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Highlands' Newspaper

FREE

Volume 2, Number 2

Locally Owned & Operated

Friday, Jan. 16, 2004

The week of Jan. 15-22

ON-GOING

▪ **CLOSED SATURDAYS** – Fibber Magee's Closet, will be closed on Saturdays until the first of May. It will remain open Wednesdays, Thursdays, and Fridays, 10 a.m. to 4 p.m.

▪ **CHRISTMAS TREE PICK-UP** – Leave your tree outside near the road and Alan Marsh with Highlands Rotary will pick it up. Call him at 526-5130.

▪ **AEROBICS CLASS** – New After-Work Aerobics Class at the Highlands Rec Park with Sandy Trevathan, certified in AFAA and ACE training. Classes are at 5:15 p.m. on Mondays and Wednesdays. Call 526-5852.

▪ **GIRL SCOUTING** – Daisys, Brownies and Junior Girl Scouts meet 6:30 p.m. every Tuesday at Highlands United Methodist Church.

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

Jan. 17

▪ **FREE MUSIC** – Arthur & Katie will be performing at Buck's Coffee Cafe on Main Street from 8-11 p.m.

▪ **HIKE OFF POUNDS** – The Nantahala Hiking Club will take a moderate 4.5-mile hike, with a 500' elevation gain, from Jones Gap to Whiterock Mountain along the Bartram Trail, for beautiful views of the Nantahala mountains, Call hike leader Mo Wheeler, 526-9561, for more information.

Jan. 18

▪ **HIKE OFF POUNDS** – The Nantahala Hiking Club will take an easy 2-mile hike on the Macon County Greenway in Franklin. Call leader Kay Coriell, 369-6820, for more information.

Jan. 19

▪ **LEARNING TO COMMUNICATE** – Conversation Peace will be held at Highlands School from 4:30-6 p.m. Each week Mary Kassian, Christian author and speaker, will introduce powerful elements and techniques for communication based on Biblical principles. Call Carol Bowen at 526-5168 for more information.

Jan 20

▪ **MOVIE TIME** – The Railway Children, 7 p.m. at PAC on Chestnut Street. Donations appreciated.

Built-upon ratio question slows work at OEI

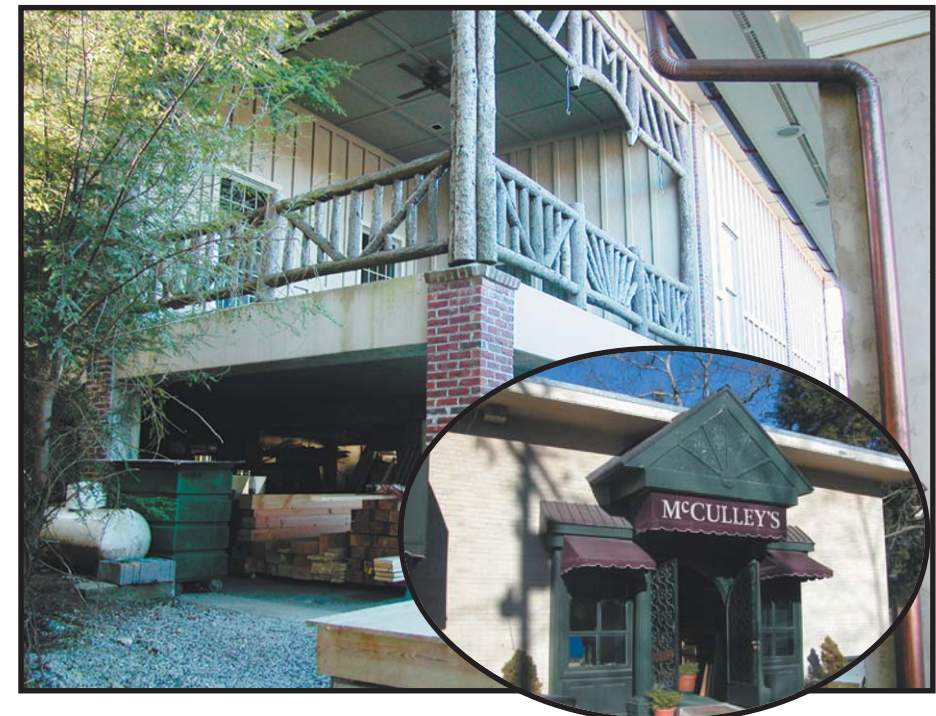
By Kim Lewicki

A 1995 Special Use Permit issued for the McCulley's/Highland Hiker building has thwarted development of the parcel now owned by the Old Edwards Inn.

On Jan. 5, architects for OEI learned of the old SUP and how its constraints could stymie their plans – this after investing \$3.75 million on the parcel.

"Through conversations with Larry Gantenbein, we understood that we could transfer the basement square footage to an addition onto the McCulley building," said architect Caroline Rollader. She said OEI proceeded with the purchase of the building based on that information.

After being called to the stand by OEI attorney Doug Wilson and under sworn testimony, Gantenbein said mid-or late-summer prior to purchasing the building, OEI asked if a swap could be made. "I said based on the current usage and the fact that the use of the basement was 'public and notorious' it probably could be swapped but I suggested the purchase of the building be made contingent upon permission to



do so."

He said the ultimate decision was the Zoning Board's not his. His was only an opinion.

At the Jan. 14 Zoning Board meeting, OEI requested a SUP to swap basement square footage to build an exten-

sion onto the McCulley/Hiker building.

After three sworn testimonies and almost two hours of discussion, the board continued the meeting until Jan.

▪See BUILT-UPON pg 15

Noise ordinance getting a lot of attention lately

By Kim Lewicki

Anonymous callers claiming noise ordinance violations at the Old Edwards Inn construction site have police officers hopping, but so far no citations have been issued.

"I believe in using common sense and a neighborly attitude about this," said Police Chief Jerry Cook.

Whenever someone calls in a noise complaint – mostly leveled at OEI these days, says Cook – his officers respond and workers always comply. "So far we haven't had any problems with the McCarroll Construction crews," said Cook. "If they're making noise, we ask them to stop and they do." He said he only had to shut them down once.

Each week there is at least one, sometimes two entries on the police log about construction noise violations at OEI and each time officers respond. Each time workers do as they are asked, say police, and one time officers noted that the noise "didn't seem excessive."

▪See ORDINANCE page 2

Taser guns on the horizon for Highlands Police

By Kim Lewicki

Twice over the last few weeks, a Macon County Sheriff Deputy subdued two people in Highlands with a Taser gun. Now Police Chief Jerry Cook thinks it'd be a good idea if his department had Taser guns of its own.

Early last August, the Highlands

Police Department and the Sheriff's Department joined forces to cover the sprawling Highlands Township. Sharing jurisdiction means extra manpower and extra equipment when needed for either side.

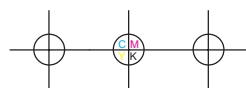
But the Sheriff's Department has been using Taser guns since August and

that's what subdued two Highlands' offenders over the last three weeks.

"We're just lucky a sheriff deputy was near by and could assist us," said Chief Cook.

On Dec. 29, around 10:30 p.m., of-

▪See Taser page 2



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... ORDINANCE continued from page 1

The thing about the noise ordinance is that it's part of the "Nuisance" section of the Town Code - it's not a zoning ordinance at all. As such any complaints or perceived violations are handled by the police. Violations are considered a misdemeanor criminal act instead of a violation of the zoning ordinance. Violators can be cited and fined.

Given the construction boom of late, last August, the Town Board considered loosening up the "nuisance" section to allow some construction noise in the commercial district. In the end, commissioners opted to enforce the section of the Town Code on the

books.

Under Section 8-9 of the Town Code under "Nuisance" - The following acts among others are declared to be loud, disturbing and unnecessary noises:

- The use of any mechanical device operated by compressed air unless the noise created is effectively muffled and reduced;

- The erection, including excavation, demolition, alteration or repair of any building in a residential or business district other than between the hours of 7 a.m. and 6 p.m. on weekdays, except in the case of urgent necessity in the interest of public safety

... Taser continued from page 1

officers on patrol attempted to stop a car traveling on Horse Cove Road at an excessive speed. When the driver finally stopped, Cook said he refused to get out of the car and then when he did get out and officers tried to arrest him, he resisted.

"We called the sheriff's dept. for assistance," said Cook. "Both officers attempted to get control of the suspect, but he continued to resist. That's when the sheriff's deputy used the Taser gun."

Joshua Pruitt, 27, of Seneca, S.C., was arrested for DWI, driving without a license, failure to stop and resisting arrest.

The next time was Jan. 7 when N.C. Highway Patrol chased a suspect into Jackson County. An "all units assist" call was sent out and a Macon County Sheriff Deputy responded. Charles Allen Cope, 32, of Sylva, took chase when Highway Patrol nailed him for driving too fast. "He later told me he took off because he knew we were after him," said Chief Cook.

On Dec. 26, police officer Jimmy McCall was on routine patrol when he saw Cope acting suspiciously at the Old Edwards Inn construction site on Church Street. When he approached him, Cope took off in his pickup truck. A chase through town began. An air compressor he allegedly stole fell out of his truck which he then crashed at the intersection of Mirror Lake Road and U.S. 64 west. He escaped into the woods and was able to elude police until Jan. 7 when snagged by Highway Patrol.

When Cope finally stopped his car on U.S. 64 east, he jumped over the embankment and attempted to escape, again. This time, the sheriff deputy used the Taser gun which stopped him in his tracks.

Taser guns have been around since 1998 and law enforcement officials say they are the best non-lethal weapon out there.

"When someone is resisting arrest or physically assaulting a citizen it's not easy to physically control him," said Chief Cook. "Right now our only alternative is pepper spray which can splatter on the officer as well as the suspect and then you have both running around suffering from the effects of pepper spray."

With the Taser gun there is no need for physical confrontation which is how officers most often get hurt, said Cook.

A red laser beam pinpoints where the dart will enter. "That in itself has a subduing effect," said Cook. "When you look down and see where you're going to be hit, it tends to have a calming effect."

Two electrode darts are attached to a 21-foot filament which is shot from the gun. They lodge into the suspect - one is a ground and one has a charge of 50,000 volts.

"It delivers a shock which typically sends the suspect to the ground. This gives the officer time to handcuff the suspect and take him or her into custody," said Cook.

Each gun costs about \$800 and Cook would like to have one for each patrol car. He's going after a matching grant from the Governor's Highway Safety Program. If he gets it the town will pay the match of \$1,200. If the grant doesn't come through, town officials said they'll put the Taser guns in next year's budget.

According to Taser International, use of the guns has decreased officer injuries by 80 percent, decreased suspect injuries by 67 percent, baton strikes by 56 percent and the use of lethal force by 78 percent.

"Using Taser guns is a little better than pepper spray and a lot better than a .40 caliber," said Cook.

and then only with a permit from the town clerk.

The way it reads, homeowners aren't allowed to make alterations or repairs to their homes on the weekend, either, said Cook. But he's not out to give citations.

"If someone calls me and tells me a dog is barking, or the neighbor's lawn service is making too much noise, I simply ask the owner to call the dog inside or the workers to come back another day," said Cook. "A lot of this is about common sense."

Some people have suggested using a decimeter to determine acceptable noise levels at OEI and elsewhere in

town but Cook said that procedure is full of loop holes.

"Decimeters have to be calibrated on a regular basis. Other municipalities have attempted to use them to enforce noise ordinances and have gone back to the old-fashioned way because it just got too involved."

He said all parties, including he courts, if it goes that far, have to agree as to the integrity of the meter.

Mayor Buck Trott said noise violations are handled at OEI by the police department in the same manner they handle loud parties or music.

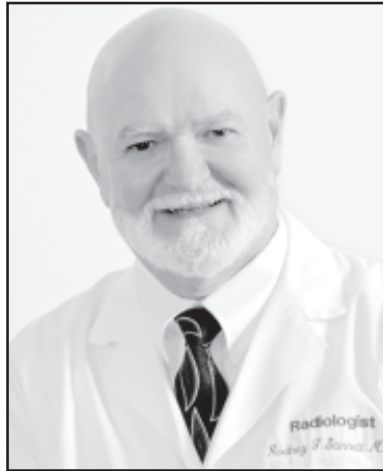
H-C Hospital welcomes first full-time radiologist to staff

By Skip Taylor
Contributor

Highlands-Cashiers Hospital has recently taken steps to enhance significantly the level of radiology services provided to area residents, employing its first-ever full-time radiologist.

Relocating to Highlands from Manchester, Ken., Dr. Rodney G. Stinnett officially joined the hospital's medical team Jan. 5. In the past, the hospital has relied on radiology groups from nearby towns to provide part-time coverage.

"Bringing Dr. Stinnett here to provide full-time coverage



Dr. Rodney G. Stinnett

is the logical next step in making sure we meet the growing needs of our communities for more and faster accessibility to the services of a radiologist," observed Administrator Jim Graham. "Over the course of the last decade, utilization of diagnostic radiology services has grown steadily every year."

In fact, the number of procedures performed by the hospital's radiology department, such as CT scans, regular x-rays, ultrasounds, echocardiograms, and nuclear medicine tests, has been increasing about 15 percent per year. The results of all of those imaging procedures must be examined, or "read," by a radiologist, who then issues a written report to the patient's physician.

The importance of the role which radiologists play in the medical process is often not understood by the public at large, because the radiologist is frequently the one member of the medical treatment team never seen by the patient. Radiologists are physicians who undergo four to six years of specialized training after medical school in the art of interpreting radiological images.

"Having a full-time radiologist will improve the turn-around time for many of those reports and allow more direct consultation between the radiologists and other physicians, which means faster and more comprehensive results for our patients," said Graham. "We were very pleased to have worked with the radiologists from Haywood Medical Imaging in recent years. How-

ever, having its own full-time radiologist is clearly an important milestone for the hospital."

A native of Virginia, Dr. Stinnett earned his medical degree from the Medical College of Virginia in 1974, and went on to perform both his internship and his residency in radiology there as well. He has worked at hospitals in Virginia, North Carolina, Tennessee, and, most recently, Kentucky. He was the only radiologist on staff at the 65-bed Manchester Memorial Hospital, in Manchester, KY, where he also served as chief of staff.

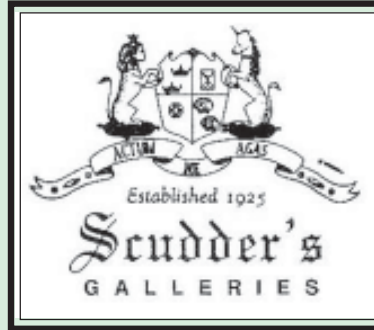
Stinnett, who now resides in the Sky Valley area, says he is happy to be back in the mountains: "I was born at the foot of the Blue Ridge Mountains, and while you can take the boy out of the mountains, you can't take the mountains out of the boy. I still love the mountains, and I still love the outdoors."

Coming from a hospital that generated 120 radiology procedures per day to one that produces about 30 will mean something of adjustment, he says. However, he anticipates the volume of readings here to grow, not only because of the steady growth in utilization, but also because the services of a radiologist are now more accessible. And if the hospital's efforts to win approval for an MRI unit are eventually successful, Stinnett's volume of work could increase significantly.

While looking at shadows on x-ray films and digital images all day might not be the right cup of tea for many entering the medical field, Stinnett says he never regretted becoming "a shadow man," the term insiders sometimes use for radiologists.

"That's rewarding to me," he explains. "When I spot something that nobody else can see, and that turns out to save somebody's life because we caught it early, then I know I've made a real difference."

Dr. Stinnett is certified by the American Board of Radiology and is a member of the Radiological Society of North America and the American College of Radiology.



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Action-packed, tight game



Photo by Jim Lewicki

The Friday, Jan. 9 game against Hiwassee was neck to neck for most of the game. Hiwassee got the lead and kept it but the Highlanders fought basket for basket.

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• LIFE UNDER CONSTRUCTION •

Designing your year...

There are two times when I write goals and do some designing in my life. A little bit at the beginning of each year. Well, really it is more of a review of my major planning, which has always been at my birthday. It's a bit less hectic than the holiday season and I can give it a bit more thought and attention. Since it is clear that life is a work in progress, at least to me, writing down thoughts seems to help me commit to action.

I'm not sure if I have talked about the "morning pages" before but it is worth mentioning again if I did. Julia Cameron, author of *The Artist Way*, talks about a process of clearing your mind and staying connected to your mind called the morning pages. It's three pages of longhand writing off the top of your head, meaning no screening of your thoughts. It's not for everyone but it was a wonderful process for me to help me be more creative in my life.

Learning to review your life on a regular basis can be quite useful. It is a type of feedback and monitoring system. It clears your head of junk. It's like a brain dump.



Dr. Maryellen Lipinski

Morning pages will help you live your life with conscious connections to your choices and assist you with your commitments and your self-discipline. Staying in touch is staying in tune. With focus comes clarity about your life.

Whatever process works for you, I encourage you to practice it. It's easy to just move through days thoughtlessly and that's okay but I think you will get more out of this life if you just take a minute or ten minutes to stay connected each day.

When was the last time you wrote to yourself? Try it. It works!

Here are a few tips for writing naturally.

1. Make it up as you go along.
2. Trust your inner wisdom to take you where you want to go.
3. Give yourself permission to play and don't critique your writing.
4. Let yourself be you.
5. Write in a pleasant environment or special place in your home.
6. Respect the silence.

"Like an ability or muscle, hearing your inner wisdom is strengthened by knowing it." -

Robbie Gass

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

• LAUGHING AT LIFE •

WARNING! 'Mad Fred' Disease is Spreading

The waiter has just set a beautifully cooked Porter house steak in front of you and then very eloquently asks, "May I get you anything else, Sir?" You glare at him for just the few seconds it takes to make him uncomfortable and then answer.

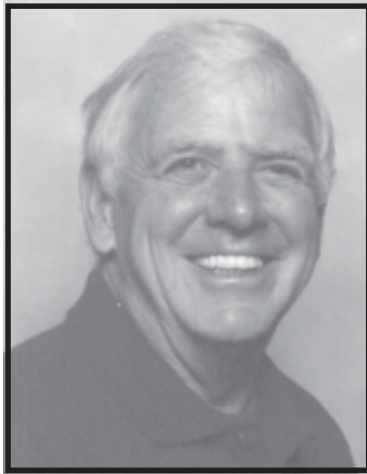
"Yes, bring me a complete history report on the cow that this steak came from, along with a complete pedigree on his parents. Then bring ketchup, mustard, two Alka-Seltzer tablets in a half glass of brandy, a side order of turnip greens, tomorrow's

winning lottery numbers and last, but not least, that girl's phone number sitting at that table over there." I am sorry to tell you that there is a good chance you are suffering from a rare new disease floating around Highlands this winter.

Don't you have enough to worry about with a flu epidemic on the rise in several states, the nation in orange alert and cows keeling over from a brain disease? Now Highlanders have a new concern. It's called "Mad Fred" disease. Those stricken are called M.F.P. (Mad Fred People)

This disease is difficult to diagnose but if you pay close attention, I may be able to talk you through the stages of detection. First, go to the dictionary and look up the word "convoluted." Keep the definition close to you as you continue to read.

Mad Fred disease is caught by reading my stuff in the paper. After a time, it all starts to make sense to you. You begin to identify with the people in the columns and are taking notes on the advice I dish out weekly. Then, you spot something that simply is not true,



Fred Wooldridge

which, of course, is mostly everything I write and you're incensed and want to strangle the editor. You, my friend, have Mad Fred disease. In most cases, it's incurable, but we can stabilize you.

In short, this disease disables your ability to see the world as it actually is. I have

had it for years and I am having so much fun. If you agree with everything I write, you're a goner. Here's a quick little test to see just how far gone you are. If every time the pilot turns on the "fasten seat belt" sign, the aircraft experiences turbulence, you can only conclude that turning on the seat belt sign causes turbulence, right?

This disease should not be confused with another disease called "Mad at Fred" disease. These nice folks have both oars in the water and are not of our ilk. Their world is not convoluted and they suffer mostly from little or no sense of humor, become fixated on something I made fun of ... like everything ... and blow a gasket. There is little help for them.

I recently took my grand-kids to see "Haunted Mansion" Before the movie began, I made sure my youngest was sitting next to me.

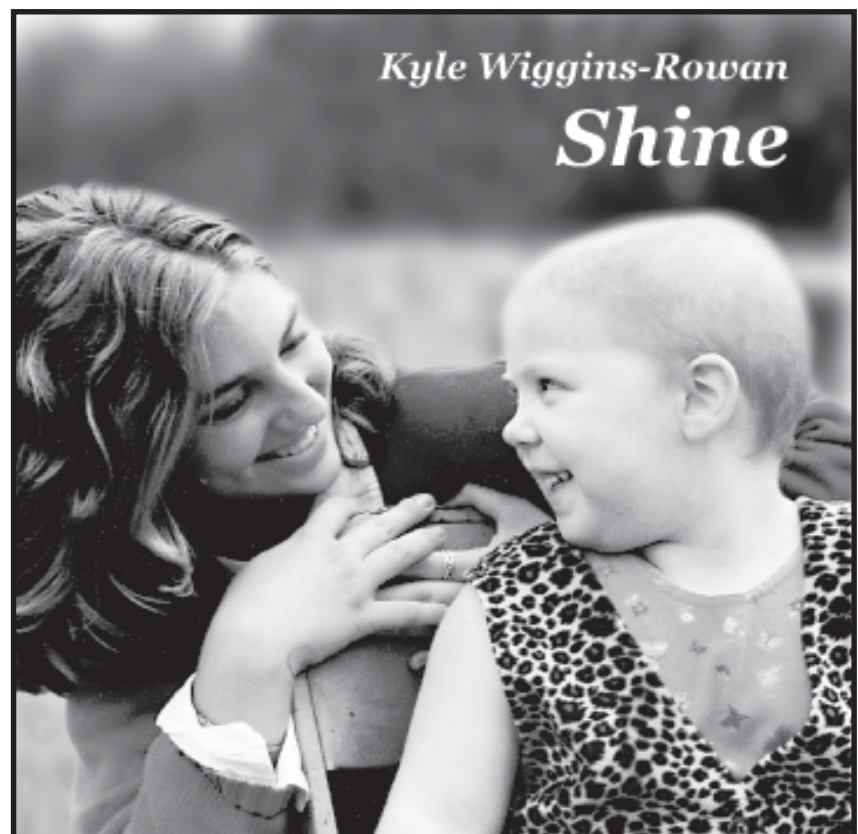
She had been in training for over a week and was ready. As the movie began, she looked up at me and said, "This is all fake, right? None of this is real, right Poppy?"

"Right," I encouraged her. Turns out she was fine and only leaped into my lap twice.

Highlanders suffering from M. F. disease might try this technique to get stabilized. Open the paper to my article. Now close your eyes and meditate. (Men, do not fall

asleep here.) Then say, "This person has a convoluted mind. I am going to read this and I will be all right. It's not real." Now take a deep breath and start to read. If at the end you have smiled a couple of times and can say that is the dumbest answer to any problem that anyone could come up with, I think you're going to be OK. And no, you may not come over to my house and jump in my lap a couple of times.

Songs for Madison



Kyle Wiggins-Rowan, a junior at Rabun Gap Nacoochee School, recently initiated a fundraising effort to benefit Madison Schandolph, a four-year-old girl who was diagnosed with Leukemia. The young artist is offering *Shine*, a jazz compilation sampler, from which the proceeds will go to benefit Maddie. A few weekends ago, Wiggins-Rowan performed two nights with the Paul Scott Jazz Quartet at ...On The Verandah in Highlands. She and Scott have been working on the CD for her Symposium Project, a requirement for graduation at RGNS. Said Scott, "This 16-year-old girl has the voice of an angel and a heart to match. "It's a wonderful feeling: to give knowing that a child might have a better chance at life." said Wiggins-Rowan. The CDs may be purchased by sending an email request to pwiggins_rowan@yahoo.com. Additional contributions may be sent to: The Madison Fund c/o Marlene Alvarez, 1536 Franklin Road, Highlands, NC 28741.

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 right to edit questions.

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New book at Cyrano's – 'Whenever Coleman Reese authors his memoirs'

The Great Depression wasn't so bad for those who knew how to live off the land and through their own hard work and creativity.

Mountaineers of the 1930s had never heard of "entitlement." Few of them knew about (or wanted) Social Security. The decades of the 1920s and 1930s were a time of self-sufficiency, hard work, the sticking together of families and communities, and having fun where you could find it.

Coleman Marshall Reese gives us a glimpse of this past in his memoirs, *The Life and Times of a Mountaineer*, which is available at Cyrano's Bookshop and *The Total Picture* in Highlands. Sparkling with mischievous humor, honest common sense, human compassion, and old-fashioned values, this book by a consummate storyteller interweaves into a rich tapestry such diverse threads as frog gigging as a child in Highlands, caddying for golf-legend Bobby Jones, buying and wrecking his first car, practicing maneuvers under Gen. Patton; drinking, gambling, and fighting throughout the invasion of North Africa; the landing at Normandy; the Battle of the Bulge; and the liberation of Belgium. It ends with the

joys and sorrows of three marriages, church life, work for the postal service, and reflection on 83 years of accumulated wisdom. It reads like a homespun diary, written in an articulate style with remarkable detail.

Coleman has been no angel, but he has been honest, hard-working, and adventurous. He's seen pleasure and pain, security and fear, love and loss, but he has never lost his optimism or

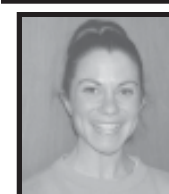


Coleman Marshall Reese

his faith. *The Life and Times of a Mountaineer* should interest anyone curious about history in general or the history of North Carolina and Florida in particular where Coleman has lived. It sings with the spirit of America as it was lived from the 1920s until today, showing the good and the bad of each era and chronicling the changes that have taken place. Coleman remembers what it was like before those changes and makes a few predictions about where the world is headed.

Having completed his book, Coleman plans to return to his hobbies of playing golf, raising African violets, refinishing old furniture, refinishing old pictures and photos, and growing citrus trees. He is married to Christelle "Chris" Charping of Naples, Florida.

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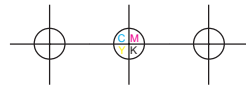


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• BOOK REVIEW BY KATIE BRUGGER •

The Beauty Myth: How Images of Beauty are used Against Women, by Naomi Wolf

(Call number at Hudson Library – 305.42W)

Last month there was an article in The New York Times called "If Shoe Won't Fit, Fix the Foot?" about foot surgery that alters women's feet so they can wear high heels. Some women have their toes shortened so their feet will fit designer shoes. Women who have injured their feet by wearing high heels are having surgery to allow them to continue wearing them. A 60-year-old Ph.D. had collagen injections in the balls of her feet so she could wear high heels at her daughter's wedding, and as a consequence is now in pain all of the time. I thought: how could such an intelligent woman be so stupid? How, 40 years after the women's liberation movement, could women still be this enslaved to fashion?

I had heard of The Beauty Myth years ago and thought maybe the author had some insights that would help women escape their enslavement to fashion. Women are literally injuring, even killing themselves for an ideal of beauty, and a book that would destroy this ideal would be very useful. Unfortunately this is not that book. This is a conspiracy theory and you'll never guess who's to blame for women's troubles (or maybe you will).

What Wolf means by "beauty myth" is an image of perfect female beauty—embodied in fashion models—that requires most women to spend enormous amounts of time and money on cosmetics, clothing, hair-styling, dieting, body shaping, shoes, and surgery to attempt to match this ideal.

Wolf blames the beauty myth on men, the patriarchal culture, women's magazines, the cosmetic industry, and God. Wolf portrays women as poor oppressed creatures with no power. I felt like I was having flashbacks to the 1960s—I almost expected to hear the phrase "male chauvinist pig!" She does say that it isn't a conscious conspiracy, but a reflexive move on the part of the male-dominated culture in response to the rising power of women in the last thirty years (the book was written in 1991). How insulting to women to still be blaming their problems on men! The

quote that starts the book says it all:

"I notice that it is the fashion...to disclaim any notion of male conspiracy in the oppression of women..." "For my part," I must say with William Lloyd Garrison, "I am not prepared to respect that philosophy. I believe in sin, therefore in a sinner; in theft, therefore in a thief; in slavery, therefore in a slaveholder; in wrong, therefore in a wrong-doer." – Ann Jones

Wolf writes sentences like these:

"There is no legitimate historical or biological justification for the beauty myth; what it is doing to women today is a result of nothing more exalted than the need of today's power structure, economy, and

culture to mount a counteroffensive against women." "[The Beauty myth] is summoned out of political fear on the part of male-dominated institutions threatened by woman's freedom, and it exploits female guilt and apprehension about our own liberation—latent fears that we might be going too far."

There may be some truth to her thesis that there is resistance on the part of men to women's equality and that there is a cultural backlash to the progress of feminism, but it completely overlooks quite a number of things. It overlooks history, in which women followed beauty routines for millennia before the women's movement was even thought of. It also overlooks what I think is the greatest reason behind the continuing beauty obsession: beauty is a power center for women and they have, so far, been unwilling to give that power up.

Men are totally manipulated by women's beauty—ask any beautiful woman and she will tell you that the most successful or powerful man will become putty in her hands. Beauty is an incredible source of power for women, has been for a long, long time and many won't give it up without a fight. Sure women say they

don't want to be sex objects, and isn't it horrible how men sexually harass women, but just look at the way women dress compared to men. Of course this is a generalization, but on the whole women dress much more provocatively than men. They paint their faces to look like someone else, someone prettier and sexier. They adorn their bodies with jewelry and nail polish and perfume.

Wolf completely misses this powerful reason for the existence of

the beauty myth, and until women wake up to the costs to themselves of exploiting this power over men, no accusations of blame or conspiracy theories will solve women's beauty problems.

Wolf tells us that John Molloy published The Women's Dress for Success Book in 1977 in which he recommended that women adopt a uniform for business: as men wear a suit and tie, women should wear a skirted suit. Molloy tested his theory in the real world. One group followed his advice and the women in this group were treated better by their bosses and were recommended for promotion twice as often as those in a control group who wore whatever they wanted. But most women were unwilling to let go of the bright colors and sexy look of non-uniform clothing. Wolf doesn't pause for a second to question women's motivations for the rejection of a "uniform," she just blames it on the fashion industry.

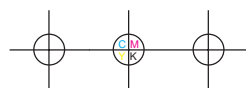
I think the problems Wolf describes are not the result of a resistance to women's liberation, but stem from the fact that the liberation is incomplete. We have had only half a revolution, and it is time to finish it. Women are still trying to have it both ways. They want to be like men in the workplace and not be discriminated against, and yet they demand special treatment. My favorite example: have you ever heard of a woman paying the father child support when the chil-

dren live with him? Someone I know had two daughters with a man she later divorced. Now the two girls are teenagers and one lives with the father and one with the mother. I assumed with that arrangement there was no longer any need for child support, and I was amazed to learn that the father was still paying! Another example: why do only men have to register for the draft? Women have fought for the right to join any branch of the service, have even sued to be admitted to military academies and have had special privileges given them so they could cut it, but you don't see any woman demanding that this other area of discrimination be rectified. That's because it is sexism against men. Women want the option to serve but not the obligation. Women have to stop demanding privileges while demanding equality.

I considered myself a feminist in the 1970s, but the feminist movement became irrelevant to my life, and I'm sure to many other people, because it seemed to devolve into "women's study" programs at universities devoted to rewriting history, and books such as this one that just whined about how tough women have it. Wasn't the point of the women's movement the same as that of the civil rights movement: an erasure of differences? Haven't feminists recognized yet that life isn't so easy for men either?

Another aspect of feminism I don't understand is that feminists wear make-up. Wolf doesn't argue that women should stop using cosmetics or following fashion. Where is the women's movement that says you are beautiful just the way you are; you don't need any artificial props to be attractive?

A true liberation movement would tell us that the source of actual beauty is from within, and is available to all of us. There is a BBC documentary on Mother Teresa in which nuns who work with her are interviewed. All of them are photographed close-up wearing their habits, which are not particularly flattering to the face, and



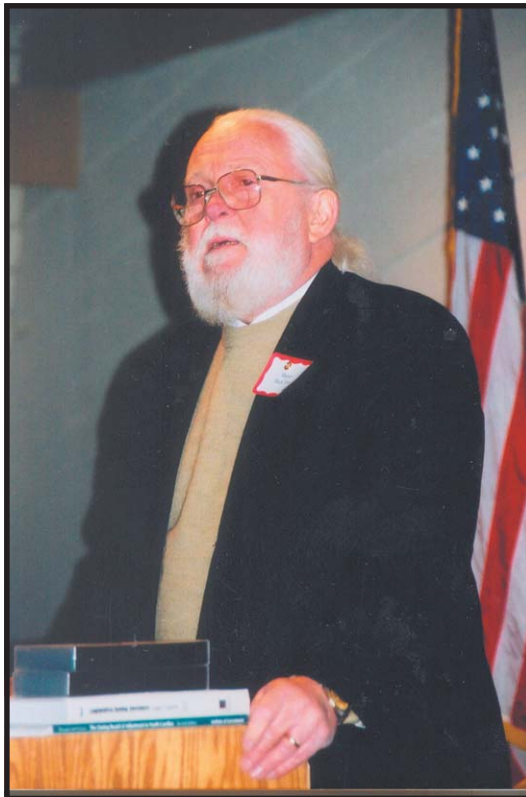
Leadership Highlands

'Government Day'

By Avary Doubleday
Contributor

The 2004 Leadership Highlands class met on Wednesday, Jan. 7, for Government/Law Enforcement Day. Highlands Mayor Buck Trott was the kick-off speaker, explaining the boards and committees that run the town.

Mayor Trott also spent time explaining training and networking for municipal leaders in North Carolina. He enlightened us about town finances, the police department, and the high caliber of our town staff.



Highlands Mayor Buck Trott

In the afternoon, Selwyn Chalker, recreation director, conducted a tour of the facilities available at the Highlands Civic Center and brought the class up to date on its history. Town Commissioner Hank Ross and Linda Clark, chair of the planning board and appearance commission, talked frankly about their roles in government.

Ross began by explaining the differences among the functions and powers of the zoning board, planning board, and Appearance commission, which were further developed by Clark, who emphasized the importance of updating the town's land use plan. A portion of that update was assigned to the planning board at the Town Board meeting that night. Ross enumerated protections of the watersheds, tree protection, the need to plan

proactively, and the goals which led him to run for town commissioner.

The final Highlands encounter, was a lively meeting at the police and fire departments with Police Chief Jerry Cook and Macon County Deputy Sheriff Scott Nelson. Chief Cook demonstrated the state-of-the-art computer system available to law enforcement officers and discussed cooperation between the police and deputies. We can all feel comfortable in this well-protected town.

A government day for Highlands would not be complete without a look at Macon County as well.

County Manager Sam Greenwood and District I Commissioner Allan Bryson spent the morning with the class. One topic they discussed was the way town and county government is intermingled with state government. Greenwood also shared interesting insight into the population of the county and his anticipation that it will grow from about 31,000 to 100,000 by 2010!

Further comments and responses to questions covered the land use plan in process, our comparatively low tax millage rate, the county's healthy financial condition (and good audit results), the defeated zoning ordinance, and the economic development board's study of job growth.

• MOVIE PIX •

Video Guy Presents: Smoke Signals

The 1998, PG13 comedy/drama, written by Chris Eyre, directed by Sherman Alexie, starring a great cast made up of no one most people have ever heard of, because none of them are Movie Star beautiful, they are merely talented. (Adam Beach, Evan Adams, Irene Beddard, Tantoo Cardinal, and more)



Stuart Armor

Victor Joseph (Adam Beach) and Thomas Builds-a-Fire (Evan Adams) have grown up together on the Coeur D'Alene reservation in Idaho. Victor is worldly (or as worldly as one can get, growing up on the Res) and sullen, Thomas is an amiable nerd with a long history of continuing his people's long history of oral tradition, according to some definitions, or a liar by others. Victor and Thomas have grown up with radically different memories of Victor's absent father, one remembers an abusive, angry drunk, the other, an epic hero, a magician, and an image of Indians on the 20th century Reservation. When these two reluctant friends travel to Arizona to collect the ashes of the man they both knew, they find they were both more right and more wrong than either could have imagined.

Clever and funny in some spots, seriously tear jerking in others, it's a buddy movie, a father/son movie, and a coming of

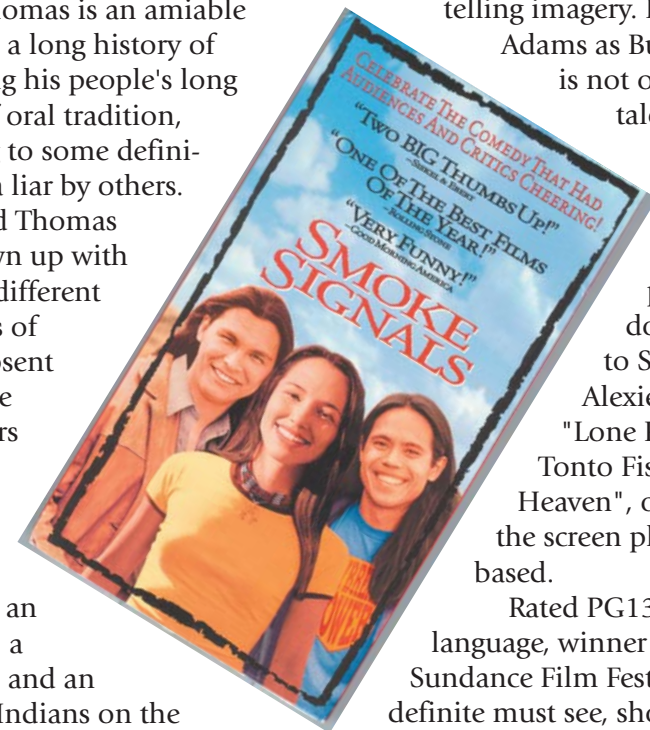
age movie, told in the present and in the memories about things that happened, might have happened and should have happened.

The filming itself is brilliant, as the present and past are mixed by flash backs and vivid story telling imagery. Evan

Adams as Builds-a-Fire is not only a talented actor but a master story teller and poet, and does justice to Sherman Alexie's book "Lone Ranger and Tonto Fistfight in Heaven", on which the screen play is based.

Rated PG13 for language, winner at the Sundance Film Festival, a definite must see, showing that real comedy and real drama are made up of ordinary lives.

Some other similarly themed movies are Education of Little Tree, Little Big Man, Medicine Man, Squanto, a Warriors Tale, and for fans of great story telling, Gray's Anatomy, and True Stories. These and about 5,000 other titles are available at Movie Stop Video, come on by and give em a look.





– 600 wins? Try 600 + 1–

A Highlands School graduate remembers his time with Coach Butch Smart

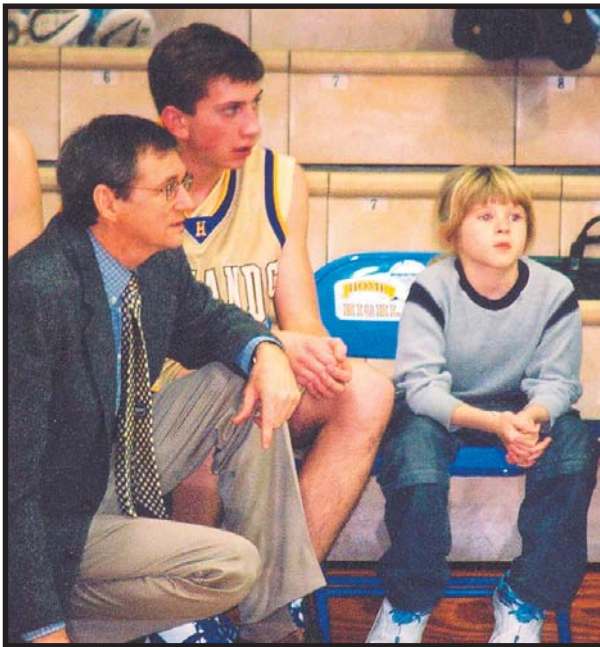


Photo by Alana Wilson

On the sidelines with senior Trent Reese and daughter Stephanie.

By Ryan Potts
Contributor

Thirty-two minutes of hell. Those were the words on the minds of the young Highlanders as they sat through the meeting. The new coach was certainly different – he looked like Ichabod Crane and spoke with a strange Cajun drawl.

Dedication, Discipline, and Defense – three words on the board that seemed miles away. A list of rules a mile long – no sitting with girls before a game? Sure, this guy had a reputation as a great coach, but that must have been back in the day of peach baskets and George Mikan.

While it is not possible to put 32 minutes of hell into words, it is possible to understand. Go outside and run until you throw up, then run some more, then go play basketball for an hour and a half. It's funny how things can change with time.

Thirty-two minutes is no longer a requirement – replaced by the grumblings of those who believe that too much is asked of HHS athletes. But if there is anyone with the right to ask a lot from someone, it is he.

He of the gaudy

record and the five Louisiana state titles. He who actually played college basketball. He who knows every famous coach that you've ever heard of and hundreds that you haven't. He who can turn a conversation about the weather into a basketball clinic. He who came to Highlands with 544 wins, but without the ego. He whose office is always open no matter what the problem. Just don't expect to talk about anything other than hoops for very long. More often than not, a conversation with him will wind its way toward such topics as hedging the pick and roll or help side defense.

Things are different now in the life of the coach. It's amazing how things change with time. Specifically, 840 minutes of time.

The doctor would now test the coach just like the coach tested his players for so long. Eight hundred forty minutes of hell – 840 minutes of machine breathing for you, doctor slicing through you, maybe never see the court, your wife or kid again minutes of hell.

While 32 minutes might change the career of a player, 840 minutes can change the life of just about anyone. So yeah, the coach is different now – a little less fiery, a little more relaxed, a little less focused on just basketball.

Just a few months after his 840 minutes, the coach was back doing what he was meant to do, coaching and teaching the game he loves – only this time it was basketball-lite. Teaching the fundamentals of rebounding, passing, and defense in between chemo cocktails. So thin that his glasses made him look like Harry Caray. Yet, he was out there shooting free throws, making passes, teaching kids to love the game. Fighting exhaustion with catnaps and creating his battle plan for the next season. Eight hundred forty minutes took a

lot out of him, but it left a lot with him, too.

The years have since passed, the memory of 840 minutes rekindled only by a doctor's visit or a craving for sweets that his body can't digest. Ask him about his greatest victory and he will likely tell you a story from Cedar Creek or his state championship games.

Very soon he could get his 600th win as a

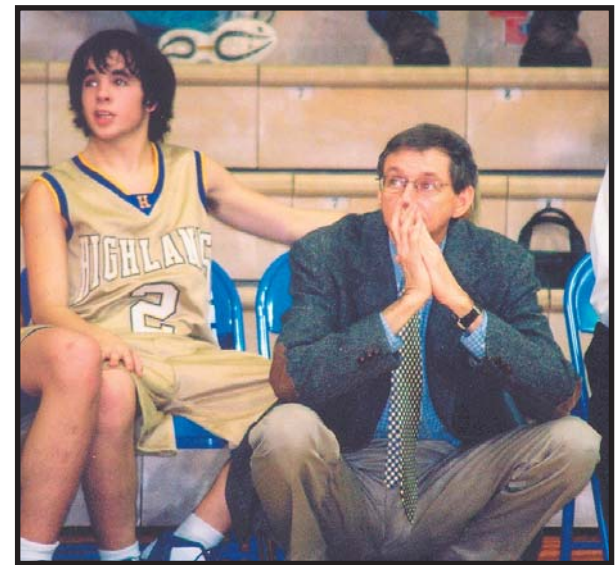


Photo by Alana Wilson

Calculating plays from the sidelines with junior Matt Keener.



Photo by Jim Lewicki

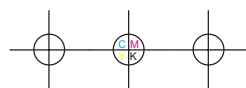
At the Jan. 9 home game against Hiwassee Dam, The Highlanders displayed good teamwork. For a while the teams were neck-and-neck. In the end Hiwassee won 66-55.

high school coach – The Highlanders won 79 to 21 against Blue Ridge, Jan. 13, win number 599 – and there will be a celebration. But even if he doesn't get number 600 this week, or this month, or this year, he will get it. And when he does, he will go in the record books – and yet there will be something missing. What will be missing is victory number 601 – the one with the asterisk. The asterisk that marks number 601 as the greatest game of his lifetime – a game whose finish can only be described as miraculous and legendary.

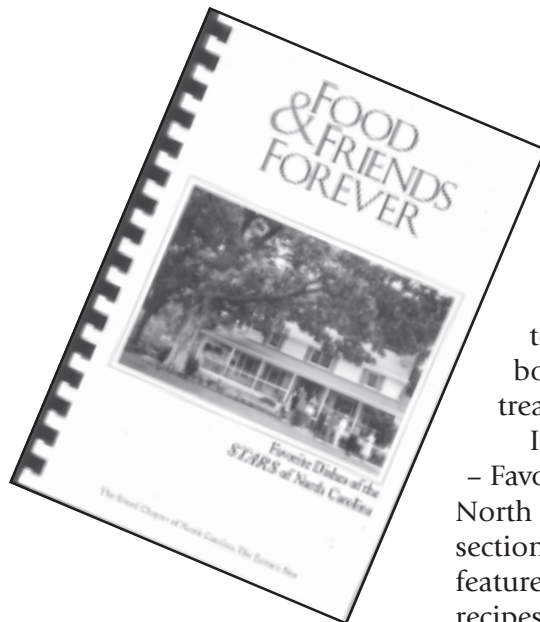
What finish you ask? Go check out the next HHS home game, and watch a living breathing miracle rant and rave on the sideline – and do it with a grin that even the Cheshire Cat would envy.

Congratulations Coach Smart. We admire you for your success, but we envy you for your future.

The next home game is Jan. 23 against Cherokee. JVG is at 4 p.m.; JVB at 5:15 p.m.; VG at 6:30 and VB at 8 p.m.



• COOKING ON THE PLATEAU •



With New Year resolutions ringing in our heads, but cold weather urging us to hunker down and eat, this is a good time to look to a favorite cookbook for healthy but tasty treats.

In "Food & Friends Forever" – Favorite dishes of the STARS of North Carolina, there's actually a section call "Healthy and Tasty." It features low-calorie and low fat recipes in every category – appetizers to dessert.

We'll feature a few courses this week, just to show that dieting can be tasty, too.

Low Fat Taco Dip

- 1 16-oz can fat free refried beans
- 1 cup salsa
- 3 Tbls. taco seasoning
- 1 16-oz. carton fat-free sour cream
- 1 package fat free cheese, shredded
- 6 sprig onions with tops, chopped
- 1 tomato, chopped
- 1 4-oz can sliced black olives
- Jalapeno pepper slices, optional
- 1 14-oz. bag baked taco chips

Mix refried beans, salsa and taco seasoning. Spread on deep latter. Spread sour cream on top. Sprinkle with shredded cheese, chopped green onions, tomato, olives and peppers to taste. For scooping, use baked chips.

– Irene Wills

No Guilt Chicken Pot Pie

- 1 10 3/4-oz. can condensed 98% fat free cream of chicken soup
- 1 9-oz package of frozen, mixed vegetables, thawed
- 1 cup cooked chicken, cubed
- 1/2 cup milk
- 1 egg
- 1 cup biscuit baking mix, reduced fat

Preheat oven to 400 degrees. In 9-inch pie plate, mix soup, vegetables, and chicken. Mix milk, egg and baking mix. Pour over chicken mixture. Bake 30 minutes or until golden. Four servings.

– Edna Shytle

Broccoli Quiche

- 2 cups egg substitute
- 1 12-oz can evaporated skim milk
- 1/2 tsp. salt
- 1/8 tsp. cayenne pepper

- 2 tsp. olive oil
- 1/4 cup onion, chopped
- 1 10-oz packages frozen chopped broccoli
- 1 cup Swiss or cheddar cheese, shredded
- 2 Tbls. flour
- Optional: chopped ham, or mushrooms.

Combine first four ingredients. Beat slightly and set aside. Heat olive oil in skillet. Add onion and saute. Mix thawed, drained broccoli with onion. Add to egg mixture. Mix flour and finely grated cheese. Pat into bottom of two greased pie pans. Pour egg mixture over top. Bake at 350 degrees for 35 to 40 minutes. Cool slightly and serve. Makes 10-12 servings.

– Wilmoth Benfield

Low-Fat Chocolate-Lovers Peanut Pie

- 4 Tbls. peanut butter
- 1 Tbls. honey
- 1 1/2 cups crispy rice cereal
- 1 4-oz. package reduced-calorie chocolate pudding mix
- 2 cups skim milk
- 4 Tbls. whipped fat-free topping.

In small bowl, combine peanut butter and honey. Microwave at high 20 seconds. Stir in cereal. Press into 9-inch pie pan and chill. Prepare pudding with skim milk according to package directions. Spread over pie crust and chill. Garnish with whipped topping.

– Carol Poplin

Proceeds from the sale of "Food & Friends Forever" help The Eastern Star of North Carolina continue to support the Eastern Star Home in Greenboro, N.C. It is a complex of care facilities for elderly members of the Grand Chapter of N.C., The Eastern Star and the Grand Lodge of N.C.. It features independent living condominiums, assisted living quarters and a care center. To purchase a copy call Kathleen Wilson at 526-2852 or Mary Anne Cresswell at 526-2635.

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■ SPIRITUALLY SPEAKING ■

This year, make some 'me time' with the Lord



Steve Kerhoulos
Community Bible Church

The Christmas holidays are coming to an end and just the thought of them being over is causing some of my emotions to be mixed.

I remember the first time Christmas made sense to me, and I celebrated the birth of the Savior for the first time. I will never forget the difference Jesus made in observing the holiday. I realize how crazy this must sound, but it is true. Jesus makes Christmas far more meaningful and wonderful.

B.C., before Christ, I went through the motions and really didn't get it. A.C., after Christ, and Jesus becoming a reality in my life, Christmas was not the same. The same can be said of some of us.

We go through the holidays without experiencing the joy that is found in the Lord. Friend, there is the difference, and His name is Jesus. Coming to know Him turns an annual event into the birth of "your" Savior.

As the New Year begins, I want to encourage you to take some time for yourself. Some "me time." A day away, if possible, to be alone and to reflect on the year just passed, and the new things you are feeling God would have you to begin.

God has a plan for our lives. The Holy Spirit, in the believer's life, is heard when we are still and quiet.

Someone has said if you do not take charge of your time, someone else will. One of the things I have discovered with my walk with the Lord is, the best time to hear from Him is when I take the time to listen.

If you can plan a day away at the beginning of this New Year, it will be time well spent!

God Bless!

● 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
Tues: 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. Kerhoulos, 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.
Wed: 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: Choir – 9 a.m.; Bible Study Classes – 9:15 a.m.; Holy Eucharist – 10:30 a.m.;
Children's – 10:30 a.m.
Mondays: Daughters of the King – 10:30 a.m.;
Women's Cursillo Group @ Church – 4 p.m.;
Tuesdays: Men's Cursillo in Jones Hall – 8 a.m.
Wednesdays: Supper and Program in Jones Hall – 6 p.m.

Thursdays: Holy Eucharist – 10 a.m.
The Sunday Service is telecast on cable channel 14 every week.

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.
Wed: 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.

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

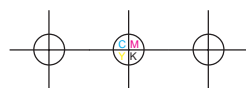
Rev. Maureen Killoran (part-time)
Sundays: Worship – 11 a.m.

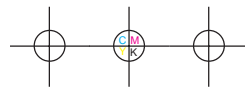
Westside Baptist Church

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.





• UPCOMING EVENTS •

On-Going

- New After-Work Aerobics Class at the Highlands Rec Park with Sandy Trevathan, certified in AFAA and ACE training. Classes are at 5:15 p.m. on Mondays and Wednesdays. Call 526-5852.

- Daisys, Brownies and Junior Girl Scouts meet 6:30 p.m. every Tuesday at Highlands United Methodist Church. Come jjoin them.

- 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.

- The Mountain View group of Alcoholics Anonymous now meets in the remodeled basement meeting room of the First Presbyterian Church sanctuary, in Highlands. It's accessible from both Main and Church streets. Meeting times remain the same: Mondays at 8 p.m.; Tuesdays at 5:30 p.m. (women only); Wednesdays and Fridays at noon. For further information, call (800) 524-0465.

Jan. 17

- The Nantahala Hiking Club will take a moderate 4.5 mile hike, with a 500' elevation gain, from Jones Gap to Whiterock Mountain along the Bartram Trail, for beautiful views of the Nantahala mountains from the spectacular rock face of Whiterock. Meet at Highlands Bank of America at 10:00 a.m. or at the intersection of Hwy. 64/28 (the Highlands/Franklin road) with Turtle Pond road at 10:15 a.m. Bring a drink, lunch, rain gear, and wear sturdy, comfortable shoes. Drive about 20 miles round trip, returning 2-3 p.m. Hikes are limited to 20 people; reservations are necessary. Call hike leader Mo Wheeler, 526-9561, for a reservation, more information, or in case weather looks doubtful. Visitors are welcome, but no pets please.

Jan. 18

- The Nantahala Hiking Club will take an easy 2 mile hike on the Macon County Greenway in Franklin. The group or individuals the option of adding another two miles on the rail going the other way, for a total of 4 miles. Meet at Macon Plaza Bi-Lo at 2 p.m. Bring a drink, a snack if you wish, wear clothing appropriate to the weather and sturdy, comfortable shoes. Hikes are limited to 20 people; reservations are required. Call leader Kay Coriell, 369-6820, for res-

ervations, more information, or in case weather looks doubtful on day of hike. Visitors are welcome, but no pets please.

Jan. 19

- Conversation Peace will be held at Highlands School on Mondays beginning January 19. The Introductory video and meeting will be from 4:30-6 p.m. Anyone in the community who is interested is invited to come. Please contact Carol Bowen at 526-5168 if you have questions or need further information. This study presents seven powerful speech-transforming elements that are based on the Bible. Each week by video Mary Kassian, Christian author, speaker, and conference leader, will introduce powerful elements and techniques for communication based on Biblical principles.

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. The time is 7 p.m. at PAC on Chestnut Street and it's free.

Jan. 22

- Senior Citizens Luncheon at the Rec Park at noon. It's free. but donations are accepted.

Jan. 29

- The Highlands Chamber of Commerce in partnership with the law firm of Edwards, Ballard, Bishop, Sturm, Clark and Klein will host a seminar on changes in U.S. immigration laws that can impact local businesses. The business immigration law update will be held on Wednesday at the Highlands Conference Center from 9:30 until noon. Cost of the seminar is \$10 for Chamber members and \$20 for non-members. To register, please call Ruth Buchanan at 526.5841.

Jan 30 & 31

- Cowboy Envy – an exciting evening of old-time cowboy song and stories will be presented by Highlands' Instant Theatre Company Friday and Saturday at 8 p.m. at The Martin Lipscomb Performing Arts Center on Chesnut St. in Highlands. \$5 Children, \$15 Adults for tickets call (828) 342-9197.

Feb. 2

- The February regular meeting of the Macon Conty Board of Commissioners will be at 9 a.m. instead of 6 p.m. for presentation of employee service awards.

- E-mail events to www.highlandseditor@aol.com.

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

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Green plaid sleeper sofa, glass/wood coffee table, separately, or \$250 for both. Free chair (needs re-upholstering) with purchase. 526-5558.

• HELP WANTED •

Full or part-time positions available at Creative Images on Laurel Street. Stylist and nail technician. Call 404-226-5415.

Highlands-Cashiers Hospital (EOE) RNs: Four full-time positions. Prefer ACLS, TNCC, ENPC, or PALS with E.R. and cardiac background. Also, R.N. in the O.R. CNA: Monday-Thursday, full-time. Competitive pay and an excellent benefit package. Pre-employment substance screening. For details call: Mary Osmar, Human Resources, 828-526-1301.

Nurses – Fidelia Eckerd Living Center, Highlands: If you are a team player and love working with the elderly, WE WANT YOU! Our Edenizing facility sustains friendly, competent co-workers, has supportive team leaders, and provides residents with the best in continuity of care. Two full-time openings are available for nurses; 3 pm – 11 pm or 7 am – 7 pm. Nurses receive shift differentials for evenings, nights, and weekends. One-month orientation, competitive pay, and an excellent benefit package. We are an EOE, and we perform pre-employment sub-

stance screening. For details call: Mary Osmar, Human Resources, 828-526-1301.

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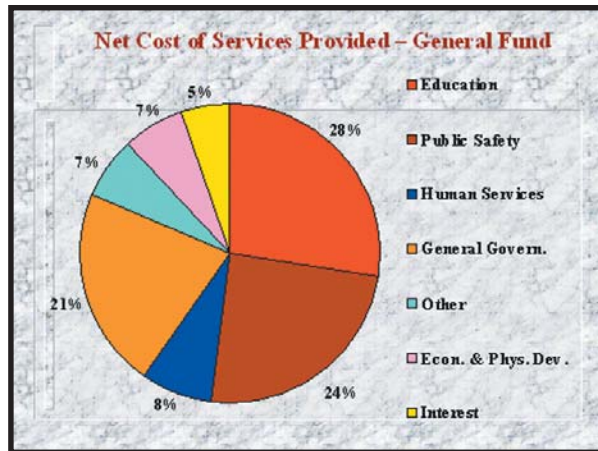
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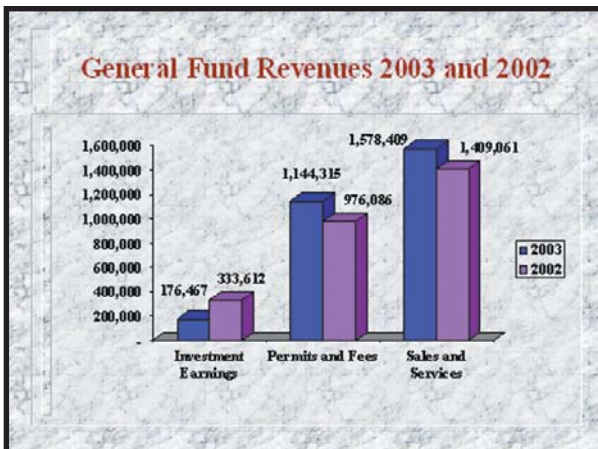
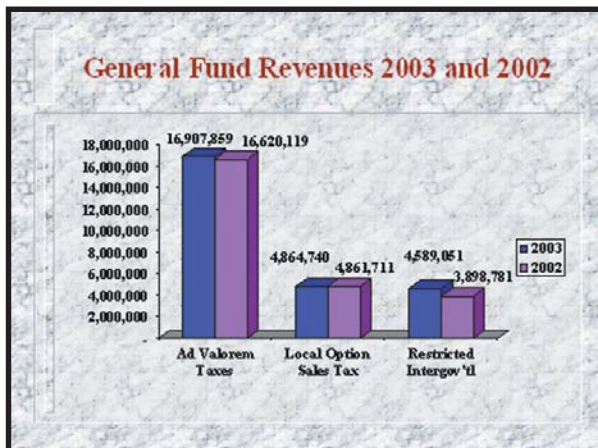
Send check to Highlands Newspaper, P.O. Box 2703, Highlands, N.C. 28741 or put in HIGHLANDS NEWSPAPER DROP BOX at Highlands Vacation Rental/CCP office at Mtn. Fresh Ctr.

Macon County 2002-2003 Audit –A Pictorial View –

In the Jan. 9 issue of Highlands' Newspaper, we ran a story about the fiscal state of Macon County. Auditors pronounced it in good shape. Since then graphs have become available.



Money received – 2002 vs. 2003

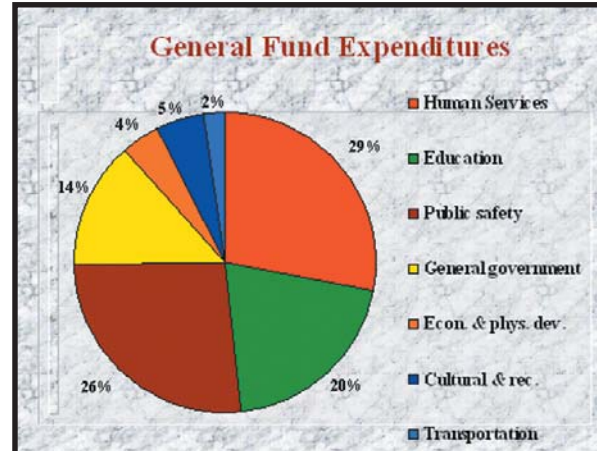


Despite talk to the contrary, tax revenue from ad valorem and local option sales taxes was up in 2003.

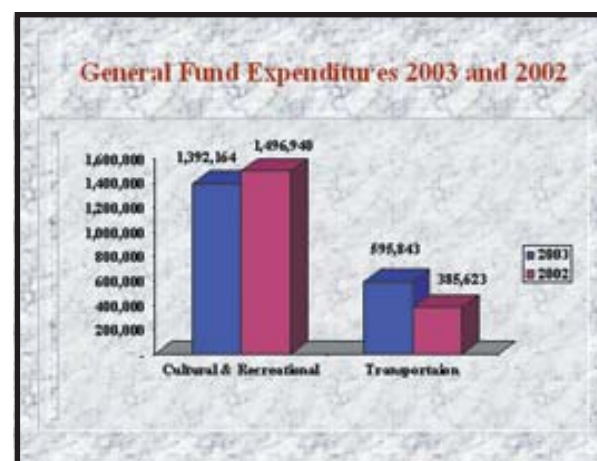
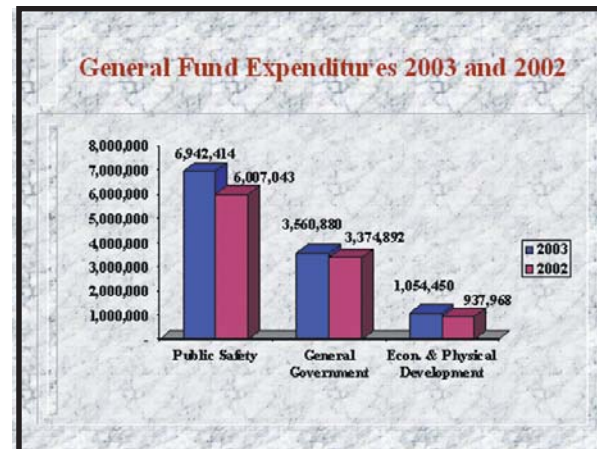
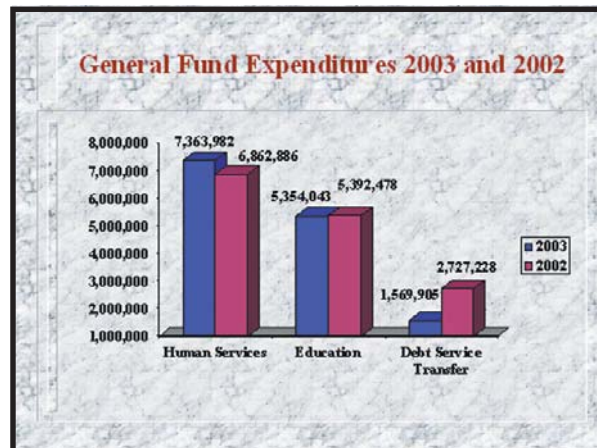
Revenue from sales and services and from permits and fees was also up, substantially.

Income from investment earnings was down for 2003.

Expenditures increased in most areas – highest in public safety and human resources.



Money spent – 2002 vs. 2003



IRS increases tax deductible limits for buying long-term care insurance

By Betty Doll

Long Term Care Insurance Services, Asheville

The IRS has released inflation-adjusted limits that enable individuals and business owners to deduct more of the cost for their own personal long-term care insurance. The IRS permits the deductibility of qualified long-term care insurance premiums.

Owners of small businesses such as C-corporations can fully deduct the cost of long-term care protection. Even spouses may be covered with corporate paid premiums. IRS rules impose capped limits for other forms of business ownership and individuals. Different rules apply for individuals but a couple may be able to deduct as much as \$6,500 for their long-term care insurance in 2004..

For 2004, Revenue Procedure 2003-85 spells out the limits for eligible long-term care insurance premiums based on attained age during the tax year.

Age 40 or less	\$260 (per person)
Over 40 up to 50	\$490
Over 50 up to 60	\$980
Over 60 up to 70	\$2,600
Over 70	\$3,250

Most significant tax savings for businesses

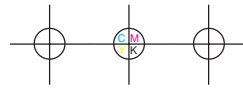
It is now possible to use pre-tax dollars to purchase protection against what can be the greatest risk to an individual's retirement savings. The business can deduct the cost of coverage even when they choose to purchase protection for selected employees and even their spouses.

– Betty@LTCFinder.com

... REVIEW from page 7

none of them are wearing make-up. What struck me when I watched this film was the stunning beauty of each of these women. In other circumstances, they could have been seen as unattractive, but because of their inner radiance they were glowingly beautiful.

Much of our society is materialistic and superficial, and our attempts at beauty follow: buy something to smear on and cover or remove what is on the surface. If we are interested in true beauty, (which has the added benefit of increasing with age), we need to look to our inner spiritual selves. Think of the time and effort we devote to our physical selves. What if we devoted a similar amount of time and effort to our inner selves!



• POLICE & FIRE REPORT •

The following are the Highlands Police Department log entries for the week of Jan. 7-14, 2004. The only names are of public officials and/or people who were arrested.

Jan 7

- At 6:30 p.m., officers responded to an alarm at Shiraz Oriental Rug Gallery on Main Street. All was secure.

Jan 8

- At 10:10 p.m., officers investigated an alarm activation at First Union Bank. All was secure.

Jan. 9

- At 9:45 a.m., officers responded to an alarm at Regions Bank. All was secure.
- At 7:20 p.m., officers were notified of a person who had threatened to commit suicide. They talked to him.
- At 8:20 p.m., officers investigated an accident between two vehicles at Pierson and Satulah Ridge Road. One driver was cited for exceeding a safe speed. There were no injuries.

Jan. 10

- At 11 p.m., officers took a report of damage to a vehicle window on N.C. 106.

Jan. 12

- At 10:20 a.m., officers responded to a report of a plasma television valued at \$7,500 taken from the Old Edwards Inn. The case is under investigation.
- At 11:15 a.m., officers responded to an accident on Main Street. There were no injuries.
- At 7:50 a.m., officers responded to an alarm at Macon Bank. All was secure.

The following are the Highlands Police Department log entries for the week of Dec. 24-Jan. 14.

- The dept. responded to an accident between two vehicles at Flat Mountain and Hicks roads. There were no injuries.
- The dept. was first-responders to assist EMS with a medical call at a residence on Wyanoak Drive. The victim was transported to Highlands-Cashiers Hospital.

Dec. 26

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

Dec. 30

- The dept. was first-responders to assist EMS with a medical call at the post office where someone had slipped on ice.

Jan. 1

- The dept. was first-responders to assist EMS with a medical call at a residence on Dogwood Drive.

Jan. 2

- The dept. was first-responders to assist EMS with a medical call at North Fifth Street. The victim was transported to the hospital.
- The dept. responded to a report of a chimney fire at a residence on Horse Cove Ranch Road. There was no damage.

Jan. 5

- The dept. was first-responders to assist EMS with a medical call on Main Street where someone had fallen. The victim was transported to Highlands-Cashiers hospital.

Jan. 6

- The dept. responded to a "Life Line" call from a residence on Spotted Bear Lane, but the call was set off by accident.

Jan. 8

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

Jan. 10

- The dept. provided mutual aid to the Scaly Fire Dept. and stood by at the station while Scaly responded a call of a chimney fire.

... BUILT-UPON continued from page 1

27. Members said the SUP application wasn't sufficient. They requested a site plan drawn one inch to 40 feet, showing square footage upstairs and down, gross square footage of the entire McCulley's/Hiker parcel so they could correctly determine the 1-to-1 ratio required in the B1 district.

The 1-to-1 ratio refers to construction of or addition to commercial buildings where the resulting gross floor space of the entire building can't exceed a ratio of one square foot of gross floor space per one square foot of building lot.

There is an immense rock under the McCulley's building and board members want to make sure it is not being used in the square foot calculation.

Deputy Zoning Administrator Richard Betz said the only public body to view the proposed plans for the McCulley's/Hiker building prior to the Jan. 14 zoning board meeting was the appearance commission on Dec. 1. "The commission reviews and makes recommendations only on the architectural appearance of projects," he said.

Betz said in 1995 an SUP was issued for an addition to the building and at that time it met the required 1-to-1 ratio. When determining 1-to-1 square foot ratio, attic and basement square footage not accessible to the public isn't included in the calculation.

Sometime after 1995, a climbing wall was incorporated into the Highland Hiker building. Betz said it extended down into the basement area but "it in effect replaced a small area of ground floor with an identical area in the basement," he said. "If the basement wasn't included in 1-to1 calculation then, it can't be included now."

But OEI has a statement from previous owner, Mary Wheaton verifying that on occasion the public was allowed access to the basement of the Highland Hiker building. OEI contends that the basement area and the parking area under the building constitutes public use so a square footage swapping should be allowed.

Betz said open-covered parking,

like that used at the Highlands Suite Hotel does not appear to him to be gross floor space, nor did the zoning board consider it such in 1995, he said.

Furthermore, if the basement area was being used illegally as per the 1995 SUP stipulation, "how can we grandfather something illegal?" asked Gantenbein. He only learned of the 1995 SUP existence a few weeks ago.

"But even if some part of the basement was being legally or illegally used for public space, how do we make the leap that the floor space could be doubled?" said board member Zeke Sossomon.

Board member Jimmy Tate agreed. "I don't see how we can convert parking and unused space to usable floor space," he said. "It may be that this board might permit transferring some of that space, but whether or not the whole thing depends. What is it less the rock?"

Attorney for OEI, Doug Wilson said at this point OEI had a vested right to land use pertaining to the McCulley's/Hiker parcel.

"Under North Carolina common law, parties have vested right if they have made a substantial expenditure, demonstrated good faith reliance, had valid governmental approval and if the result is the party's deterrent delay and loss of a great deal of money.

"It's true the swapping wasn't permitted, but the zoning administrator indicated it would be OK," said Wilson. "In addition, in September, the service building adjacent to the McCulley's/Hiker building showing the proposed second floor connection between the two buildings was approved by the Zoning Board."

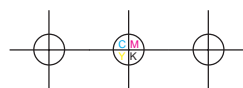
He said a 1946 case ruled that municipalities could not impose undue hardship by slavishly adhering to technicalities. Using another case he said a town can't ignore its ordinance for a number of years or allow an illegal use and then suddenly enforce it.

Sossomon said the continuation will allow the board to think about the case and give OEI time to deliver the proper plans.

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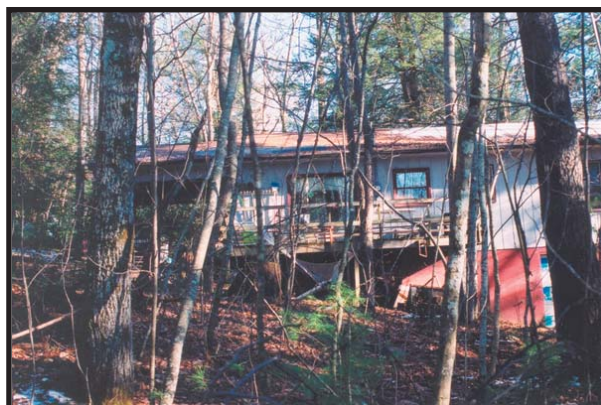
Pinecrest. Attention all renovators! Great in-town location with a one level ranch style features a great mountain view. Good floor plan, one-car garage, 3 bedrooms, plus living room and family room. Needs some TLC and cosmetic touches to make a wonderful home. Offered at \$375,000.



Good Location South of Town. This easy living home features level access to the main living area and 2-car garage. Spacious rooms, 2-tiered decks make outdoor living a pleasure and overlooks a beautiful babbling creek. Perfect for a family home or get-away. Offered at \$349,000.



Charming Country Home. The home is close to town with three bedrooms, two baths, hardwood floors, fireplace, wrap-around porch. Separate one-bedroom, one-bath guest cottage with carport. This home is immaculate and a must-see. Priced at \$425,000.



Wyanoak Drive. This two bedroom, one and ½ bath home is offered at the great price of \$174,000.



Holt Knob on Holt Circle. Lovely 3-bedroom, 3-bath home features low maintenance steel roof and log siding. Cathedral ceilings with gas fireplace, bonus room with additional storage in lower level. Super mountain view to the north from the large covered porch. Great get-away or rental property. Offered at \$429,000.

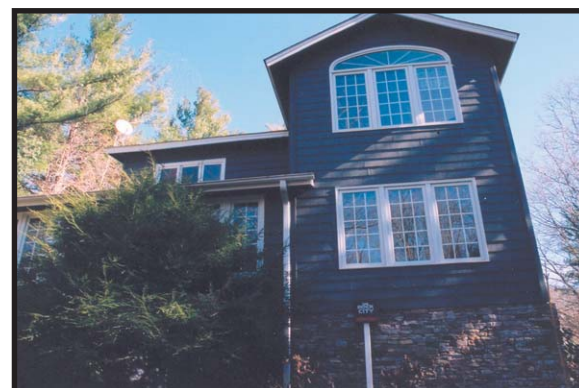


Mountain Laurel. Tucked away in a rhododendron thicket on a small private knoll at the end of a lane, this 3-bedroom, 2-bath home was built by Schmitt Builders. Quality materials, real stone fireplace, additional large bonus room makes this a great get-away. Offered at \$397,000.

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Brand New Log Home. Located in the Meadow between Highlands and Cashiers. This log cabin has charm and has all of the modern conveniences of a brand new home. Three bedrooms, 2 baths, plus a loft. Two gas fireplaces. Large wooded lot with easy access. Offered at \$399,000.



Cherokee Drive. Good location to own. Three bedrooms, 3 baths, garage, nice yard, furnished. Offered at \$440,000.



Easy Walk to Town. This 3-bedroom, 2-bath, plus office home is close to town. It sits on a large (1.5-acre) in-town lot bordered by a stream and pond. Recently renovated to include a large covered front porch, stacked stone fireplace, tin roof, new carpet and paint inside and out. The home also has a large unfinished basement that would suit many needs and an open floor plan that would be ideal for entertaining and year-round living. Offered basically furnished for \$459,000. Owner/Agent.