.

Rotary spreads holiday cheer



Rotary president Thomas Craig and past president Robert E. Smith deliver about 70 presents to the Highlands Emergency Council as part of its annual Christmas giving effort.





– Christmas Memories –

Gifts remembered can't be bought, made or exchanged

By Pam Wexler Smith
Contributor

When I picked up the phone and heard a crackling sound on the other end, I knew that it was my daughter calling me from somewhere on top of the mountain. "Mo—m..." then the phone went dead. The connection was gone. I hung up and waited for her to try again. This time her voice was clear, "Mom, we've got water!"

It is 12 days before Christmas and my youngest child, Elizabeth, is not hiking the Appalachian Trail or camping Patagonia-style. Neither is she coming home for Christmas.

My daughter is a Peace Corps volunteer in a rural community in the mountains of the Dominican Republic. For two years, she has lived with black, Spanish-speaking villagers who are impoverished and illiterate. They suffer from the instability of the economy and circumstances they cannot control but they would give you their last bowl of rice.

The only American woman, she has learned to adapt to loneliness, filth and frequent sightings of cat-sized rats and tarantulas.

A champion of women's causes, her greatest obstacle and personal grievance was the machismo culture that assigned men unlimited privilege and women, all of the work.

That was her overwhelming problem, until she was assigned the task of water project coordinator, a mission that seemed at the time, impossible. Her inherent abilities are clearly feminine.

A proclivity for children, animals and nature, well-devel-

oped language fluency and teaching skills, she was a shoe-in for any position that did not require math, precision or technical talent. But the Peace Corps is like the military. You go where they need you.

For generations the primary



Elizabeth Wexler, "at home" in the Dominican Republic, helped bring the gift of running water to her village as part of her two-year Peace Corps project.

source of water has been the river. Its cool, clear current deceives the naked eye, for it teems with parasites and bacteria. The children's bellies swell and infants die of intractable diarrhea but the people attribute cause to "Si Dios quiere," the will of God.

The Herculean task of designing and building a gravity-flow water system from the spring source on top of the mountain, had been plagued by setbacks.

A poser-engineer with a how-to handbook and a reluctant work brigade of Dominican men who had very little understanding of the concept of gravity, made home sound better than it was.

The financing of this project was delayed due to the terrorist attack of 9/11, so our church graciously provided the funds to get started. After a few weeks of machete clear-cutting in near one hundred degree temperatures, through swaths of banana trees

PVC pipe was fitted and buried, the end piece attached to a faucet in front of the first house in the village.

A crowd gathered. With curious expectation, they waited for the sideshow to begin. A non-ceremonious signal was given. A handle was turned. Then, a volcanic spurt of pure, clean water spewed from the pipe. The onlookers were momentarily stunned by what appeared to be a supernatural event.

Within minutes the scene turned into a wild, water park celebration. They filled pots and metal cups. Some took a sip and then poured it over their heads. Then, like a cafeteria food fight, someone splashed someone else and the whole scene erupted into an explosion of water and laughter.

Grandpas chased grandchildren, drenching them in delight. Women chattered, "The water came to us!" The work brigade basked in

and dense vegetation, the work force lost heart and retreated to the shade. After all, their ancestors drank from the river. They had never experienced the convenience or health benefits of pure, running water, so why expend the effort?

Now my daughter's role was expanded to savvy negotiator, motivational speaker and cheerleader. Her new obstacle was discouragement.

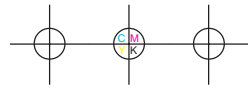
After many labor intensive months, clearing and digging a two foot trench down a vertical mountain, they had to suspend a bridge-like apparatus to cross an impassable incline. Finally, the

their glory, the heroes of the village. My daughter thanked God for his goodness and help in making this effort become a reality. She told me that this was the happiest day in two years. She may someday recall it as one of the most memorable times in her life.

I will miss her this Christmas. I sent her presents weeks ago: a new outfit, peanut butter, M&Ms and bottles of things that smell good.

But the gift that cannot be purchased or made with hands is one that cannot be exchanged or forgotten. She received that gift 12 days before Christmas....the gift of giving.

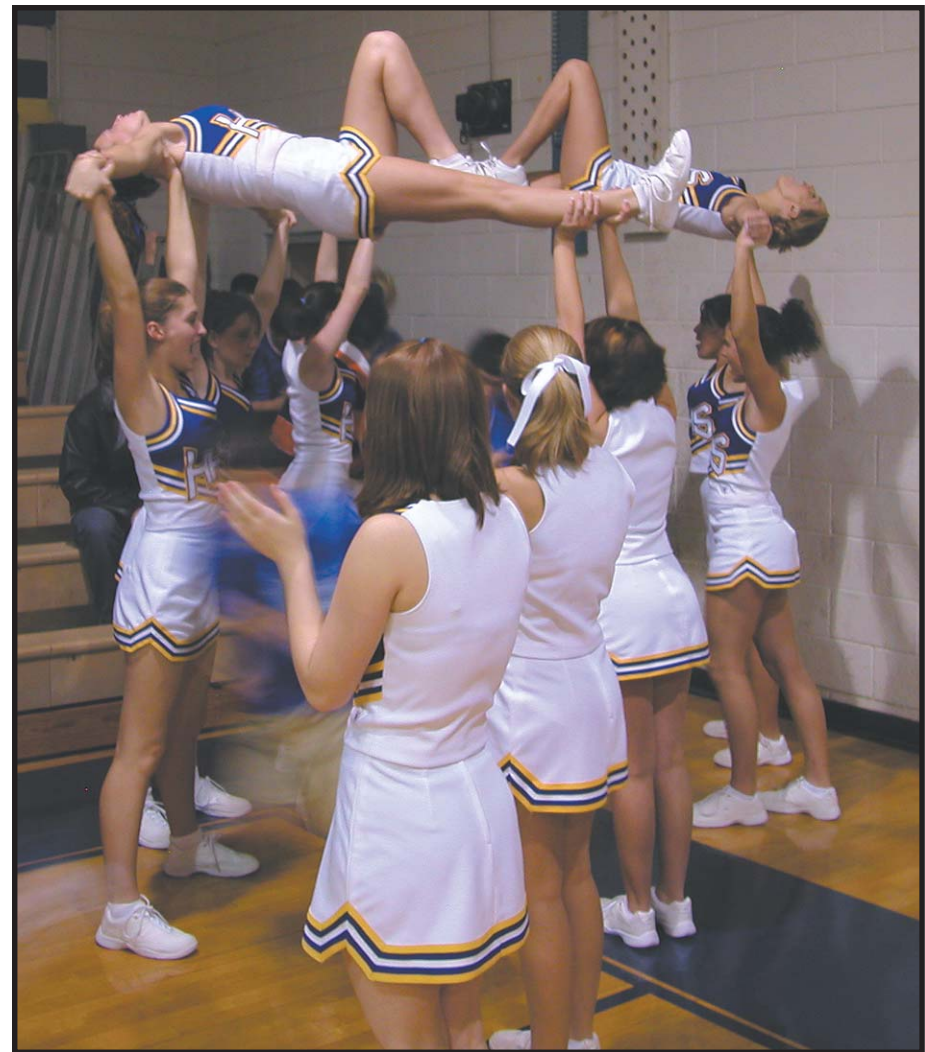




Highlands School Junior Varsity & Varsity Cheerleaders



Junior Varsity Cheerleaders – In front: Haley Chalker, and Savannah Clark. Back from left: Jenna Shearon, Sally Wheeler and Sarah Mosely



At the start of each varsity boys game, the varsity cheerleaders make a tunnel through which the players enter the court.

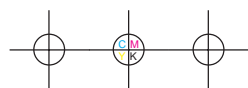


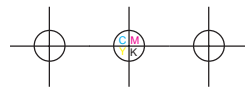
Highlands Varsity Cheerleaders are front from left: Miranda Dotson, Stephanie Pentz and Catlin Huitt. From left middle: Rachel Lewicki, Kelly Baer, Alana Wilson, McKenzie Thompson, April Hicks, Kelsey Schmitt. From left back: Megan Lewicki, Brittany Shook and Sarah Brooks.

Photos by Jim Lewicki

January B-Ball Games

Jan. 2	Rosman	HOME
Jan. 3	Walhalla	HOME
Jan. 6	Swain Cty	Bryson City
Jan. 9	Hiwassee D	HOME
Jan. 10	Tam-Salem	Salem
Jan. 13	Blue Ridge	Cashiers
Jan. 16	Rabun Cty	Tiger, Ga.
Jan. 20	Nantahala	Nantahala
Jan. 23	Cherokee	HOME
Jan. 26	Robbinsville	HOME
Jan. 29	Hender'ville	Hender'ville
Jan. 30	Rosman	Rosman





• Book Review with Katie Brugger •

"The Soul of Capitalism: Opening Paths to a Moral Economy," by William Greider

This book is a call for a radical change in the way capitalism functions. Greider's thesis is that capitalism has conquered one of humankind's long-standing problems: scarcity.

The genius of capitalism is the constant cycling of profit back into investment and the competitive push for ever-greater efficiency.

These two forces for progress have in a very short period of time brought about widespread freedom from scarcity. We are a culture of overflowing abundance thanks to capitalism. But, Greider asserts, now that we have fulfilled our primal needs we can relax a little on the efficiency front and instead learn to factor in some of the costs that have historically been left out of the production equation, such as pollution cleanup and social disorders caused by low wages and poor benefits.

In business efficiency trumps everything. Social and family values, nature, loyalty, and community have no value to business because they can't be put into dollars and cents terms. How do you measure the value of clean air in a way that can be compared to the cost of cleaning the output of a factory smokestack? How do you measure the benefits, both personal and societal, to allowing workers family leave time to bond into a strong unit and nurture the next generation?

Certainly some if not most of our problems as a society today come from the fact that the family is being torn apart by the demands of modern society. Both parents work in a culture that demands ever-increasing time and attention devoted to work. I saw an ad recently that the best way to keep your kids off of drugs is to eat one meal together as a family everyday — that's how alienated many families are. Americans work 350 hours more a year than the average European — that's almost nine 40-

hour weeks!

Greider quotes the Reverend Emil Brunner "who wrote seventy years ago that the capitalist system, 'Is debased and irresponsible; indeed we may go further and say it is irresponsibility developed into a system'....A generation or so later

Milton Friedman emerged as the leading apostle for the revival of laissez-faire capitalism, and he put a quite different spin on the Reverend Brunner's observation. Irresponsibility, Friedman explained, is what makes capitalism succeed." How often have you heard of a company that extorts tax breaks and

infrastructure investment from a community before building a factory, then in a couple of years abandons the community and its workers to move on to a better deal?

Current accounting practices do not allow a business to take larger societal costs into their operating costs. Instead, the incentive is to do the opposite — to "externalize" costs by avoiding responsibility, e.g. polluting the river downstream or abdicating pension commitments to employees. How do you value in dollars the cost of increased crime and family violence that occurs when workers are laid off? How do you value life, liberty, and happiness? Greider writes "There is no way for bookkeeping to value these intangibles and thus, no way to incorporate them in the factors of production. Everyone knows life is

intrinsically cherished by society and the individual but, when industry makes its cost-benefit estimates, the value of lost life is calculated on the lost output of dead workers plus hospital and funeral bills. That sounds heartless, of course, but how could it be

otherwise?" Capitalism has no soul — it only has a bottom line.

Greider asks, "Might people actually change the nature of American capitalism? This book offers a very hopeful story of the possible, one that tells how our society can alter the operating values of capitalism instead of the other way

around, and thus can establish basic human needs and aspirations as the dominant force in our economic life."

He goes on to say, "The U.S. version of capitalism, we should remember, is substantially different from other, quite successful systems that were developed elsewhere by major rivals such as Germany and Japan. Socialists in western Europe, while they did not succeed in replacing capitalism with state ownership, created a much gentler version than America's. Private enterprises were compelled to accept elaborate social obligations and restraints, while governments enacted broad, universal support systems for families, workers, and society at large."

Laissez-faire capitalists would argue that these socialistic modifications of capitalism make business

less competitive, but the recently released Global Competitiveness Report of the World Economic Forum (WEF) puts the lie to that argument. Finland is the most competitive economy in the world, followed by the US, Sweden, Denmark and Taiwan (report released 10/30/03).

In addition, Greider provides statistics that show that socially responsible investing produces better returns than many other forms of investing. Dow Jones set up a "global sustainability" index that is now outperforming Dow's broader global index by two or three percentage points.

He also gives examples of profitable companies that incorporate family and environmental values into their bottom-line, one being the Herman Miller company that produces the famous Aeron chair. Being responsible does not mean lower profits.

Greider states repeatedly and emphatically that government cannot bring about this change; it must come from the people. He wants this book to be an inspiration but unfortunately he works against himself. Regularly he gives examples of people achieving change or creating new forms of business relationships, and then follows them with the statement that people are powerless. It's a shame because it diminishes the power of his argument.

There are chapters on the different components of capitalism: labor, finance, corporations, consumption, and government.

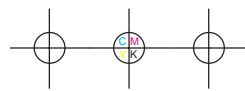
Greider claims that the modern corporate employee is in essence a slave. David Ellerman, a World Bank economist, writes, "The capitalist, like the slave owner, has used a legalized fraud, which pretends the worker is an instrument, to arrive at the position of being the 'owner of both instru-

Europe has enacted 'take back' laws that require a manufacturer to reclaim a product at the end of its life.

"Starting in 2006, the European Union will require European automakers (including the US companies that manufacture there) to take back the cars they made. The EU requirement has prompted design innovation and accelerated the industry's search for sound solutions."

— Paul Hawlsen

The new cars will be designed to be easy to dismantle to reuse and recycle the car's components — no more junkyards!



• Florist Tips •

Poinsettia care

by Nancy Ostema
Cosper's Flowers

With a little year-round care your beautiful poinsettia can bloom again next year.

First of all you must select plants with tightly clustered yellow buds, protect the plant from hot or cold drafts and keep the soil moist but not soggy.

Place it in a room with enough natural light to read a newspaper where ideally the temperature is 70 degrees.

In January, continue to water and fertilize your plant to keep it colorful for several weeks.

About Feb. 15 remove faded and dried parts and add more commercial sterile soil mix.

By the end of May, your plant could be up to three feet high. Cut back all stems and branches to half their length to promote side-branching and re-pot in a larger container. At this point, you can move the plant outside, if no frost is in the forecast. Move it gradually from indirect to direct sunshine.

The first of July, trim your

plant again to promote side-branching. Make sure it has full sun by this time and slightly increase the amount of fertilizer.

Around Sept. 1, the plant should be close to four or five feet tall. Move it indoors to a place with direct light from a window.

The first day of fall, move it to an area where there is total

uninterrupted darkness for 14 hours – a closet or a basement will do just fine. At this point it also needs 10 hours of bright light a day, too.

For best results, the night temperature should be in the low 60s. Continue to water and fertilize. Rotate to give even light to all sides.

A couple of days before Thanksgiving, place the plant in a sunny area with at least six hours of direct light. Reduce the water and fertilizer.

Now, you're ready of Christmas again.

Enjoy!

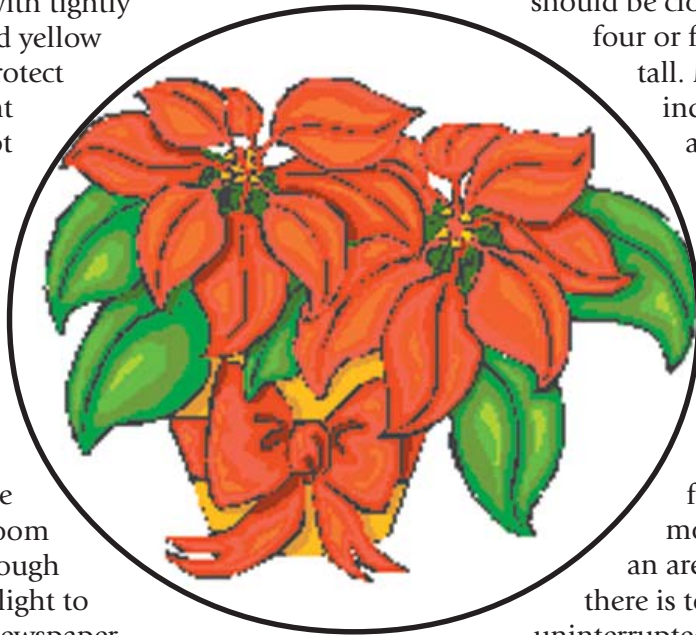


Photo by Helen Moore

Avary Doubleday and Lee Mason Hodges join in during PE at Highlands School.

Back to school for Leadership Highlands

Members of Leadership Highlands' class of 2004 attended Highlands School on Wednesday, Dec. 10. They had an informative and active day, participating in classes and PE lessons. The "Education Day" program was devised by Lee Hodges, Pat Boyd, Mary Heffington and Barbara Lawrence.

The day began with a panel discussion at the Peggy Crosby Center. Panel participants included Kitty Byers, executive director of the Literacy Council; Selwyn Chalker, director of the recreation park; Donnie Edwards representing the Macon County School Board; Brenda Owens, site director of the VIP program and Rick Siegel, director of 'Big Brothers'.

The panel brought many new insights into opportunities for children and youth in the Highlands area, and challenges that face the school community.

Following a walk to school, the

group was given a tour by Dr. Melissa Porter, Vice-Principal of the school. The excellent SAT scores achieved at Highlands School were also discussed. Then it was time for classroom activities. The group participated in the classrooms in different volunteer and observation capacities and also had a school lunch with 6th graders. A special treat for members of Leadership Highlands was a rehearsal performance by the school band, and joining first to fifth graders for a presentation by "Poetry Alive" actors.

The day was rounded off by a delicious snack prepared by Mrs. Tate's Foods 11 class, and a presentation by Patricia Catchings, guidance counselor. The group was also handed out a summary of other educational facilities in the area, prepared by Mary Heffington.

Thanks to the school's hospitality, Leadership Highlands class of 2004 left with a greater understanding of opportunities for personal and community contributions at the school.

Gert McIntosh Pens Devotional

Former Hudson librarian Gert McIntosh has written a collection of more than 100 devotionals entitled "A Heart for Prayer: Encouragement for Your Prayer Life."

Currently living in Douglasville, Ga., Gert has taught the Bible in women's groups and her church for more than 50 years. Her previous book of local history was "Highlands, North Carolina—A Walk into the Past."

"A Heart for Prayer," available at Cyrano's Bookshop, offers biblical insights into the many facets of a Christian's prayer life, from the simple mechanics of prayer to the joy of fellowship with God. Prayers of biblical characters such as David, Hannah, and Jesus are examined; and key principles, addressed: What are the conditions of prayer? How does God answer prayer? Can peace really be found in prayer?

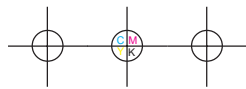
New Year's Eve party at PAC

The Highlands Wine and Cheese Shop is sponsoring a New Year's Eve concert at the Martin Lipscomb Performing Arts Center.

The evening of will include music by Cy Timmons, and national recording artist/pianist Keith Phillips, also of Atlanta and Athens, Ga.

The event will include fine wines and food catered by chef Holly Roberts and champagne and party favors at midnight. Festivities will begin at 8:30 p.m. and continue until 2004!

The all inclusive event is \$95 per person or \$179 for two persons. Please call 526-5210 for more information or to purchase tickets.



Christmas Eve Service
Highlands United Methodist Church



5:30 p.m.
"A Family Oriented Service"
Candlelight and Communion

315 Main Street • 526-3376

Highlands' Newspaper

Got E-mail?
This holiday season give the gift of a Highlands' Newspaper PDF Internet subscription. \$12 per year. Weekly PDF version of paper posted at www.highlandsnewspaper.com each Friday.

Arthur & Katie at Buck's Coffee Cafe



Enjoy the songs and banter of Arthur & Katie every Saturday night 8-11 p.m. at Buck's. Take the chill off with a cup of Jo, satisfy your sweet tooth with a cookie, tart, or piece of cake. Enjoy a glass of red or white wine while you listen to live music all winter long at Buck's Coffee Cafe on Main St.

... BOOK REVIEW from page 12

ments of production' [labor and capital]." At first this seemed a strange concept, but the more I thought about it, why should capital be superior to labor? Abraham Lincoln once said, "Labor is prior to, and independent of, capital. Capital is only the fruit of labor, and could never have existed if labor had not first existed. Labor is the superior of capital, and deserves much the higher consideration."

Greider explains that workers collect 'rent' on their time and exertions but, in most situations, the terms of employment do not allow them to share in the company's profits. This helps explain why the rich get richer. The firm's insiders and investors own the entire output, both finished product and profit. The 'rented' employees whose lives and knowledge are intimately engaged in the firm's functioning are entitled to none.

In the chapter on consumption he concentrates on new forms of production that are environmentally responsible. For example, ecologists envision a disassembly-recovery industry — the missing half of industrial capitalism — that collects used products or spent substances and converts them into new parts or usable materials for new products and services. See Paul Hawken's book [cofounder of Smith & Hawken] *The Ecology of Commerce*, for inspiring examples of industries in Europe that form a synergistic community where one factory's waste is another factory's resource.

Europe has enacted 'take back' laws that require a manufacturer to reclaim a product at the end of its life. Starting in 2006, the European Union will require European automakers (including the US companies that manufacture there) to take back the cars they made. The new cars will be designed to be easy to dismantle to reuse and recycle the car's components — no more junk yards!

The most powerful chapter was the expose of government pork, in particular the large subsidies to

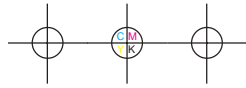
corporations. We don't have anything close to laissez-faire capitalism in this country; what we do have is a corporate welfare state.

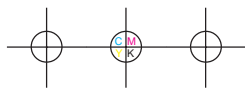
"The libertarian Cato Institute compiled a list of 125 programs of direct subsidies for business, totaling \$85 billion, that it labeled 'corporate welfare.' Notwithstanding 'free trade' rhetoric, government still does protect many industries, not for national security or economic necessity, but simply because they are politically well-connected. Sugar is one the most notorious examples. American consumers pay \$2 or \$3 billion extra each year because import quotas block cheaper sugar from abroad (typically produced by impoverished nations in the Caribbean and Latin America). The domestic price supports provided to American sugar growers cost another \$1.4 billion and nearly half of that money goes to the largest 1% of the farms (much like the federal subsidies for other agricultural crops). Sugar plantations are, meanwhile, notorious polluters from their chemical runoffs that threaten the Florida Everglades, among other places."

American Heritage Dictionary defines fascism as the control of government by large corporations. If we're not careful, we may become a fascist state masquerading as a democracy.

Greider freely admits that many of his ideas will sound wacky because the conventional wisdom — corporations are the hope of the future — is so strong. But he also gives enough examples of people who are already running their businesses with a moral dimension that he makes it seem possible that we can create a moral economy in this country. Greider imagines a society in which human values are part of the calculations of business, a society that has gone beyond bottom-line profit to create true wealth. True wealth isn't money; it's a fulfilled life. I found it a compelling vision.

Call letter at Hudson Library: 330.12G





■ Spiritually Speaking ■

Plenty of Nothing



Rev. Hunter Coleman
First Presbyterian Church
II Corinthians 6:3-10

A very poor woman had spent her life praising God and helping others. When she died, her arrival in heaven was eagerly anticipated by the angels. And by God. When the angel told the poor woman she could have whatever her heart desired, she asked for a warm biscuit, "Only a warm biscuit?" asked the angel. "Yes," she said. "When I was hungry on earth, I dreamed of having a warm biscuit."

"But," exclaimed the angel, "You can have anything, Are you sure that is all you want?" "Well," said the woman, "a dab of butter on it would be nice." God smiled and spoke. "Anything in my kingdom, and you ask only for a biscuit and a little butter. Tell these angels why, my daughter."

The woman lowered her head and answered, "O Lord, too much blinds a person. It keeps a body from seeing the wonders." God nodded and replied, "Ah, the wonders, and what are they?"

"That you have already given me the kingdom on earth, and that I've always been in your presence." Blushing, the angels broke out into song.

The opening lines of John's gospel, whose prologue describes the incarnation, is identical to the opening lines of Genesis, the first book of the Bible, the book that describes creation. Both begin with "In the beginning..." This is scripture's way of linking and making of equal significance creation and incarnation. Scripture's way of saying that what God did at creation God does again in the incarnation.

The implications are profound: salvation is about life in this world on this side of death as much as it is about life in the new world on the other side of death; salvation is here and now, on earth as in heaven (as Jesus would teach us to pray).

God, who made the heavens and the earth, who formed the dry land and made human beings in his image, became a human being in order to say one more time what had been said from the heavenly heights when God first created the world and that is....

This world, this earth, this speck of green in a

■ See SPIRITUALLY page 16

■ Places of Worship on the Plateau ■

Blue Valley Baptist Church

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

Buck Creek Baptist Church

Sundays: School – 10 a.m.; Worship – 11 a.m.
First Saturday: Singing at 7:30 p.m.

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
Sundays: Worship – 10 a.m.; school & primary
classes – 11 a.m.; Women's & Men's Org. – noon
Tuesdays: Women's Org. – 6:30 p.m.; Library – 6-8

Wednesdays: Boy Scouts of America mtg. – 6:30 p.m.; Young women's activities – 6:30 p.m.

Clear Creek Baptist Church

Pastor Everett Wilson, (828) 743-3379
Sundays: School – 10 a.m.; Worship – 11 a.m.;
Prayer – 6:30 p.m.
Evening Service – 7 p.m.

Community Bible Church

(Evangelical Presbyterian Church
Steven E. Kerhoulas, Pastor, 526-4685
3645 U.S. 64 east
Sundays: School – 9:30 a.m.; Worship – 10:45 a.m.
Tuesdays: Women's Bible Study – 9:45 a.m.
Wednesdays: Supper – 5:30 p.m.; Bible Study – 6:30
Thursdays: Guys Sr. High Discipleship – 6 p.m.

Episcopal Church of the Incarnation

Interim Priest: Stephen Hines, 526-2968
Sundays: Holy Eucharist – 10:30 a.m.; Adult Class – 10 a.m.; Children's – 11 a.m.
Mondays: Women's Cursillo Group @ Church – 4 p.m.;
Tuesdays: Men's Cursillo @ church – 8 a.m.
Wednesdays: Supper and Program @ First Presbyterian Church – 6 p.m.
Holy Eucharist – 10 a.m.

First Baptist Church

Dr. Daniel D. Robinson, 526-4153
Sundays: Worship – 8:15 a.m., 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.; Student & Adult Prayer – 6:15 p.m., Choir – 7:30

First Presbyterian Church

Rev. J. Hunter Coleman, Pastor, 526-3175
Sundays: Worship – 11 a.m. (child care at 11 a.m.); School – 9:30 & 9:45.
Wednesdays: Children's Devotions – 9:30 a.m.;
Supper – 6 p.m.; Choir – 7 p.m.
Thursdays: Bible Study – 10 a.m.
Sat: Adventistas del Septimo Dia – 10 a.m. & 5

Highlands Assembly of God

Rev. Scott Holland, 524-6026, Sixth Street
Sundays: School – 10 a.m.; Worship – 11 a.m.
Wednesdays: Prayer & Bible Study – 7 p.m.

Highlands Seventh-Day Adventist Church

Wednesday evening prayer & Bible Study
Call Lloyd Kidder at 526-9474

Highlands United Methodist Church

Pastors Eddie & Kim Ingram, 526-3376
Sundays: School – 9:30 & 9:45 a.m.; Worship – 11
Wednesdays: Supper – 5:30 p.m.; Bible Study & activities – 6 p.m.

Lutheran Church of the Holy Family – ELCA

Rev. Pam Mitcham, Pastor,
2152 Dillard Road – 526-9741
Sundays: Worship/Communion – 10:30 a.m.

Macedonia Baptist Church

8 miles south of Highlands on N.C. 28 S in Satolah
Pastor Rusty Wolfrey, (706) 782-8130
Sundays: School – 10 a.m.; Worship – 11 a.m.;
Choir – 6 p.m.
Wednesdays: Bible Study and Youth Mtg. – 7 p.m.

Mountain Synagogue

St. Cyprian's Episcopal Church, Franklin 369-6871
Friday: Sept. 12 Sabbath Eve Services at 7 p.m.
For more information, call (706)-745-1842.

Our Lady of the Mountains Catholic Church

Rev. William M Evans, Priest
Parish office, 526-2418
Wednesdays & Fridays: Mass – 12 noon
Sundays: Mass – 11 a.m.

Scaly Mountain Baptist Church

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

Scaly Mountain Church of God

290 Buck Knob Road; Pastor Alfred Sizemore
Sundays: School – 10 a.m.; Worship – 10:45 a.m.; Evening Worship – 6 p.m.
Wed: Adult Bible Study & Youth – 7 p.m.
For more information call 526-3212.
Friday, Dec. 19: "Let's Keep Christ in Christmas – 7 p.m.
Sunday, Dec. 21: Service of carol singing and a candlelight service – 6 p.m..

Shortoff Baptist Church

Pastor Rev. Baker Crane
Sundays: School – 10 a.m.; Worship – 11 a.m.
Wednesdays: Prayer & Bible Study – 7 p.m.

Unitarian Universalist Fellowship of Franklin ■ 526-9769

Rev. Maureen Killoran (part-time)
Sundays: Worship – 11 a.m.

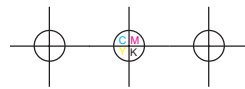
Westside Baptist Church

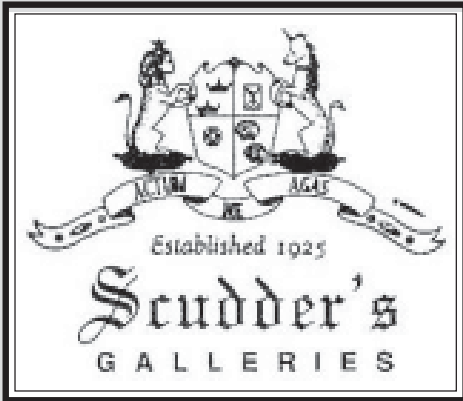
Interim Pastor, Terry Dixon
Services in the basement of the Peggy Crosby
Sundays: Fellowship & Worship – 11 a.m.;

Whiteside Presbyterian Church in America

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







352 Main Street

OPEN Mondays through Saturdays
10 a.m. -5 p.m.


HOLIDAY SHOPPING HEADQUARTERS

- Fine Estate Jewelry
- Antique Furniture
- Oriental Rugs
 - Fine Art
 - Accessories

828-526-4111

• Highlands Eateries & Light Fare •

The Pizza Place
526-5660
On Main Street
Pizza, specialty sandwiches & salads
Eat in or carry out
Open for lunch & dinner



Meats, Seafood & Prepared Foods

Closed until Spring

526-5241

Dillard Rd. next to Farmer's Mkt.

Highlands Hill Deli
526-9632
4th Street across from Old Edwards Inn
Made-to-order sandwiches,
green & fruit salads, ice cream
Open 7 days a week 10 a.m. - 5 p.m. MTW
and 10 a.m. - 8 p.m. Th., Fri., Sat. Sun.

Buck's Coffee Cafe
384 Main Street
Coffee, grilled sandwiches, desserts & wine
Open 7:30 a.m. - 6 p.m., Sun.- Wed.
Until 11 p.m., Thurs., Fri. & Sat.
Live Entertainment Thurs., Fri. & Sat. evenings

Pescado's
526-9313
Fourth Street "on the Hill"
Fresh Mexican
"The fastest food in town"
Lunch 7 days: 11-3; Dinner: Tues.-Sat. 5-8:30

Hilltop Grill
Fourth & Spring "on the Hill"
"Quick Service Not Fast Food" - 526-5916
Hamburgers, fries, sandwiches & salads
Mon.-Fri. 11 a.m. to 3:30 p.m.

Don Leon's
526-1600
Dillard Road next to Farmer's Market
Cajun & European specialties
Sandwiches & more
Thurs. - Sun. 11 - 4

Brick Oven Pizza
526-4121
Mtn. Brook Center next to Movie Stop
Made-to-order pizza, calzones & salads
Open for lunch & dinner year-round

... SPIRITUALLY from page 15

sea of blue, this life, is good, very, very good. Good enough for God to come and make it his home.

God becoming flesh in the Christ child is God telling us life at its simplest and most basic is good beyond imagining. To be saved in Christ Jesus, is not to need a whole lot beyond what is given with the breath of life. Sufficiency of essentials surely - shelter, food, clothing - but beyond that, beyond a warm biscuit and a dab of butter, we risk being blinded to the real wonders.

Simplicity is ours in Jesus. It enables us to see the wonders of being alive, the wonders of having a heart that can share love with family, friends, even strangers, under moon and stars, midst birds in the air and fish in the sea, with flowers and fruit trees and green grass all around; it's more than one can ever imagine. It's wonderful beyond dreams. It's paradise. It's Eden. It's heaven on earth. We don't need much beyond that. Others may treat us as if we have nothing, but we know better. We possess everything. Gershwin's "Porgy" says it well:

Oh, I got plenty of nothing, and nothing's plenty for me,

I got no car, got no mule. I got no misery
'Cause the things I prize like the stars in the skies

All are free.
Oh, I got plenty of nothing, and nothing is plenty for me.

I got my gal, got my song,
Got heaven, the whole day long.

Advent affords us time to look at why we still may want more stuff, especially when we consider that the more we get, the unhappier we seem to become. Possessions have a way of possessing. Too much stuff can blind us to the real wonders of life. Too much stuff can distract us, preoccupy us, shrivel our souls and wither our hearts and leave us lost, spiritually speaking. A warm biscuit and some butter is more than enough.

'Tis a gift to be simple
'Tis a gift to be free
'Tis a gift to come down where we ought to be
and when we find ourselves in the place just right
twill be in the valley of love and delight.

Now is the time for us to be saved, to start uncluttering our lives, to start simplifying things, if only by bits and pieces, so we can begin, once again, to see the wonders.

"Bethlehem's babe comes to save us here and now. On earth as in heaven. He comes to quench our thirst and satisfy our hungers. In him, we can begin to see the wonders. Ah, the wonders."



• HIGHLANDS AREA SERVICE DIRECTORY •

Highlands Pets & Supply
 70 Highlands Plaza
 Highlands, NC 28741
 (828) 526-3987



Everything your pet needs!

Mountain Architecture
RAND SOELLNER ARCHITECT



828.743.6010 Phone 828.269.9046 Cell
 randsoellner@earthlink.net NC Lic.9266 FL Lic.AR9264

Need Help Planning for Retirement?
 I have the experience to help you work toward achieving a comfortable retirement



Steve Perry - Financial Consultant
 470 S. Street, Suite 2 (Across from Peggy Crosby Center)
 Highlands, N.C. 28741
 828-787-2323 • 888-489-2323
 steve.perry@agedwards.com

Member SIPC • 2003 A.G. Edwards & Sons, Inc. **AG Edwards**
INVESTMENTS SINCE 1887

025826-931 M-364-0404

NBG BUILDERS INC.
 Custom Homes • Remodeling • Additions
 Unlimited License • Insured
Bud Neidrauer
 526-4780



TONE WOOD
Woodworks by Jim Meiring
 Owner/Craftsman

P.O. Box 1001 Highlands, NC 28741
 (828) 787-2124
 jim.meiring@verizon.net


Wayah Insurance Group
 526-3713 • (800) 333-5188
 P.O. Box 607
 Highlands, N.C. 28741
 Fax: 526-3689




Auto • Home • Commercial • Life • Health
 472 Carolina Way, Highlands

Wholesale Down Comforters & More!
 526-4905
 Boxed-stitched Down Comforters
 with Duvet Set – \$69
 Open Mon. - Sat.
 Behind Wachovia ATM

828-526-2579 828-526-9805

Tom James Wrecker Service  **James Tire and Auto**

Large, Small and Flatbed Wreckers
 Local and Long Distance Towing
 U-HAUL Rentals 828-526-1926

ANDY'S Heating & Air, Inc.
 Licensed Contractor
 Sales, Service & Installation
 Sheet Metal Fabrication
 We service all brands
Free Estimates




Andy Mitchell
 Office: (828) 524-0268
 Fax: (828) 349-0788


It's Hard To Stop A Trane!

Dr. Kit Barker, L.A.c., F.S., Ph.D
Microcurrent Pain Therapy  **Skin Care**
"Eastern Philosophy Meets Western Technology"
 ■ Hot Stone Massage ■ Massage ■ Facials ■
 ■ Microdermabrasion ■ Permanent Cosmetics ■

Call 526-1566
 5 Cottage Row
 Highlands






HOUSE for LEASE, SALE or LEASE/OPTION.
 Borders USFS hiking trails, creeks, private 2 acres, 4/2, fireplace, vaulted ceilings, lots of glass; wraparound deck, new appliances/carpeting; no smoking; 828-526-2759 or message 526-2338.



Country Club Properties
 Wright Square Office
Bill Bowen
Cabins, Land, Lots, and Homes
 Highlands, NC

Office: (828)526-2520 Home: (828)526-5168 Cell: (828)371-1732
 e-mail: HighlandsMtnHome@aol.com

Larry Holt
 "The All 'Round Handyman"
 Cleaning Services, Yardwork,
 Caretaking, Security

526-4037 home
 828-371-1982 cell

Photography by Cynthia Strain
 Offering photography services for events and special occasions, mountain landscapes.
 Call (828) 526-9227 or email:
 cypicturelady@aol.com

John Koenig & Zac Koenig




"Building on a foundation of integrity"
(828) 526-4953
 www.koenighomebuilders.com

Apartment for Rent In Town
 Fully furnished, 2-bedroom,
 2 1/2 bath, garage, indoor hot tub
Call 404-226-5415


Painting • Drywall • Rock Work • Ceramic Tile

Green's Home Care
 20 yrs of local, honest,
 dependable service.
526-9870




Brush Clearing • Decks • Roofing • Undergroving

508-8987 Washing Well
 Drop off Service or "Do It Yourself"
 Same Day or Next Day Service on Most Items.
 Wash & Ironing Service – Hand-pressed
 Next to Mtn. Fresh 8:30-3:30, Mon. – Fri.



TUTOR-TO-GO
 Tutor available after-school or weekends. Most subjects for children, adult remedial reading lessons available. Experienced tutor, with excellent references. Caring and professional.



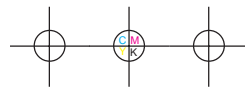
Please call
526-0502

Help Wanted
 Full or part time positions available
Stylist and nail tech.
Call: 404-226-5415



For Sale by Owner
 Commercial and residential building
 4,200 sq. ft
 In-town Highlands.
Call 404-226-5415





• Christmas Crafts •

A Holiday Memory Keeper

By Janet Osteen

You'd think being a teacher and a crafter would work well together. Trying to teach a craft class a couple of nights ago showed me that teaching anything other than my subjects at school was hard! But here goes.

The memory keeper, or snap book, is a mini-photo album made from folded

paper and fun decoration.

Supplies:

- Solid color cardstock
- Patterned paper in complementary colors

• 3D (but fairly flat) "goodies" like buttons, stickers, tags, string, pressed flowers, etc.

• Double sided tape

• Decorative ribbon

Start by cutting an odd

number of cardstock pieces into 9"x 9" squares.

The more photos, the more squares of paper needed.

Fold the square in half then open it flat again. Fold the paper in half again, the other direction. Open it flat. One more fold to go – fold the paper in half diagonally, but just one of the diago-



nals. Do this to all the squares.

Lay a square flat so a straight edge is in front of you. Consider the point to the right #1, the left #2, top left #3 and top right #4.

Bring point 1 to point 2, then point 3 to point 2. The paper will be unwieldy until you smooth it down. You should now have a 4 1/2" square with two triangular wedges between the top and bottom. Corner 2 will be on the bottom, points 1 and 3 will be the triangular middle and point 4 has just followed along to be on top.

Put double-sided tape on the top of your first folded paper. Make sure the open corner (2, 1) is at the bottom left. Place your second folded paper on top of the tape aiming the open corner (2,2) up and right.

Now paper 2 is on top with the open corner up and right. Put tape on the top of this paper. Place the third folded paper on top of it with the open corner again on the bottom left. If you are using three squares, you are finished taping them

together. If you have five, continue taping in the same way making sure the alternate the opening from bottom left to top right.

Open you Memory Keeper flat on your work surface so you can decorate it. Don't decorate the unfolded center square so that you can put photos there. You may also want to save some of the triangular sections for smaller photos.

On the remaining triangular sections, decorate. If your photos imply a theme, use decorations to match. I had photos from the beach so I decorated with beachy things.

You can "letter" on sections or decorate with coordinating paper.

Once decorated, fold the book again. The top square should also be decorated to match the theme.

The final touch is a wide ribbon tied around your booklet in a pretty bow.

Set it on your coffee table or mantle. You'll be surprised how it invites people to examine it!



Highlands School Christmas Band Concert – Dec. 11



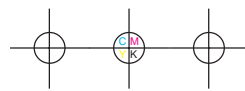
Highschoolers, Nathan Heffington and Lucy Hertz dress the holiday part at the concert.

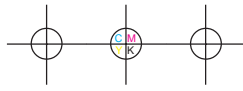


Photos by Cynthia Stacey



On Dec. 11, Ms. Teem conducted her last Christmas Band Concert at Highlands School. August 2004 she will begin teaching at Macon Middle School. She has taught at Highlands School for 15 years.





• Police & Fire Report •

The following are the Highlands Police Department log entries for the week of Dec. 10-17. The only names are of public officials and/or people who were arrested.

Dec. 10

• At 6 p.m., officers responded to an alarm at a residence on Many Road. All was secure.

Dec. 11

• At 8 a.m., officers were called to Highlands School where someone had vandalized a bus with eggs and tuna fish.

• At 7:20 p.m., officers responded to a call of a suspicious person at the Stop and Shop but it was unfounded.

• A cell phone was turned into the police.

Dec. 12

• At 6:30 p.m., officers on patrol found an open door at a shop on Main Street. All was secure.

Dec. 13

• At 9:45 a.m., officers responded to a call of construction work taking place at Old Edwards Inn on the weekend.

• At 10 a.m., officers took a report of a worthless check given to The Town of Highlands.

Dec. 14

• At 7:44 a.m., officers took a report of an assault in the Highlands Quick mart parking lot.

• At 10 a.m., officers responded to an car accident on Main Street. There were no injuries.

Dec. 15

• At 2:22 p.m., officers responded to an alarm at Hudson Library. All was secure.

• At 2:30 p.m., officers responded to an accident where a trailer came unhitched. There were no injuries.

The following are the Highlands Fire & Rescue Department log entries for the weeks of Dec. 10-17.

Dec. 11

• The dept. provided mutual aid to Cashiers for a structure fire.

• The dept. was first-responders to assist EMS with a medical call at a residence on Saw Mill Road. The victim was transported to the hospital.

Dec. 13

• The dept. was first-responders to assist EMS with a medical call at a residence on Nantahala Lane. There was no transport.

Dec. 15

• The dept. was first-responders to assist EMS with a medical call at a residence on Dillard Road where a person was injured from a fall. The victim was transported to the hospital.

Dec. 16

• The dept. responded to an accident between two vehicles on U.S. 54 west near Bust Your Butt Falls. There were no injuries.

... TREE continued from page 1

At one point, long before any construction equipment showed up on site, plans for the building and parking areas were reconfigured to save the tree.

All along environmental measures tailored for the oak have been an integral part of the design life cycle of the Highlands Community Child Development Center (HCCDC).

The underground system of water collection piping was designed to capture storm water runoff and to divert water to the large tree after construction constricted its natural drip line and infiltration area. The building roof system was also designed to collect additional rainwater for the tree when needed.

But unanticipated safety issues arose. The excavation around the base of the tree to make room for the center

means a retaining wall must be built to protect the building.

"A one-to-one ratio is required by OSHA to insure the safety of workers building the wall," said Scott Moore of Triangle Construction. "We have to go back four feet, then up four feet and back another four feet. That puts us right at the tree."

OSHA regulations don't allow workers between vertical walls of an excavation unless the walls are sloped back at 45-degrees to protect the workers from injury.

Sloping the wall of the excavation requires cutting into the root system near the centerline of the oak.

"From day one we've worked around the tree," said Moore. "But as a safety hazard, it has to come down."

With gift services to expand



The International Friendship Center received \$5,000 from the Episcopal Church. From left are Faviola Olivera, office assistant, Sarah Fricks, treasurer, Jill Montana, director, and Rev. Steve Hines, interim priest at the Episcopal Church.

... HEALTHY LIVING from page 8

Alternate every alcoholic drink with a glass of water, and try to give yourself a full hour to finish each cocktail. Always stand away from the hors d'oeuvres table, and be choosy about the foods you select.

The event: Trip to the mall

The eating triggers: Boredom, hunger and exhaustion

Whether you're enduring a full day of shopping or a few maddening hours searching for that last perfect holiday gift, malls pose one very serious diet threat: the food court.

Most food-court selections are high in saturated fat and sugar and low in vitamins, minerals, and fiber. Even the foods that sound healthy can be a dietitian's nightmare. Consider this: A Burger King BK Big Fish Sandwich packs a frightening 1,130 calories and 44 grams of fat. The American Heart Association recommends eating fish twice a week, but this probably isn't what it had in mind.

Beat the binge:

Plan ahead. Bring nutritious snacks with you to ensure you're not desperate for a quick meal. If you do eat at one of the fast-food joints, seek out vegetables and lean protein, and pass up desserts and anything fried. Take your time reading the menus instead of making a rash decision. You'll have it much easier during your next mall outing — in the fitting room.

The event: New Year's Day brunch

Alaina Rastelli is the new owner of Mountain Fitness (formerly Elite Fitness) on Carolina Way.

The eating trigger:

A "last hurrah" mind-set

It's the last "free" day before you start the inevitable New Year's diet. If your resolutions are overly restrictive (no fat, no sugar, no pleasure of any kind), an all-out binge the day before may give you the feeling of a hearty send off. But such thinking sets up an endless cycle of self-indulgence and deprivation that will threaten your success. Even if losing weight is not one of your goals, it's still tempting to overeat at a big bash. When we're celebrating, we often underestimate how much we eat and overestimate how much we move around, and that's a lethal combination.

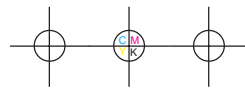
Beat the binge:

Make a resolution not to go overboard. If you are planning to diet in the New Year, don't make changes that will be overly restrictive, no matter how much weight you'd like to lose. If you can't enjoy your favorite foods during a weight-loss program, the plan won't last.

At a typical New Year's brunch, stick to protein rich foods instead of carbohydrates like scones or muffins. Eggwhite omelets are low in calories, and the protein will help balance your blood sugar level, which means fewer cravings. Fiber-rich whole fruit, like bananas, berries and apples, are also good choices -- pair them with yogurt or cereal.

So now that you're fully armed go enjoy the holidays to the fullest, and I wish you the best of luck.





● Upcoming Events ●

On-Going

• Highlands School is still collecting used ink cartridges. The staff just sent in 150 and they're ready for more. Please take used ink cartridges to the main office at Highlands School. It means money to the school.

• Every Friday and Saturday night, Cy Timmons sings and plays his guitar at Highlands Wine & Cheese from 7-11 p.m. It's free.

• Every Saturday night, Arthur and Katie sing and play their instruments at Buck's Coffee Cafe. It's free.

• The Mountain View group of AA has added a Wednesday meeting to its weekly schedule of meetings in the Community Room of First Presbyterian Church at 5th and Main Streets. The new lineup: Mondays at 8 p.m.; Tuesdays at 5:30 p.m. (women only); Wednesdays and Fridays at noon. For more information, call (800) 524-0465.

• The Highlands Emergency Council Raffle has started. Tickets are \$1 each or \$6 for \$5. The raffle is for a \$250 gift card from Wal-Mart and a \$100 gas card from D&J Express Mart. The drawing is Dec. 18. Tickets are available at the HEC office on Poplar Street.

Dec. 19 & 20

• Santa will be hearing wish lists and posing for photos in Oak Square on Main Street Saturday after the parade.

• The speaker for the Highlands Mountaintop Rotary Club will be Kaye Gorecki, executive director of the Bascom-Louise Gallery. The club meets downstairs in the back of the First Baptist Church of Highlands. Visitors are welcome.

Dec. 21

• The Children of Highlands United Methodist Church will have a "Birthday Party for Jesus" on Sunday, from 9:30-10:30 a.m.,

it will include breakfast, birthday cake, games, crafts and more. Reservations are helpful.

Dec. 23

• The International

Season.

Dec. 25

• The third annual Christmas Day Buffet benefiting Habitat for Humanity is at the Main Street

Birthday Party for Jesus



The Children of Highlands United Methodist Church will have a "Birthday Party for Jesus" on Sunday, Dec. 21 from 9:30-10:30 a.m., it will include breakfast, birthday cake, games, crafts and more. Reservations are helpful.

Friendship Center will host its Christmas "La Noche de Familia" at 5:30 p.m., at the Episcopal Church of the Incarnation. The event is an opportunity for the international community in town to gather for a Christmas fellowship. There will be Latin music, food, a visit from Ol' St. Nick and much more. For more information, call 526-9938.

Dec. 24

• Highlands United Methodist Church Christmas Eve Service will be held at 5:30 p.m. It is a family-friendly service including Holy Communion and Candlelight. Everyone is invited.

• The Hudson Library will be closed December 24-26 and the Bookworm will be closed December 24 through January 2 in observance of the Holiday

Inn. Seating begins at noon. Dinner buffet includes, baked ham, roasted turkey, sweet and mashed potatoes, dressing, assorted vegetables, desserts, ice or hot tea or coffee. Wine available by the glass or bottle. The cost is \$24.95 per person. MasterCard, Visa or American Express accepted. Call 526-2590 for reservations. Seating is limited.

Dec. 26

• The Highlands Mountaintop Rotary Club will hold a holiday meeting with fellowship and a continental breakfast. No speaker is scheduled. Guests are welcome.

Dec. 31

• The Highlands Wine and Cheese Shop is proud to announce a fabulous New Years

Eve concert at the Martin Lipscomb Performing Arts Center. The evening of romance will include music by Cy Timmons, an Atlanta and Highlands area legend and national recording artist/pianist Keith Phillips, also of Atlanta and Athens, Georgia. Keith's newest CD, Nightfall, is available on Amazon.com or at Highlands Wine and Cheese Shop. The event will include fine wines and food catered by chef Holly Roberts and Champagne and party favors at midnight. Festivities will begin promptly at 8:30 p.m. and continue until 2004! The all inclusive event is \$95 per person or \$179 for two persons. Please call 828-526-5210 for more information or to purchase tickets.

Jan. 2

• The Highlands Mountaintop Rotary Club will hold its regular breakfast meeting with continental fare and fellowship.

Jan 6

• The Train - A suspenseful WWII adventure about the French Resistance's attempt to stop a train loaded with fine art, seized from French museums from reaching its destination in Nazi Germany. Cast: Burt Lancaster as the head of the French railway system and Paul Scofield as the unrelenting German Commander. Director: John Frankenheimer. The time is 7 p.m. at PAC on Chestnut Street and it's free.

Jan 20

• The Railway Children - Set in 1905 and based on the novel by E. Nesbit, this warm tale from Great Britain focuses on a family whose idyllic life is shattered. Cast: Dinah Sheridan, Bernard Crabbiness, William Mervyn, Ian Cuthbertson and Jenny Agutter. Director: Lionel Jeffries. The time is 7 p.m. at PAC on Chestnut Street and it's free.

