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Recap of Year 2004 INSIDE

FREE

Highlands' Newspaper

Volume 3, Number 1**Locally Owned & Operated****Friday, Jan. 7, 2004**

On-Going

- Pilates classes Tuesday & Thursdays at 5:15 at the Rec Center. The cost is \$8 per class, but the first class is FREE. Participants need to bring a mat if possible.

- At Highlands Wine & Cheese – Wine Flights Friday and Saturday: 4:30-6:30. As always, wines by the glass and cheese plates available Wednesday through Saturday: 1:30 until 4:30. Complimentary Tastings Saturday: 1 until 4:30.

Jan. 6

- "The High Mountains Squares will sponsor a SQUARE DANCE 'BEGINNERS' CLASS starting at 7 p.m., Thursday, Jan. 6, at the Macon Environmental Resource Center on Lakeside Drive next to the Macon County landfill. Anyone from age 10 & up is invited to learn to square-dance & put some good, clean fun in his/her life. For information call 828-349-3908//828-349-0905//706-782-9846.

- GED classes taught in Spanish to start at the Literacy Council of Highlands at the Peggy Crosby Center at 5 p.m. and every Thursday there after through April. For more information, call Breta Stroud at 526-9938, ext. 240.

Jan. 8

- HOME Highlands School VG B-Ball at the Rec Park at 3 p.m.

Jan. 13

- Hospital Blood Drive on the campus of Highlands School from 1-4 p.m.

- The League of Women Voters will host county planner Stacy Guffey and town planner Rebecca Crawford at "Lunch with the League," at noon at Tartan Hall in the Presbyterian Church in Franklin. The planners will discuss projects and issues for the upcoming year and hear the concerns of participants. For reservations call 524-5192. The program will begin at 1:15.

Commissioners back two animal agencies in county

By Kim Lewicki

For more than a year, two county-wide, animal-friendly organizations have been vying for county backing so money they spend on their spay/neuter programs can be reimbursed through the State's spay/neuter funding pool.

At the Jan. 3 Macon County Com-

missioners' meeting, the two groups came away smiling.

The board named both the Macon County Humane Society and Macon County Friends of Animals as administrators of the spay/neuter program which means they can both be reimbursed with state funds.

Also, commissioners agreed to put

\$25,000 from the county's \$70,000 animal-care fund in the county's spay/neuter pot, but for one year only. "I think we need to jump-start the program for one year," said Commissioner Bob Simpson. "Regardless of financial need, anyone in the county should be able to get their animals neutered or

▪See **ANIMALS** page 20

Homeschoolers create masterpieces



Photo by Jim Lewicki

The "It's Masterful" art class at Bascom-Louise Gallery is part of the Gallery's art program for children which is conducted year long. Classes are \$5 each. To register call the Gallery at 526-4949. From left Karaline Shomaker, teacher Kat Evans, Gardner Davis, Daniel Long, David Long, Gemma Davis and Alissa Cutshaw.

Cingular could be coming to town

By Kim Lewicki

A few more steps and another cell phone provider could be coming to town.

At the Jan. 3 Macon County Commissioners' meeting, representatives from Crown Atlantic sought a fall zone variance for a 170-foot monopole on Lot 6 of Skyline Drive.

The pole is currently 140 feet high, but will be extended to 170 feet to accommodate co-location of Cingular on the pole.

But before work can continue,

Crown Atlantic must get permission from adjacent property owners because should the tower fall, it would fall on their property.

So far one property owner, Bob Nass, has given permission, but response from two property owners is lacking.

The company has tried to contact owners of Acres Away and the McGuffey family through phone calls and certified letters, to no avail.

Crown Atlantic came seeking a

▪See **CINGULAR** page 20

Residential areas part of land use committee's plan

By Kim Lewicki

Now that the vision statement is set and its homework done, the land use planning committee is ready to address specific areas of the 1989 land use plan that need revamping.

For months now, the committee has been gathering information on growth, infrastructure, commercial zoning, streetscapes, and county involvement on the Highlands Plateau.

Each member of the Town Board has submitted statements concerning areas of the zoning ordinance they would like to see reworked, as well as new issues they want addressed.

All of these concerns will be addressed when it's time to amend the 1989 document, but the group isn't quite ready for that.

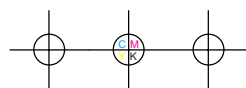
At the January 3 land use planning committee meeting, members finalized the vision statement which is supposed to describe "what your community wants to become," said facilitator Geoffrey Willett with the N.C. League of Municipalities.

The statement — "Highlands is a unique mountain community dedicated to preserving its history, natural environment and its village character."

Sounds simple, but that statement took some doing.

Now the committee has set its

▪See **LAND USE** page 5



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• FORUM •

We love France...and they like us, too!

By Kim Lewicki

Having just returned from Chambéry, France to visit Megan, our 16-year-old daughter who is Highlands Rotary's exchange student, I found a Jan. 3 Fox News report by Bill O'Reilly and his guest particularly distasteful and erroneous.

They reported that the anti-American sentiment in France is rampant and outright. They claimed the French have felt that way about America for 300 years – that General de Gaulle and the current French president Jacques Chirac perpetuate this sentiment.

I think as a nation we must be very careful about labeling countries and people and as a news source, even more careful. As members of a melting pot, Americans should know better than anyone that stereotyping is nonproductive and damaging.

O'Reilly inferred that the anti-American sentiment is mainly due to the French government's contrary opinions to America's involvement in the war in Iraq. But politics of a nation should never be equated to overall sentiment of a nation. O'Reilly needs to remember that President Bush did not win his first term easily nor his second by a landslide. Both times about half the country voted for the other candidate. That means that not even everyone in America agrees with the Bush administration's policies.

I'm happy to report that contrary to the sentiment proclaimed by Fox News, we felt nothing but hospitality and kindness from the French.

Absolute strangers opened their homes to us and humbly introduced us to their country, customs, and cuisine with nothing but smiles and patience.

We arrived Christmas Eve to a cozy cottage on Lac d'aiguebelette, 15 minutes outside Chambéry – compliments of Megan's host father, Remy Bollon. At six o'clock we were escorted to the home of the DeFours, the family who housed Megan during her first two weeks in France.

Jean Michele and Martine DuFour, Remy's friends, initially housed Megan because her host mother was on holiday.

Christmas Eve at the DeFours was clearly a family affair with grandmothers, sisters, sons, daughters and cousins all home for the holiday. We were met at the door of the chateau which overlooks Lac d'aiguebelette with le bisou – a French kiss given between friends and acquaintances on alternating cheeks upon meeting and separating. This took some time as 11 members of their family each greeted us with le

▪See FORUM page 15

• LETTER TO THE EDITOR •

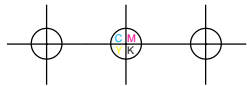
Channel 14 now a joy

Dear Editor,

This is just a quick note to thank Katie Brugger and Arthur Hancock of Time Capsule Video for all their hard work in providing an informative and entertaining local TV channel. Channel 14, once a tired and boring channel, it's now THE place to go if I want to know about Highlands. I've seen everything from the graduation at Highlands School to interviews with those who have lived here forever. Katie and Arthur were at the Christmas Concert and Art Walk; at the Fall Finale and Halloween. And their coverage of the Christmas Parade allowed me to see all the faces I missed during the actual festivities.

Thank you, Katie and Arthur. You are serving the people of Highlands and all your hard work IS noticed.

**Jenny King
Highlands**



Community input sought about possible school calendar changes

School officials are considering changing the Highlands School calendar – but they want input from the community.

There will be three more parent/community forums to learn about the two options for the school calendar for 2005-06. The options are either to stay with the **traditional calendar** or to convert to a **balanced calendar**.

The traditional calendar keeps the school weeks bundled together with the majority of vacation time taken all at once in the summer. Students attend approximately 70 days of school in the fall, with the first break at Thanksgiving. The winter holiday is followed by about 55 school days before spring break. Spring break is followed by roughly 40 school days to the end of the school year.

The balanced calendar keeps the summer break but reduces it, reapportioning those days throughout the school year for

more frequent breaks. Students attend 45 days in the fall, then they take 15 days off for Fall Break. School resumes for 45 more days, with a break for Thanksgiving, then a 15-day winter break. Students come back to school for 45 more days, then a 15 day Spring Break. After the final 45 days of school, Summer Break runs for six weeks.

Both calendars have the same 180 days and 1000 hours for instruction, as required by NC state law. Students who play interscholastic sports follow the same athletic schedule on a balanced calendar as they do on a traditional calendar.

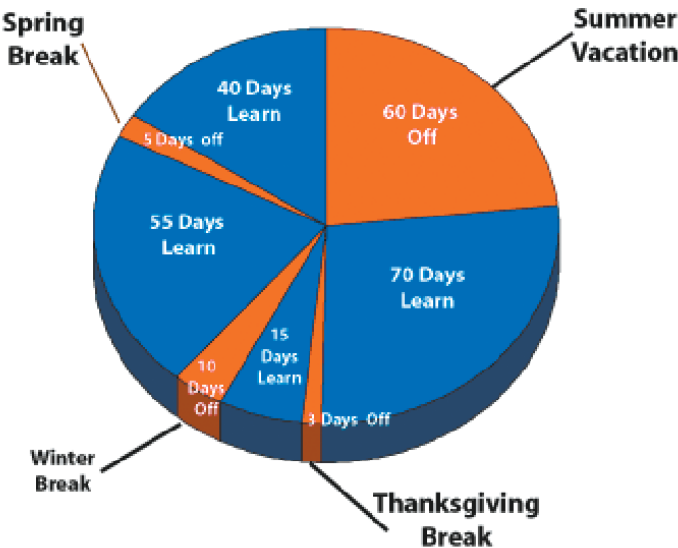
The other scheduling issue is whether to change the start/end times for the school day.

Meetings will be held in the school cafeteria on Sunday, January 9, at 4 p.m.; Wednesday, January 12, at 7 p.m.; and Monday, January 17 at noon.

Calendar Comparisons

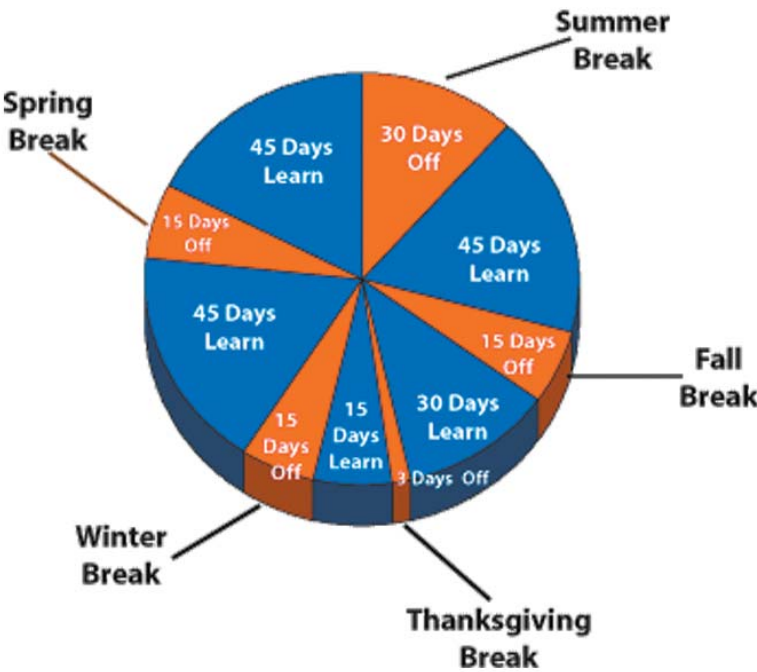
The charts below compare the distribution of days in school and days on break on the nine-month traditional calendar vs. the distribution of school days on a balanced or modified calendar. Weekends are excluded from the charts, with both models detailing a typical year of 258 work days (Monday through Friday). Both charts represent a standard school year of 180 days.

Traditional Calendar



The Traditional Calendar features a long summer vacation of 12 weeks followed by a long period of in-session days, with the first break coming at Thanksgiving. The winter holidays are followed by 55 in-session days before a short spring break. Spring break is followed by 40 work days before the end of the school year.

Balanced Calendar

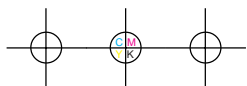


The Balanced Calendar reduces the long summer break and simply apportions those days throughout the school year, producing more frequent breaks and thus limiting long periods of in-session days, as well as longer vacations. Both calendars feature 180 days of instruction, with the modified calendar balancing the frequency of in-session days with days on break. The winter holiday and Thanksgiving break can be the same on both calendars

Highlands Highlanders 2004-05 Basketball Schedule

Month	Date	Opponent	Place	Time
Jan	7	*Hiwassee Dam	Hiwassee Dam	JVG 5
	8	West Oaks	Rec Park	VG 3
	11	*Blue Ridge	Cashiers	VG 5
	14	Rabun Gap	Rec Park	VG 6:30
	15	Rabun County	Rec Park	JVG 5
	18	*Nantahala	Rec Park	VG 6:30
	24	Robbinsville	Robbinsville	JVG 5
Feb	28	Rosman	Rec Park	JVG 5
	1	Swain County	New Gym	JVG 5
	4	*Hiwassee Dam	New Gym	JVG 5
	5	Tallulah Falls	New Gym	VG 3:30
	7	Tamassee-Salem	New Gym	JVG 4:30
	11	*Blue Ridge	New Gym	VG 6:30
	15	Conference Tourn.	Nantahala	TBA
	17	Conference Tourn.	Nantahala	TBA

*Denotes Little Smoky Conference Games



Highlanders recognized



At the January 3 Macon County Commissioners meeting, Chairman of the board Allan Bryson presented county employees with 2004 service awards. Highlanders with the county EMS unit, Gary Ammons (center) Jeff James (left) and Terry Watson (right) received plaques for 20 years of service.

Highlanders appointed to county boards

At the Jan. 3 Macon County Commissioners meeting held in Franklin, commissioners appointed Highlanders to two county boards.

Richard Betz, Highlands Town Administrator was appointed to the Watershed Review Board for a second term. The board reviews appeals for issues within the watershed.

Highlander Thomas Craig, of Craig & Craig, was appointed to the Economic Development Commission along with Ed Barker and Roger Plemmons.

The Economic Development Commission works to promote the county's economy through business and industrial recruitment.

More flu vaccine available

The Macon County Public Health Center has received an additional supply of injectable flu vaccine. Restrictions have been loosened to allow others at high risk to receive the vaccine.

People age 50 and older, who are normally considered high risk for flu but have been prevented from getting the vaccine during the current season, are now recommended to receive the vaccine. In addition, it is recommended that household contacts of people in the high risk groups be vaccinated.

The new criteria are in addition to the earlier guidelines released in October that includes those age 65 or older; individuals with chronic

illnesses; children on aspirin therapy; children ages 6-23 months; and pregnant women.

Those who meet the current guidelines may come by the Health Center between the hours of 8 a.m. and 4 p.m. All vaccine will be given on a first-come, first-served basis and appointments will not be accepted. Persons who are on Medicare Part B should bring their card with them.

Individuals who do not meet the high-risk criteria may be eligible to receive Flu-Mist. This nasal vaccine is available free of charge for healthy individuals between the ages of 5 and 49. For more information, please call 349-2081.

• LAUGHING AT LIFE •

My New Year's 'revolution' (For men only)

I stopped making New Year's resolutions a couple of years ago after finding the perfect one. It was "Never make another New Year's resolution." It's the only one I have been able to stick with; one I wouldn't break before the end of January. I am so proud of myself for thinking of this. Should have done it years ago. This proves that wisdom is not wasted on old geezers like me because I can now pass this idea on to all you guys out there.

Instead of resolutions, I now make New Year's revolutions. If you're interested, this is how it works.

First, make a list of the things you want to revolt against. Don't make the list too long or scary the first year. Think of things you don't like doing that you can promise yourself you will revolt against.

On the top of my list is shopping. Ahhhhhhh. Women shop, men buy. When a woman needs a dress, she is compelled to browse through many stores to finally get what she wants. Ever notice women can do this carrying a purse that weighs more than a full garbage can, an umbrella almost as big as they are and several purchases made last week that will be returned?

My little missus will buy three of the same dress, only in different colors. The following week, she will take two back, once the decision on color is made. This, of course, is after trying on each dress seventeen times. Men just go into one store, pick up the item they need and leave. No browsing, no wandering up and down the aisles, guys just buy and leave. Men, close your eyes and say, "buy and leave."

This is why we wear our underwear until it is tissue paper thin. We don't need underwear until then. Once it disintegrates inside our pants we go and buy underwear. Go in for underwear, leave with underwear.

Next on my revolt list is exercising. Years ago I used to go to a doctor for regular checkups (I've stopped doing that 'cause I'm afraid he'll find something) who believed that you are only allotted so many heart beats and that's it. Once you have used up all



Fred Wooldridge

your heartbeats, you croak. "Stop running, you fool, you're killing yourself," he would yell at me. "Only run when you're being chased by a tiger or late for dinner." He never exercised a day of his life and died in his late seventies with a cigarette hanging from the corner of his mouth.

I don't want to die healthy, with six-pack abs or

30-inch biceps. When they roll me onto the slab at the mortician's little back room to get drained, I want to look puny and sickly, like a dead person should look. I always say, "If you're going to pack it in, look the part." I don't want the mortician to say, "Wow, this guy sure looks healthy, must have run out of heart beats."

Third on my list is watching TV with the little missus. I cannot get her to watch "Revenge of the Dog Eaters" and reruns of Lonesome Dove but I always give in to stuff like "A Woman's Plight, sleeping with Edgar" or even worse, "Pregnant at Fifteen, What's a Mother To Do."

I am working on a special media room in the garage, complete with beer cooler, cheesecake poses of Farah Faucett before she burnt her bed and a brand new, 92 inch TV with a sound system that will peel the label right off my beer bottle. This new baby will be controlled by the sound waves of my voice only. "TV, Monday Night Football" and, POW, it responds.

Now, if you are married, presenting this new idea of New Year's Revolutions to the little missus takes some tact. Don't expect them to cotton up to this new theme right away. It may take some time. Presentation is everything. First, pick a time when their PMS is not raging. When you present your revolution list to her, tell her it is not negotiable. Be firm. Catch her while she is sitting and you remain standing with your arms folded, looming over her while she reads the list.

I'm going to wait until New Year's Eve, right after dinner, when she has a full stomach. I will hand her the list right after I finish washing the dishes, putting out the garbage, cleaning and mopping the kitchen.

Noises Off!

The 1992, PG13, ultra fast paced farce, based on a play Michael Frayn, directed by Peter Bogdanovich, starring Carol Burnett, Michael Caine, Marilu Henner, Christopher Reeve, John Ritter, Nicolette Sheridan, and more comic actors than you could shake a stick at.



Stuart Armor

depend solely on slapstick, underwear and slamming doors for their humor. I however, am not one of those. Physical comedy, old dumb jokes and yes, slamming doors, are all perfectly fine by me, and this show has it all in spades. This spectacular

ensemble cast work flawlessly together, each one playing off and for each other with lightning speed. A line up of comic veterans takes this script and shake every bit of silliness out of it. Reeves, without a lot of comic background, does a great job of being a bumbling idiot, endearing and silly (as a matter of fact, the whole cast does a great job of being bumbling idiots). Burnett is one the best physical comics on the screen and no one could ever be as good at dry, razor-edged delivery as Caine. And everyone does a great job of slamming doors.

More by Reeves include Rear Window (filmed after his accident, and brilliantly done), Speechless, and of course, the Superman movies. Burnett, best known on television, did a wonderful job in Annie. Marilu Henner, as talented as she is beautiful, can be seen in Titanic, and my favorite, LA Story. more films that show a backstage view of theater are Bullets Over Broadway, Waiting for Guffman, Topsy Turvy, Illuminati, Chorus Line, and Kiss Me Kate.

The Storyline: Caine is the long suffering director of a rather inept cast of actors with one day before opening night. Missed lines, breaking props, slamming doors, drunk actors, all this and more make their obligatory appearance. You almost think that they will never be able to pull this show off. Well, at the risk of deflating the drama of the whole event, they don't. Not even close. Professional and personal jealousy, sabotage, and an overly large serving of incompetence make this story work. The show nonetheless goes on the road, but unfortunately does not get run over by a bus. More doors get slammed, underwear is revealed, people fall down, a school of sardines are strewn about, and some doors get slammed.

Now, I have some stage experience myself, and I can assure you that actors who take their craft seriously, who appreciate drama and art, those who appreciate that calling that is theater, look down upon silly, brainless farces, stories that

... LAND USE continued from page 1

sights on residential planning.

In the past, zoning and land use planning have been mostly concerned with commercial districts in town. With growth ongoing, committee members agree its time to look beyond the business district to residential areas in town.

To figure out what aspects of the residential community need atten-

tion, the group looked at the strengths, weaknesses, opportunities and threats associated with the Highlands Plateau residential neighborhoods.

They agreed one strength is that, for the most part, homes are of "sound building stock." Quality construction, esthetics and varied designs

•See LAND USE page 18

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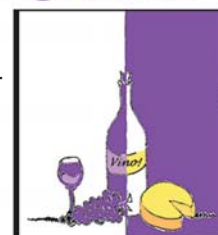
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SPANGLISH rated PG-13
Fri:(4:30), 7:05, 9:30
Sat:(2:05), (4:30), 7:05, 9:30
Sun:(2:05), (4:30), 7:05
Mon - Thur:(4:30), 7:05

MEET THE FOCKERS rated PG-13
Fri:(4:20), 7:00, 9:20
Sat:(2), (4:20), 7, 9:20
Sun:(2), (4:20), 7
Mon - Thur:(4:20), 7

LEMONY SNICKET'S: A SERIES OF
UNFORUNATE EVENTS
rated PG
Fri:(4:15), 7:10, 9:15
Sat:(2:10), (4:15), 7:10, 9:15
Sun:(2:10), (4:15), 7:10
Mon - Thur: (4:15), 7:10

AFTER THE SUNSET rated PG-13
Fri:(4:), 7
Sat:(2), (4), 7
Sun:(2), (4), 7
Mon - Thur: (4), 7



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In support of 'Toys for Tots'



In appreciation of his support of the 2004 Toys for Tots program, John Lupoli, of Lupoli Construction and Real Estate, receives the Commander's Award from Randy Hughes, Vice Commandant of the Marine Corps League in Franklin, NC.

Highlands Rotary donates \$10,000 to 'Historical Society' – more needed

By Wiley Sloan
Contributor

Work is progressing on the restoration of the original Hudson Library building that is now a part of the Highlands Historic Village.

Through the generous grant from the Highland's Rotary Club, the Society has been able to move forward on this project. Rotary volunteers have joined with other civic-minded individuals and members of the HHS Board to complete much of the interior work that is required to restore this building and prepare it for opening to the public in 2005.

Painting of the exterior of the building will be resumed as the weather permits. Restoration efforts will continue throughout the winter months.

Selwyn Chalker, President of the Highland's Rotary Club, challenges all interested Highlanders to help the Society continue the work that the Rotary Club has begun by donating additional funds to this worthwhile effort.

The \$10,000 from the Rotary Club is just a minor portion of the total of more than \$225,000 that will be required to complete the restoration effort. The Society has worked diligently throughout the years to raise the needed funds but they are still far short of their goal.

The Highlands Historic Society is a 501 (C 3) organization for tax purposes qualifying all donors for a tax deduction for their gifts. Donations may be sent to the Society at P. O. Box 670, Highlands, NC 28741.

County CPR courses set for Jan. 19

An American Red Cross Adult CPR with AED, Infant/Child CPR, and First Aid Basics course, will be sponsored by the Macon County Public Health Center.

You may take individual parts or the entire course. The course will be held on Wednesday, January 19, from 8 a.m. until 5:30 p.m. at the Macon County Public Health Center at 1830 Lakeside Drive.

Participants must pre-register and pre-pay at the Macon County Public Health Center before Friday, January 14, 2005.

If you have questions, please call Jennifer at 349-2439.



Understanding Medicare 2005

Highlands' Newspaper - Friday, Jan. 7, 2005 - Page 7

By William S. Conway, CFP
Contributor

Medicare will be a transition year for both participants and new enrollees. Part A Hospital insurance deductible increases to \$912.00 and Part B Medical insurance deductibles to \$110.

The new premium for Part B, effective January 2005 will be \$78.20 per month. New enrollees for part A insurance are enrolled on the first day of their 65th birthday month. Part B is optional and must be selected by the participant.

There is a three month window on either side of the birthday month in which to enroll for Part B insurance. You will incur a waiting period and a 10% annual increase in your premium if you delay your enrollment past this window.

The Medicare Prescription Drug Plan will begin on January 1, 2006. To enroll you must have both Parts A & B coverage. You can first enroll from November 15, 2005 through May 15, 2006.

How the plan works

You will pay a monthly premium estimated at \$35.00 per month in addition to your Part B premium. After you pay an annual deductible of \$250 the plan pays as follows:

- You co-pay 25% of your yearly drug costs from \$250 to \$2250, then
- You then pay 100% of your yearly drug costs from \$2251 to \$3600, then
- You pay 5% of your drugs costs over \$3600 for the balance of the calendar year.

Again, as with the Part B premium, if you don't join when you are first eligible, you may have to pay a higher premium at your later enrollment.

For prescription expense help in

2005, you should consider the Medicare-Approved Drug Discount Card. I can personally attest to the value of this card. In comparison shopping for the asthma drug Singulair with a Canadian supplier, the price in U.S. dollars was the same. This comes without the three week delivery and shipping charges, but with the peace of mind gained from domestic purchasing. The card costs \$35. You can call 1-800-Medicare (1-800-633-4227) for more information. A better option is to go to their website, www.medicare.gov for immediate service. You should have the following information at hand:

- Your ZIP code
- Your medicines and doses

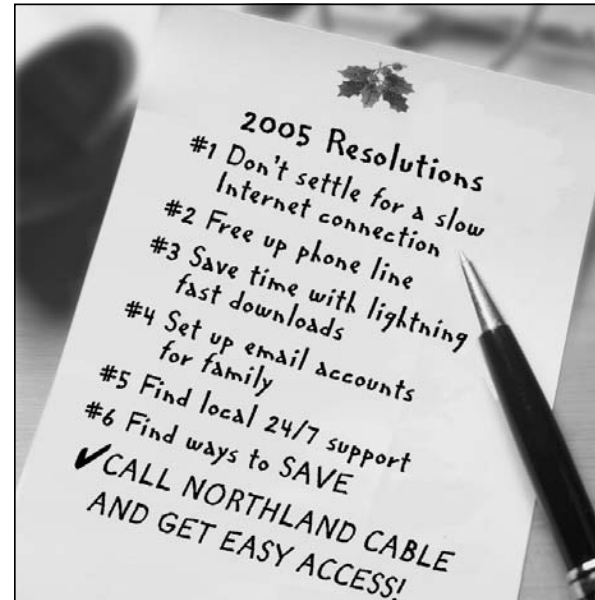
This card will begin to phase out on January 1, 2006 when the new Medicare prescription drug plans will begin.

Long Term Benefits

The long term care benefit under Medicare 2005 covers the first 20 days of skilled nursing care, with a daily patient deductible of \$114/day for the 21st-100th days. The benefit expires following the 100th day of care. To qualify you must have been hospitalized under a physician's care for three days.

Private insurance is recommended to covers the expense of long term care. To reduce premium costs of the daily indemnity policy, you may consider a new form of coverage that reimburses you for the actual daily expense of care up to a fixed dollar cap.

Experience shows a considerable savings in premiums with this type of policy. For those who consider they have adequate assets to self-insure, a tax deferred annual transfer of assets program is recommended to preserve capital for both your retirement and your heirs.



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Offer a salute skyward Jan. 7

J. Knierim used to work for the Figel family (of ...on the Verandah) in Miami when he was 15 years old and was a classmate of their daughter Martha at Gulliver School in Coral Gables. The Figel's recently heard that he is a Lt. Colonel in the Air Force. They have been emailing ever since.

He was in Uzbekistan in charge of flying rescue missions out of Afghanistan and recently received a commendation from his superior for a medal.

His crew returned home a couple of weeks ago and he's coming home next week – actually flying over Highlands on January 7 at approximately 1 p.m. The plan is for him to fly southeast right up Main Street and head for ...on the Veranda restaurant. Citizens are encouraged to wear red and be on Main Street 1 p.m. on Friday.

The following is the commendation presentation he recieved.

Lieutenant Colonel J. Knierim distinguished himself by meritorious achievement as Commander 46 Expeditionary Rescue Squadron (ERQS) while engaged in ground operations against the enemy at Karshi-Khanabad, Airfield Uzbekistan from Sept. 30, 2004 to Jan. 2, 2005.

His exemplary leadership of the two-ship HC-130P, Expeditionary Combat Search and Rescue (CSAR) squadron, consisting of 88 operations and maintenance personnel was instrumental in establishing the critical operational structure that ensured over 2,300 hours of uninterrupted alert coverage during hostilities in Afghanistan.

Under his direction, the 46 ERQS led the way in providing the world's most competent fixed-wing rescue force.

As commander, during hostilities within Afghanistan, Lieutenant Colonel Knierim was responsible for conducting combat operations ranging from airborne and ground CSAR alert to the medical evacuation of wounded service members.

During this period, while both he and the crews assigned to him were in extreme danger from hostile attacks, Lieutenant Colonel Knierim established and maintained the Air Force's most active HC-130P alert launch posture since Viet Nam, 30 + years.

He and his crews flew six Combat Search and Rescue missions, over 250 combat hours, over 15 MEDEVAC launches, and nearly 25 mission rehearsals.

Lieutenant Colonel Knierim

provided the necessary direction to develop mission rehearsals preparing the HC-130P crews for the challenges of operating in extreme conditions. The result of his superior leadership was a 100% mission effective rate for all combat launches, over 28 lives saved, and 18 assisted rescues. Of note were the two missions in support of the downed UN Hip 8 crew, during which he launched as the Airborne Mission Commander to the Hindu-Kush Mountains, where his crew accomplished four Air Force "first-ers," resulting in 14 lives saved. His leadership during the HH-60 crash on 20 Oct 04 led to the first successful combat NVG pararescue drop in the history of Combat Search and Rescue. The jumpers were inserted with zero illumination into extremely rugged terrain. Precise calculations made by the crew were critical to the urgent employment. He then directed two short-notice, off-track helicopter aerial refuelings, one of which was in zero illumination, over extremely high terrain, that required slowing the HC-130P to the edge of its performance envelope so the under powered HH-60s could receive the required fuel. Lieutenant Colonel Knierim ordered the first operational, HC-130P employment, of the LUU-19 covert flare that enabled the airborne helicopters to locate a safe extraction landing zone. The result of Lieutenant Colonel Knierim's tireless efforts was six lives saved.

An additional achievement of Lieutenant Colonel Knierim's extraordinary command involved 3 missions where he integrated the use

▪See Skyward page 12

• HEALTHY LIVING •

Get a clean start for 2005

Nothing is more refreshing than that "clean slate" feeling of starting a New Year. After a holiday season that leaves us overstressed, overscheduled, and overindulged, there's no better time to put a healthy new plan into play.



Alaina Rastelli
Mountain Fitness

People everywhere are vowing to make 2005 the year we really commit to improving our well being. The key to success? Focus on one goal at a time rather than trying to reinvent several aspects of your life at once.

What you need is a plan and we at Mountain Fitness have created an example plan listed below you may want to use. It's designed to make new habits blend seamlessly into your routine allowing you to tackle (and meet) one healthy objective at a time.

With each passing month, you'll feel stronger and healthier. By this time next year, you'll be looking at a completely new and improved you. The one and only thing is the ball is in your court, we can give advice but it is your personal responsibility to make your health goals a priority. When you make a contract with yourself to invest in yourself you will see your dreams become reality.

January:

We all need a little **detox** after indulging in rich food and drink after the holidays.

Take this month to eat clean and drink a lot of water. Try four new vegetables this month. Broaden your horizons with broccolini, bok choy, winter squash or swiss chard, for example. If you get into the habit of experimenting with vegetables, you'll naturally begin to eat more of them. This is also a wonderful time to try a detox program. Gaia Herbs offers wonderful two-week cleanse kits and Robin Armstrong over at Highlands Whole Life Supply has these in stock. Call 526-5999.

February:

Retrain your metabolism and you'll expend more calories every minute, even when you are not exercising. The metabolism is your fire the body utilizes to burn calories.

Commit to strength training and cardiovascular training. The cardio aspect is the kindling for your fire while strength training is the big log that keeps the fire going. A pound of muscle

burns 40 to 50 calories a day, compared to just 1 or 2 calories per pound of fat! If you are new to working out, Mountain Fitness has an experienced and friendly staff ready to teach you the most efficient and safe way to get you started on the right path. Call 526-9083.

March:

Cultivate Joy. Being happier boosts creativity and problem-solving abilities and elevates your self-esteem.

Focus on one thing your grateful for everyday. We spend plenty of time dissecting what goes wrong in our lives. Taking time to notice good things will shift our attitude from critical to appreciative. Research shows that happy people regularly engage in challenging leisure activities. Simple is better here; a little gardening or craftwork or a quick jaunt to the nearest playground to bring the child out from within should be enough to produce good feelings.

April:

Beat workout boredom. Want high-energy? Vary your routine with new challenges like kickboxing, yoga, rock-climbing or trail running. Change locations by alternating trips to the gym with outdoor fitness.

Doing the same workout repeatedly and soon we hit a physical or mental wall and it's hard to force ourselves to do it at all. Keeping variety in your fitness regimen will keep you motivated and keep your workouts fresh and challenging.

May:

Take charge of your health. The basics of good health are a healthy diet, a good nights sleep and an active lifestyle. Another preventative measure is to schedule a physical. Sounds simple but many of us don't make the connection between what we do now and how healthy we will be later. A yearly check up will keep you on top of things.

Take a family health history of parents, siblings, grandparents, aunts and uncles. Once you know what runs in your family, you can change your lifestyle to modify your risks.

June:

Find an extra hour a day. Time management is the key to eliminating the majority of stress in your life.

• See **HEALTHY LIVING** page 18

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– Recap of 2004 in Highlands –

In a town as vibrant and diverse as Highlands it's hard to capsule all that has happened in 2004 but we'll try.

The biggest news item, at least in our eyes, is the re-locating of Highlands' Newspaper to 265 Oak Street. From our new home we promise to continue delivering news and information that informs, entertains and delights. This year look for more new columnists.

In January

- It took some haggling, but the Town Board voted unanimously to extend the Highlands Playhouse lease for another five years.

- Construction throughout town brought new meaning to the town's noise ordinance. With an abundance of rainy weather this past year, illegal weekend commercial construction was attempted and stopped more than once by Highlands police.

- Carl Zoellner was named "Fireman of the Year" at the annual Highlands Fire & Rescue Awards dinner Jan. 17.



- Sassafras Gap Campground became the Old Edwards Inn Employee Village.

- * The long awaited hospital water line was set to begin.

- * On Jan. 23, Highlands School basketball coach Butch Smart celebrated his 60th birthday and his 600th win of his career.



- * Macon County Sheriff Robbie Holland presided over the first drug forum in the county on Jan. 24.

- * On Jan. 25 an ice storm knocked out power in Highlands for 24 hours.

In February

- One-to-one ratio requirements changed Old Edward's Inn plans on Church Street and the McCulley's/Highland Hiker building was slated to be demolished.

- The town board adopted a new master sidewalk plan to make Highlands more pedestrian-friendly.

- Macon County opened an extension of the Health Dept. at the county's Buck Creek fields.

- * The land-use planning committee was commissioned by the Town Board to revamp the 1989 plan. Work is still in progress.

- Macon County commissioners announced a supplement for teachers for the 2004-2005 school year equal to 1.5-2 percent of a teachers base salary.

- Feb. 13 was the last home game for seniors on the Highlands School basketball team. The boys won 68-33 and the girls won 47-25 against Blue Ridge.



- The Town Board began rethinking clustering and multi-family regulations in town.

- Old Edwards Inn announced the development of The Farm on N.C. 106.

- Old Edwards Inn opened the inn for a hard-hat tour on Feb. 29

In March

- Two-hour parking areas and time-frame was extended particularly on Fourth Street.

- Highlands Fire & Rescue Dept. was approved for a six-mile fire district rating which lowered insurance rates for some.

- The 2004 mission group departed for Bolivia with a record 17 youth and 17 adults.

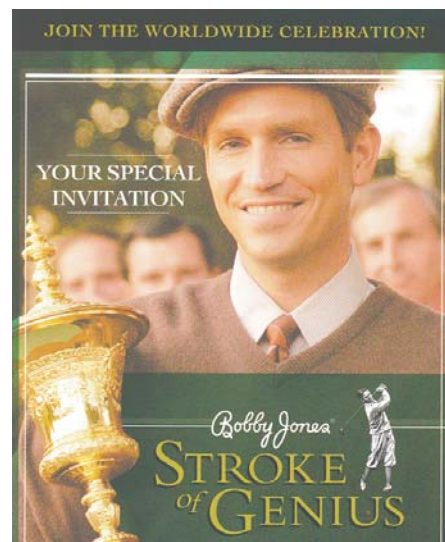


In April

- Cleaning up the streetscape named a priority.

- The search for Highlands School principal was hot and heavy.

- Film "Stroke of Genius" commemorating the life and times of Bobby Jones, aired at PAC.



- The formation of Western North Carolina's Blue Ridge National Heritage Area could mean more money to promote tourism for county and town.

- County cracks down on room tax audits.

- August Produce opens an open-air vegetable stand on U.S. 64 west.

- Marketek study indicates Highlands has plenty of vacant land to support future growth.

- Highlander Bruce Oliver and son Worth kayak from Highlands to the sea.

In May

- Macon County proposes to take over Rec Park operations.

- OEI's Rib Shack opens for business.

- The Highlands Literacy Council was presented the Highlander Service Award by Highlands School Principal Jack Brooks.



- Macon County agrees to act as the lead agency for a grant to determine water needs of the three country clubs along U.S. 64 east and the plateau's capacity to provide water.

- Highlands School seniors are presented with end-of-year awards at annual ceremony.

- The town's nonprofit budget is capped at \$50,000.

- Boy Scout Troop #207 has roundup at site of McCall Cabin on U.S. 64 west.

- May 13, Highlands School seniors were awarded college scholarships during ceremony at PAC.

- Highlands School soccer and volleyball teams set records conference-wide.

- Macon County School Board names Monica Bomengen Highlands School principal.

- Highlands School annual rite of passage – honking through town – takes place on May 25.





- Police issue warrants for the arrest of couple involved in two breaking and enterings.
- On May 29, 33 seniors graduate from Highlands School.

In June

- On June 1, the Court of Appeals unanimously agreed to uphold Macon County Superior Court Judge James Down's August 1, 2002 ruling that the Town of Highlands has the right to condemn property along the first seven-tenths of Bowery Road.

- Under new ownership, Chestnut Hill Residential Retirement Community announces plans to build a 26-bed assisted living apartment addition.



- Bascom-Louise Gallery announces plans to move to Oak Street.
- Macon County School Board votes "no" to late start-up.
- The Zoning Board begins looking at permanent "temporary" structures in town.
- "Heart of the High Country" debuts June 14 on Cable Channel 14.
- County begins defining high impact uses as first step in county-wide land use plan.
- New principal Monica Bomengen begins work at Highlands School with motto "School is for kids."



- Highlander Irene James turns 99 and celebrates with friends and family at Highlands Civic Center.

- Car jumps sidewalk and crashes into Lindy's on Main Street.
- The Farm at Old Edwards Inn opens on N.C. 106



In July

- Planning board votes to rezone Oak Street property to G1 to accommodate Bascom-Louise Gallery relocation.
- Macon County schools get high marks.
- Twelve-hour SOAR race raises \$58,000 for education of children of fallen soldiers.
- With flurry and fanfare Old Edward's Inn opens on July 7.



- During champagne gala the rebirth of Chestnut Hill begins.
- Mark Thomas was selected as Highlands School vice principal.
- Construction of temporary structures must now adhere to permanent building codes.

In August

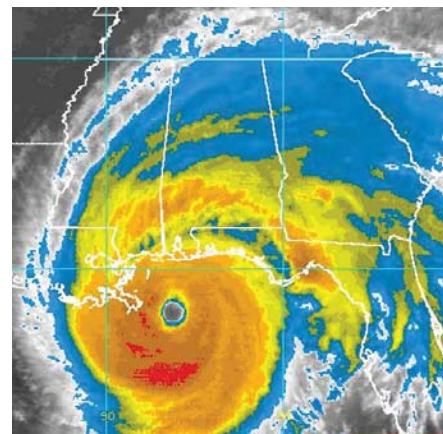
- Highlands Fire and Rescue holds annual open house, Aug. 7.



- County rules that property owners must verify property tax payments before recording deed.
- County commissioners consider prohibiting roving roadside vendors.
- 4 1/2 Street extension gets upgraded but not a permanent road. Closed to through traffic.
- Court case blocks paving of back part of Bowery Road.

In September

- Hurricane Frances blows into Highlands delivering hurricane-dimension damage over two-day period.
- Town prepares to go back to court of Edwards et al case when relief from judgment is filed in Superior Court by Edwards et al attorney.
- Hurricane Ivan heads for Highlands – five people lose their lives in Peek's Creek community – roads wash out, fires start, utilities down in Highlands.



- September rain events hit 500-year mark.



- Edwards et al case put to rest. Courts rule motion for relief null and void.
- The N.C. Supreme Court delivered final word on Bowery Road condemnation case – "Denied." One last appeal is possible.
- Highlands Fire & Rescue Dept. gets new \$170,000 pumper/tanker truck.



- On Sunday, Oct. 24, the Jane Woodruff Clinic at the Highlands-Cashiers Hospital officially opens.

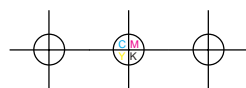


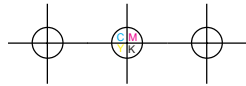
In November

- County and N.C. unofficial election results announced. Recount needed for Snow and Carpenter.
- Vandals disrupt town status quo by breaking vehicle windows and spray-painting graffiti.
- Growth causing extension of town's water/sewer lines in residential areas.
- Highlander Mary Thompson named Robert Dupree Award recipient at Chamber of Commerce Fall Finale at OEI's The Farm.



■See RECAP page 18





VILLAGE SQUARE

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... SKYWARD continued from page 8

of the Air Force's only Personnel Locating System's (PLS) direction finding mode, installed on tail number 65-0964, to find the crashed CASA 212 on 30 Nov 04. The use of the PLS was the first-ever in combat and proved to be the determining factor in the successful recovery of the three crewmembers and their military passengers.

Lieutenant Colonel Knierim sent his second HC-130P to the scene to positively identify the crash site and aid the recovery crews as On Scene Commander. After two days and over 20 flight hours the remains were secured. Lieutenant Colonel Knierim's experience and tactical knowledge were instrumental in the development of the briefing "HC-130P Way Ahead" and his selection as presenter to the CJTF76 Director,

Brigadier General Hunt.

The briefing's call for innovative thinking with regard to the employment of the limited high valued rescue force generated action by all MAJCOM Surgeon Generals. They convened to determine the best course of action for providing casualty evacuation and provided guidance for the proper use of the rescue force.

His efforts were crucial in supporting the President's plan for prosecuting the global war on terrorism and significantly enhanced the joint search and rescue center's support of Operation ENDURING FREEDOM.

The exemplary leadership, personal endeavor, and devotion to duty displayed by Lieutenant Colonel Knierim in this responsible position reflect great credit upon himself and the United States Air Force.

• BUSINESS NEWS •

Curves fitness center to open Jan. 10

Curves International, Inc., the world's largest fitness center franchise, is opening its newest location in Highlands, in the Great Things complex.

Curves brings to residents a supportive environment offering 30-minute fitness solution with a common sense weight loss program that helps break the weight loss cycle. To celebrate the location's opening, the center will host a special "Ribbon

Cutting Grand Opening" by the Chamber of Commerce on Jan. 8 at 3 p.m.

"We are excited to become part of the Highlands' community," said owner Donna Domingo. "Curves offers a comfortable, welcoming place where real women workout. Our facility is designed so women can encourage and support one another while moving around the circuit. We look forward to helping women in this community reach amazing results, both physical and emotional, through our Curves Workout program and support network."

With the average person gaining three pounds a year, a reasonable workout regime that can fit into today's busy lifestyle of work and family is critical to help combat diabetes, osteoporosis, hypertension and other health risks that women can face. The system allows women of all ages and fitness levels to perform all five of the components of a complete fitness program, combining strength and cardiovascular training through hydraulic resistance. The experienced instructors at Curves offer one-on-one training, while members talk and inspire one another during the workout. The experienced instructors at Curves offer one-on-one training, while members talk and inspire one another during the workout. Also, the comfortable, welcoming atmosphere has helped women of all fitness levels commit to an ongoing fitness program and achieve results.

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Mountain Architecture



17



Prayers of Steel



Rev. Hunter Coleman
First Presbyterian
Church

It's a phrase we've heard many times. "God willing." God willing and the creek don't rise, I'll see you next week. Truth be told, God is willing. God has shown his willingness in Christ. God loved the world so much that he was willing to send his only son that all might have life.

God is willing. Willing for hunger to stop. Willing for all children of the world to be able to sing and dance. Willing for implements of war to be hammered into implements of peace. Willing for us to act justly, love mercy, and walk humbly with him. God is willing in hundreds of ways, we keep prefacing with God willing. God's willingness is part of his tenacious will to bring justice and mercy to us and our world.

Quite honestly, it's we who aren't willing, not on most days. It's we who hide behind pious platitudes. It's we who need to visit the garden of Gethsemane and hear Christ pray, "Not my will by yours be done," his petition for strength and courage to be willing to be part of God's willingness on behalf of love.

God wills that his will be done on earth as in heaven. God wills that we, his people, the embodiment of his will do his will. In his first epistle, Peter declares that "We are the chosen people, the holy nation, the royal priesthood," that we might declare the wonderful deeds of him who called us. In other words, that we might do his will.

God's willing. The question is, are we?

When we pray the phrase, "Thy kingdom come, thy will be done," we are asking the Almighty for the courage and the strength to do his will which includes our willingness to be a part of the answer to the prayers we pray.

In his book "When Bad Things Happen to Good People," Harold Kushner calls us to task for asking God to do things that are within our God-given power so as to spare us the chore of doing it.

"We cannot merely pray to God to end war, for we know that God has made the world in a way that we must find our own path to peace within ourselves and with our neighbors.

"We cannot merely pray to God to end starvation for God has already given us the resources with which to feed the entire world, if we would only use them wisely.

"We cannot merely pray to God to root out

■See SPIRITUALLY page 14

• PLACES OF WORSHIP ON THE PLATEAU •

Blue Valley Baptist Church

Rev. Oliver Rice, Pastor (706) 782-3965
Sundays: School – 10 a.m., Worship – 11
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
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
p.m.

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

Christ Anglican Church

743-3319

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Community Bible Church in Highlands
Holy Communion at most services.

Clear Creek Baptist Church

Pastor Everett Wilson, (828) 743-3379
Sundays: School – 10 a.m.; Worship – 11
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;
Youth "The Rock" meeting.

Tuesdays: Women's Bible Study – 9:45

Wed: Supper – 6 p.m.; Bible Study – 6:45 p.m.

Episcopal Church of the Incarnation

Rev. Brian Sullivan – 526-2968
Sundays: Choir – 9 a.m.; Adult Sunday School
classes – 9:15 a.m.; Holy Eucharist – 10:30 a.m.;
Children's Chapel – 10:30 a.m.;
Mondays: Women's Cursillo Group (Library) – 4
Tuesdays: Men's Cursillo in Jones Hall – 8
Wednesdays: Liturgy Mtg – 4 p.m.; Christian
Education – 5 p.m.; Supper & Program – 6 p.m.
Thursdays: Holy Eucharist – 10 a.m.
Sunday Service is telecast on cable channel 14

First Baptist Church

Dr. Daniel D. Robinson, 526-4153
Sun.: 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.; Prayer – 6:15 p.m., Choir – 7:30 p.m.

First Presbyterian Church

Rev. J. Hunter Coleman, Pastor, 526-3175
Sun.: Worship – 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
Wednesdays: Prayer & Bible Study – 7

Highlands 7th-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 –
8:30 & 11 a.m.

Wednesdays: Supper – 5:30 p.m.; Bible Study &
activities – 6 p.m.

Holy Family Lutheran Church – ELCA

Rev. Delmer Chilton, Pastor,
2152 Dillard Road – 526-9741
Sundays: Worship/Communion – 10:30

Macedonia Baptist Church

8 miles south of Highlands on N.C. 28 S in
Satolah

Pastor Jamie Passmore, (706) 782-8130
Sundays: School – 10 a.m.; Worship – 11
Choir – 6 p.m.

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

Mountain Synagogue

St. Cyprian's Episcopal Church, Franklin 369-6871
Friday: 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 – 9 a.m.
Saturday Vigil Mass – 4 p.m.
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. Wayne Price
Sundays: School – 10 a.m.; Worship – 11
Wednesdays: Prayer & Bible Study – 7

Unitarian Universalist Fellowship

Rev. Maureen Killoran (part-time)
526-9769

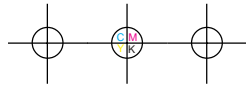
Sundays: Worship – 11 a.m.

Westside Baptist Church

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

Whiteside Presbyterian Church

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



... SPIRITUALLY continued from page 13

prejudice for God has given us eyes with which to see the good in all, if we would only use them rightly.

"We cannot merely pray to God to end despair; for God has already given us the power to clear away slums and give hope, if we would only use our power justly.

"We cannot merely pray to God to end disease, for God has already given us great minds with

which to search out cures and healing, if we would only use them constructively.

"Therefore, (concludes Kushner) we must pray to God instead for strength, determination and willpower to do, to become."

God is willing for us to be part of his willingness. It's we who aren't willing. Seems a mother was preparing pancakes for her sons, Kevin, 5, and Ryan, 3. The boys began arguing over

who would get the first pancakes. Their mother saw the chance to teach them about sharing. "Boys, if Jesus was sitting here, he would say, 'Let my brother have the first pancakes off the griddle, I can wait.'" Kevin quickly turned to his younger brother and said, "Ryan, you be Jesus."

We need to pray Jesus' garden prayer starting when he started which is where many of us still are. "Look, to tell you the truth, I'm not willing to be part of this," a prayer that Jesus, after much anguish and torment ends with "Not my will but

▪See SPIRITUALLY page 18

• HIGHLANDS SERVICE DIRECTORY •

Christ Anglican Church

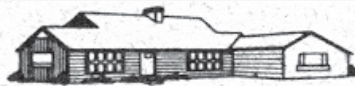
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• UPCOMING EVENTS •

On-going

• The Lyric Theater-Choral Society have resumed rehearsals for its debut Valentine's Day concert set for Feb. 12 & 13. New members are welcome. Rehearsals are Tuesdays at 7 p.m. at Resurrection Lutheran Church next to the library. Tuesday, Jan. 11 is the final date to join for this season to sing staged numbers from musicals and songs about six kinds of love! For info, call 828-369-9133.

• Pilates classes Tuesday & Thursdays at 5:15 at the Rec Center. The cost is \$8 per class, but the first class is FREE. Participants need to bring a mat if possible.

• At the Bascom-Louise Gallery – Education New – Open Studio with a Live Model 5:30 – 8:30 p.m. at the gallery. All participants bring your choice of art medium and \$10 to pay for the model and facilitator. This class is for artists 18 yrs. and older or under 18 with written parent permission.

• Al-Anon Group meets at noon on Thursdays in the Community Room at First Presbyterian Church.

• The Mountain View group of Alcoholics Anonymous meets in the remodeled basement room of the Presbyterian Church sanctuary, in Highlands Mondays at 8 p.m.; Tuesdays at 5:30 p.m. (women only); Wed and Fri at noon.

• At Highlands Wine & Cheese – Wine Flights Friday and Saturday: 4:30-6:30. As always, wines by the glass and cheese plates available Wednesday through Saturday: 1:30 until 4:30. Complimentary Tastings Saturday: 1 until 4:30.

Jan. 6

• "The High Mountains Squares will sponsor a SQUARE DANCE 'BEGINNERS' CLASS starting at 7 p.m., Thursday, Jan. 6, at the Macon County Environmental Resource Center on Lakeside Drive next to the Macon County landfill. Anyone from age 10 & up are invited to learn to square-dance & put some good, clean fun in his/her life. For information: 828-349-3908//828-349-0905//706-782-9846.

• GED classes taught in Spanish to start at the Literacy Council of Highlands at the Peggy Crosby Center at 5 p.m. and every Thursday thereafter through April. For more information, call Breta Stroud at 526-9938, ext. 240.

Jan. 8

• HOME Highlands School VG B-Ball at the Rec Park at 3 p.m.

Jan. 13

• Hospital Blood Drive at Highlands School from 1-4 p.m.

• The League of Women Voters will host county planner Stacy Guffey and town planner Rebecca Crawford on Thursday at Lunch with the League. The planners will discuss projects and issues for the upcoming year and hear the concerns of participants. The event is at Tartan Hall of the First Presbyterian Church. A sandwich lunch is available at noon by reservation. Call 524-5192. The program will begin at 1:15.

Jan. 15

• Nantahala Hiking Club will hike Round Mountain, 5 miles, easy to moderate. Hike has 200 foot elevation gain with some ups and downs, although the hike is uphill both ways. Meet at Cashiers Wachovia Bank at 10:30 a.m. Drive 10 miles round-trip. Return about 2 p.m. Call leader Carl Blozan for reservations at 743-1765. Bring a lunch, beverage, rain gear and sturdy shoes or boots. No pets.

Jan. 16

• Nantahala Hiking Club will hike Green Cove Hike at Outward Bound Camp, 2 miles, easy. Meet at the Otto Post Office at 2 p.m. Drive 9 miles round trip. Call leader Kay Coriell for reservations at 369-6820. Bring beverage, rain gear and sturdy shoes or boots. No pets.

Jan. 19

• An American Red Cross Adult CPR with AED, Infant/Child CPR, and First Aid Basics course, will be sponsored by the Macon County Public Health Center. You may take individual parts or the entire course. The course will be held on Wednesday, January 19 from 8 a.m. until 5:30 p.m. at the Macon County Public Health Center at 1830 Lakeside Drive. Participants must pre-register and pre-pay at the Macon County Public Health Center before Friday, January 14. If you have questions, please call Jennifer at 349-2439.

• Nantahala Hiking Club will hike Wayah Crest to Winding Stair Gap, 6 - 7 miles, moderate to strenuous. Meet at Westgate Plaza, Franklin, at 9 a.m. Call leaders Dave and Terry Barr for reservations at 369-3800. Bring lunch, beverage, rain gear, and sturdy shoes or boots. No pets please.

... FORUM continued from page 2

bisou.

We were ushered into the parlor for champagne and appetizers from the Savoie region – diced tomatoes tossed in olive oil and garlic on bread rounds and escargot diced and served in individual cups. Delicious.

A four-course meal followed in a dining room straight out of a fairy tale. Stucco walls painted a soft yellow patina met the ceiling 20 feet above. An entire wall of stained glass depicting a lord and his lady gazing lovingly at each other separated the kitchen from the dining room. The table set with candles, crystal and china stretched the length of the room to comfortably seat 15.

The meal started with a plate of greens and pate, and moved on to lobster tails, slices of cheeses from the region, and ended with three versions of buche de noel – chocolate, mocha and passion fruit. Every course was made and served by our host Martine DuFour and was accompanied by a specific wine from the region and baskets of hearty, crusty country bread.

Conversation in both English and French flowed easily as did much laughter and glee.

After strong French coffee served in demitasse cups, Christmas presents were exchanged at the table. Again, we were included as if part of the family.

On Christmas Day, Remy took us to dinner at a restaurant known for its Savoie cuisine high in the mountains near Albertville. As we snaked our way to the top, Mount Blanc, covered in snow, commandeered the view.

The low-ceilinged, wooden interior of the restaurant was cozy and rustic. We joined scores of French families for whom eating there was clearly a Christmas tradition.

Remy ordered for us, explaining each dish, patiently conversing both in French and English.

A four-course meal followed. First a grapefruit and champagne aperitif served with a plate of olives; next two oblong ceramic platters arrived filled with shrimp,

pate, greens and cold meats; then the main course of roasted chicken and rice and lots of hearty bread; and finally a dessert of the region – a soft, creamy white cheese which we flavored with sugar and jam.

Remy's fondness for his culture and language was evident and heartwarming, as was his appreciation of our interest, appetites and Megan's love and grasp of her temporary country.

Families around us communicated with easy smiles and nods as their youngsters wandered comfortably through the rooms going from table to table.

The day after Christmas we drove our rental car to Paris where we did a two-day whirlwind tour of the Louvre, Notre Dame, Monmartre, the Arc D'Triomphe, Eiffel Tower, the Moulin Rouge (exterior shots only), and the Champs-Elysees.

Not once did we feel animosity leveled at us as Americans. Not at the gas stations to and from Paris, the admission booths, the cafes, restaurants, or shops. Everyone was kind, informative and pleasant despite our inability to converse intelligently in their language. Everyone except Megan, that is. She's become rather fluent and was an able interpreter.

We found this wherever we went – Lyon, where we wandered through Roman ruins and the Cathedral Saint-Jean; in Annecy where we shopped and dined along the canals; in Chambéry where we spent much of our time touring the medieval city, shopping, eating, and calling home from the Internet/telephone cafe.

The only negative experience was a close encounter with a Swiss border guard.

But like my husband Jim says, there are jerks everywhere. And that's what O'Reilly and others who make blatant statements about people and issues need to remember.

America like France is made up of lots of people from all walks of life each with opinions and sentiments all their own.

• BOOK REVIEW WITH KATIE BRUGGER •

The Devil's Cup: A History of the World According to Coffee, by Stewart Lee Allen (641.3373A)

This is three books in one. It is, of course, a history of coffee, and is filled with lots of trivia that would interest anyone who likes to read about food. It is also an adventure story, the sometimes unbelievable account of the author's travels in pursuit of this history. The third book tosses out a theory that will delight any coffee-junkie, as it delighted me: coffee drinking societies form the most advanced civilizations of their time. When Arabs were at the peak of their civilization they were the only ones drinking coffee. When Europeans began to drink coffee they emerged from the lethargy of the Middle Ages and conquered the world.

Coffee originated in Africa. A nomadic tribe called the Oromos, in what is now Zaire, ate the robusta coffee that grew wild. The beans were crushed, mixed with fat, and shaped into balls. The Oromos were often captured in battle and taken to the Arabic markets in what is today Ethiopia to be sold into slavery. As they walked they dropped coffee seeds. Coffee began to grow in the highlands of Ethiopia and in the process of adapting to the higher altitude the Arabica variety evolved.

The book opens in Ethiopia, with Mr. Allen in search of an authentic cup of Ethiopian coffee: either served in the traditional brewed-to-order form or in the even more ancient leaf brew. The Ethiopians have a ceremony as elaborate as the formal Japanese tea ceremony.

Mr. Allen playfully suggests that maybe it is no coincidence that humankind evolved in this area of Africa—perhaps eating coffee beans sparked the evolution of the human mind!

Mr. Allen follows the path of coffee's history, leaving Africa for Al Makkha, Yemen, the port through which all coffee was traded for centuries. Al-Makkha is probably the source of the coffee nickname "mocha." In 1606 the first English trader visited the port and reported

over 35 merchant ships in the harbor waiting to load coffee. According to legend, it was here sometime around 1200 that a Sufi (Islamic) mystic named al-Shadhili brewed the first cup of coffee using beans.

Coffee was particularly popular with the Sufis—the whirling dervishes—who used it in their religious rites. Sufis began using coffee in their rituals as a "sanctified intoxicant" to help produce religious ecstasy. First they shared a pot of ceremonial coffee, passing the cup from person to person, then spun in a mystical trance all night. By 1500 coffee was popular throughout the Muslim world, but increasingly it was banned by local Islamic authorities because it was an intoxicant.

This book is a lot of fun to read because Mr. Allen has such a wonderful writing style. Here is an example: "While the Christians in Europe were sunk in the Dark Ages, Muslims were studying Aristotle, inventing algebra [a Yemeni], and generally creating one of the most elegant civilizations in history. But who cares? The main thing is they were all teetotalers. Denied the pleasures of the grape, it's hardly surprising that this new society took to coffee with a passion."

The Yemenese completely controlled coffee for hundreds of years but plants were eventually stolen. The first were smuggled to India, and in 1616 a Dutch sea captain planted stolen coffee in Java. Plants were brought to the New World around 1720.

The Turks brought coffee to Europe in one of their repeated sieges of Vienna. In 1683 when the Turks fled in defeat they left behind, in addition to 25,000 camels,

dozens of bags of coffee beans. The Viennese made a couple of innovations: removing the coffee grounds from the cup and adding milk. "Cappuccino" refers to the color of a Capuchin monk's robes: the correct ratio of milk to coffee created the exact shade of brown.

In Europe before coffee, in the "Precaffeinated Era," everyone drank beer. "Beer was not only the main means of celebrating, it was second only to bread as a source of nourishment... Beer thickened with eggs and poured over bread was the original continental breakfast and remained popular in Germany until

the mid-1770s. Beer for breakfast, ale for lunch, stout with dinner, and a few mugs in between. The average North European, including women and children, drank *three liters of beer a day*.

That's almost two six-packs,

but often the beer had a much higher alcoholic content [than today's]. People in positions of power, like police, drank much more... One-third of England's farmland was dedicated to growing barley for beer; one in seven buildings was a tavern." Imagine going to work after having beer for breakfast, having a mid-morning beer break, then more beer with lunch. Maybe it sounds fun but I don't think any of us would do much in the afternoon.

Switching to coffee meant a much more alert and productive workforce and also stimulated intellectual and political debate. Coffee was banned in Turkey by a sultan who overheard a critical discussion of his policies in a coffeehouse. Coffeehouses became such a focus for antimonarchical debate in England that King Charles II tried to ban them in 1675 (order

was withdrawn in 11 days!). Mr. Allen asserts that cafes serving coffee were a factor in the French revolution in 1789 (coffeehouses didn't exist in France until the mid-1770s).

Early coffeehouses were also the genesis of new endeavors: Lloyd's of London (insurance) began in a coffeehouse called Lloyd's where sea captains met to share news of ships. Someone in the coffeehouse began offering odds on which ships would stay afloat: if an owner's ship returned to port, the ship owner lost and Lloyd's kept the money, but if the ship went down Lloyd's paid the owner. Lloyd's Coffeehouse eventually gave up selling coffee and settled into being the world's largest insurance firm: Lloyd's of London. Similarly, a group who hung out at the Jerusalem Café started the East India Company. But, as Mr. Allen notes, what company today isn't structured around a coffee pot?

Buck's Coffee Café carries coffee from countries around the world, all organic fair-trade beans. This is the only kind of coffee to drink: Organic means it is shade-grown which promotes the use of rainforest—not the clearing of it. Fair-trade means it provides a decent wage to the farmers.

I thought it would be fun to try out some different coffees after reading this book, so Buck has agreed to do a coffee-of-the-day during the month of January (see schedule). The company that he buys coffee from, Café Campesino, is willing to do a "cupping"—the coffee version of wine tasting—at Buck's if there is enough interest.

I thought I was going to have to get out a map to find a few of these countries. Unfortunately, we all know where Sumatra is now. I did look at a map of Indonesia, and the island to the east of Sumatra, where the capital Jakarta is located, is Java, another of coffee's nicknames. Continuing to the east, six or seven small islands separate Java from East Timor. East Timor won its independence from Indonesia in 2002.

**Around the World in Coffee at
Buck's Coffee Café
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Thurs: Ethiopian
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Sat: East Timor
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• CLASSIFIEDS •

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• POLICE & FIRE REPORTS •

The following are the Highlands Police Department log entries for the weeks of Dec. 23-Jan 5. The only names are of public officials and/or people who were arrested.

Dec. 23

- At 4:30 a.m., officers responded to a minor car accident on Foreman Road. No one was injured.

Dec. 24

- At 7 a.m., officers responded to a complaint of barking dogs on Zermatt Circle.

Dec. 26

- At 2:15 p.m., officers responded to an alarm at a residence on Satulah Road. All was secure.

- At 2:50 p.m., officers responded to a call on S. Fourth Street where a town Christmas decoration had fallen on a car.

Dec. 27

- At 4:50 p.m., a motorist at Hickory Hill Road and U.S. 64 west was cited for speeding 53 mph in a 35 zone.

- Officers responded to an alarm at Regions Bank. All was secure.

Dec. 28

- At 12:20 p.m., officers responded to a civil dispute involving dirt on property at Paul Walden Way.

Dec. 29

- At 7:05 a.m., a motorist was cited for speeding 51 mph in a 35 zone on Sassy Lane.

- At 2:45 p.m., officers responded to a domestic dispute at a residence on Wahoo Trail.

Dec. 30

- At 1:20 p.m., officers responded to a call of a suspicious vehicle parked on Hickory Hill Road by the water plant.

- At 4:50 p.m., officers escorted a Health Dept. official through an area restaurant.

Jan. 2

- At 1 a.m., officers responded to a minor accident at U.S. 64 east and Hickory St.

Jan. 4

- At 7 a.m., a motorist was cited for speeding 43 mph in a 25 zone at Mirror Lake and Hicks roads.

The following are the Highlands Fire & Rescue Department log entries for the week of Dec. 23-Jan. 5.

Dec. 26

- The dept. responded to a call of "a smell of smoke" at a residence on Forest Lane. It was ashes smoldering in a bag. There was no damage.

Dec. 28

- The dept. was first-responders to assist EMS with a medical call at a residence on N. 5th Street. The victim was transported to the hospital.

Dec. 29

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

Jan. 1

- The dept. responded to an accident on N.C. 28 south involving two motorcycles. One victim was transported to the hospital.

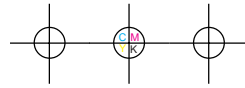
Blood drive at Highlands School

The drive is being conducted by the AnMed Blood Center, in cooperation with Highlands-Cashiers Hospital. The public is invited to participate Jan. 13, from 1 – 4 p.m. and no sign up is required.

Regional blood supplies are suffering from the post-holiday doldrums, and area health officials are urging area citizens to take the opportunity next week to give "the gift of life." Blood donations often dwindle during the holidays, when schools and colleges are on break,

and many adults are focused on the holidays.

AnMed supplies blood to Highlands-Cashiers Hospital and a number of other hospitals around a three-state region. In recent years, the number of units raised in the Highlands-Cashiers area accounts for less than half the number needed to treat local patients. The hospital has been working in recent months to significantly increase the number of area blood donors.



... RECAP from page 11

- Preparing for future growth big part of Land Use Planning Committee's goal.

In December

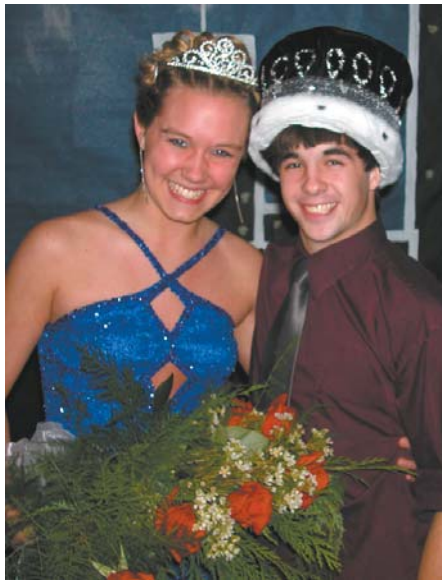
- Town agrees to be lead agency in UCWA's attempt to get \$110,000 in grant funds.

- Town agrees to help eradicate Japanese Knotweed.

- Highlands School schedule and calendar changes a possibility.

- Money for lake clean up is set — \$1.2 million coming to Highlands.

- Seniors Kayla McCall and Matthew Keener crowned queen and king at Dec. 4 Homecoming Dance at Highlands Country Club.



- Town, Northland Cable and Verizon unite to bring utility poles into compliance.

- Macon County Schools Superintendent Rodney Shotwell lobbies for Aug. 10 school start.

- More and more residents asking Town to help pay for sewer lines.

... SPIRITUALLY continued from page 14

yours be done."

For us to end there, is to pray out of and through a lot of torment for desiring and obedient hearts to do those things that God wills. Those things are that within our God-given power to do, like St. Francis who prayed, "Lord, make me an instrument of your peace."

God has willed that we become part of the answer to many of the prayers we pray. That we find the strength and the courage through

prayer to make peace, end starvation, root out prejudice, end despair, and cure diseases.

Sandburg's "Prayers of Steel" is such a prayer. With so many unwilling people hiding behind pious platitudes in these troubling times, we would do well to tape a copy to our refrigerator door.

"Lay me on an anvil, O God.

Beat me and hammer me into a crowbar.

Let me pry loose old walls,
Let me lift and loosen old foundations.

Lay me on an anvil, O God.
Beat me and hammer me into a steel spike.

Drive me into the girders that hold a skyscraper together.

Take red hot rivets and fashion me into the central girders.

Let me be the great nail holding a skyscraper through blue nights into white stars."

• BUSINESS NEWS •

Century 21 Mountain Lifestyles opens branch in Highlands at 'Falls on Main'



Gary Garren

ing and marketing. Gary is a gradu-

CENTURY 21 Mountain Lifestyles, one of Western North Carolina's largest real estate real estate companies has announced the opening of a branch office in Highlands at 535B East Main St. at Falls on Main. The new branch office will offer area home buyers and sellers an increased level of service and convenience in this steadily growing part of the Western North Carolina.

The Managing Broker for this office is Gary Garren, a lifelong resident of Western North Carolina, with over 20 years of experience in residential mortgage lending, banking, advertis-

ate of Western Carolina University and Southwestern Technical College and holds degrees in International Business, Business Administration and Computer Science. He is married to Cathy Garren, the Managing Broker of CENTURY 21 Mountain Lifestyles' Cashiers office. They reside in Highlands and have one daughter, Meredith.

CENTURY 21 Mountain Lifestyles is comprised of six Brokers/Owners and over 150 Sales Associates located in ten offices throughout Buncombe, Henderson, Macon, Jackson and Transylvania counties.

... HEALTHY LIVING continued from page 9

Plan your day the night before. Most people lose an hour a day due to indecision. Make a to-do list. For each item, ask yourself: How long will this task take and when will I do it? Its easy analyze, make your plan, and attack.

July:

Downsize your diet. Summer is the best time to change your diet. The extra sunlight naturally causes us to eat about 10 percent fewer calories than during the rest of the year.

Indulge in all the fresh produce summer harvest offers us. Cooling

foods such as organically grown fresh fruits and vegetables will leave you feeling refueled but light and lively. Eat breakfast it will keep you from over eating later. Have the bulk of your calories mid-day and a lighter dinner and you'll have a stronger control over your weight.

August:

Learn to love your body. You'll improve your self-esteem, your sex life, and even your relationships.

Spend a few minutes each day thinking about a part of your body

you're happy with. This will help you keep a positive view of your appearance rather than focusing on societal ideals that don't fit you. While you are exercising, tell yourself that you're powerful and graceful. You'll connect with your body's abilities, not just its form, and change your sense of self in the process.

September:

Peace of mind. With all the demands of everyday current life its very seldom we settle the mind and let go

▪See **HEALTHY LIVING** page 20

... LAND USE continued from page 5

punctuate residential communities, they said. "Land is so expensive you can't afford to build junk," said committee member John Cleaveland.

Another strength is the charm of neighborhoods accented by the vari-

ety of housing, road types and widths and the natural vegetation.

Weaknesses include no code to enforce exterior appearance and upkeep; a lack of ordinance control concerning overbuilding where too much

house covers a lot; a lack of sidewalks in residential communities in town; the lack of a residential tree ordinance.

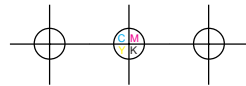
(There is a commercial tree ordinance on the books.)

The lack of a tree ordinance hit home recently when one property owner clear-cut his lot for no apparent reason, said Gantenbein. "Now he has to worry about extraordinary erosion control measures."

Threats include clear-cutting which directly effects erosion; ridge-top building; and building on 30-degree or more slopes.

The committee is accelerating its efforts by meeting four Mondays in January and hopes to have a revamped land use plan approved by the spring.





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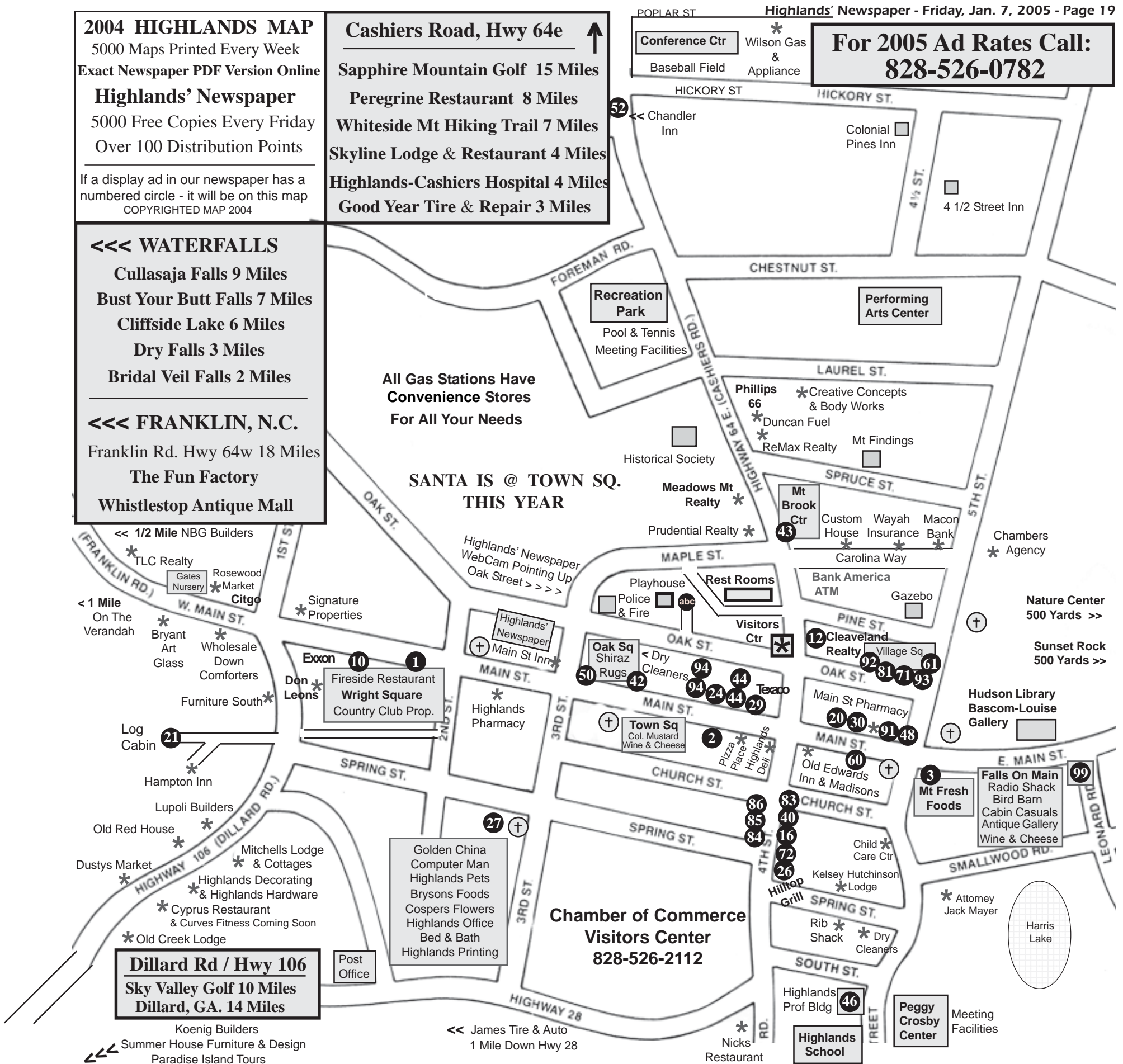
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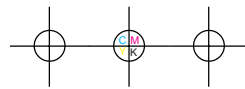


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... HEALTHY LIVING continued from page 18

of all our stresses.

Next time you're feeling overwhelmed take five minutes to reflect and relax. One example is to sit comfortably in your chair. Let your chin drop slowly to your chest. Breathe deeply. Gently roll your head so that your right ear is above your right shoulder. Roll back to starting position. Now roll to the left. Repeat 10 times breathing deeply the whole time. Let go and know that the stress you may be experiencing will pass and life goes on. Now you're ready to re-engage.

October:

Get more sleep. Lack of quality and quantity sleep makes us cranky and less alert.

Get up at the same time of day and going to sleep close to the same time every night will help with your internal clock and train your body to respond to a schedule. Also creating a restful environment is helpful. Make sure your bedroom is cool, your mattress comfortable and clean sheets and blankets are all ready to cuddle up in.

November:

Make calcium a priority. You'll stave off stress fractures now and osteoporosis later. Calcium also helps your body burn more fat, keeps blood pressure low, eases PMS and reduces your risk of some types of cancer. You need 1,000 milligrams daily.

Have three dairy foods a day. Organic milk, yogurt and cheese are your best bet. If you're not a dairy fan there are other sources of calcium such as kale, broccoli, white beans or edamame (fresh soybeans) which provide between 80 and 135 milligrams of calcium.

December

Let go of guilt. You'll improve relationships and reduce your stress level.

Rephrase any guilt-inducing thoughts. Don't think you are an ungrateful son or daughter because you'd rather go skiing than to a family dinner over the holidays. Instead, say to yourself, I deserve a vacation. I'll call on Christmas Day and make plans to visit another time.

Guilt takes the magic and spirit out of the season.

... ANIMALS continued from page 1

spayed."

But members of the board and the two organizations, said state requirements dictate how they can disburse spay/neuter vouchers. Recipients must financially qualify for a free voucher and others are asked to pay a small amount — \$10-\$50.

Officials from both organizations said the county's efforts are a start.

"The amount of state money for the program is very small," said Sharon Archer with the Macon County Humane Society. "We hope that someday the county will fully support a spay/neuter program."

As of Oct. 2004, the state's spay/neuter fund is dry. "The rate of growth of requests for reimbursement has exceeded the income growth rate," said state public health veterinarians.

Commissioner Charlie Leatherman said having two organizations involved is a good thing.

... CINGULAR continued from page 1

variance calling the inability to locate the two last parties a "hardship."

But commissioners ruled not to

"The county has to deal with whatever organizations who want to take care of animals," he said. "And as the government agency we need to do what needs to be done because animals are going to do naturally what they do."

He said both agencies deal with animals differently for different reasons "and good things complement each other."

Among other services, the Macon County Humane Society spays and neuters but also shelters animals until they are adopted.

Friends of Animals spays and neuters but doesn't house animals, instead it seeks homes for them.

But before either organization can tap State or county funds the county must contract with them. Now that commissioners have agreed both organizations can qualify for reimbursements, county contracts specifying terms of operation will be completed.

hear the case, saying with permission Crown Atlantic wouldn't need a variance.

