

FEATURES

WEEKEND COLLEGE BEGINS AT MHC

MARS HILL - Mars Hill College will begin a "Weekend College" program in the spring semester through the school's Center for Continuing Education.

The first course to be offered through the new program, "Processes of Aging," is part of the college's Certificate Program in Gerontology. Class will be conducted on a Friday night and all-day Saturday basis, with one meeting from 6 to 10 p.m. Friday evening and then classes from 8 a.m. to noon Saturday morning and 1 to 4 p.m. in the afternoon.

The course will be offered four times during the semester: February 13-14; March 6-7; April 3-4; and May 1-2. Overnight housing is available on campus for \$6 per night for those traveling distances.

For additional information concerning registration and cost, contact the Center for Continuing Education, Mars Hill College, Mars Hill, N.C. 28754, telephone 689-1166.

Also available from Mars Hill's Center for Continuing Education is the new issue of "Sequel," the program newsletter which contains updates on college events as well as classes offered in the center's degree program at seven sites in WNC.

Nearly 70 classes will be offered in Asheville, Brevard, Burnsville, Hendersonville, Marion, Mars Hill, and Waynesville beginning the week of January 5-9. The classes are offered during the evening hours to help the working adult. Financial aid is also available.

For additional information concerning the Weekend College or next semester's classes, contact The Center for Continuing Education, Mars Hill College, Mars Hill, N.C. 28754, telephone 689-1166.

ARCHAEOLOGY

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Elderhostel is an international program begun several years ago to offer older adults opportunities to travel and study at minimal cost, similar to the youth hostel program made popular in Europe. Participants stay on college campuses, take their meals in college cafeterias, and enroll in programs of interest to them, all at reduced rates.

Additional information, including residence details, travel, and costs are available from The Center for Continuing Education, Mars Hill College, Mars Hill, N.C. 28754, telephone 689-1166.

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Counselor's Corner

By Merry Burgess
Contributing Columnist

THANKSGIVING TO CHRISTMAS. This span of time at the end of the year probably is filled with more good will, love, thank yous, and happiness than any other time of the year. Have you ever thought of how appropriate it is that we move from a time of remembering those things for which we are thankful into a time of being especially thankful for the greatest gift ever given - God's Son Jesus.

In this season of joyful thanksgiving, let us examine the attitude behind our thanks. Being thankful is an attitude with no strings or conditions attached. I do not have to rely on something or someone to make me thankful, ie: I am thankful for my dog, a house, etc. Of course, I am thankful for these things, but it is thankfulness, for no reason, that is the important thing. It is kind of like being a natural optimist; it is in the attitude rather than in the surrounding situation.

You know, there is something **not** in keeping with the Spirit of Thanksgiving and Christmas if this is the only time of year we stop to feel, think about, and express our thankfulness. Is this the only time you write or call someone special to say "I love you and I am thankful for you." Do you only say "Thank you" when someone gives you a material gift? What about the less tangible but equally important gifts of time, friendship, and caring? These are things to be thankful for year-round. I want to have the attitude of being thankful all the time—even as the Apostle Paul said in Ephesians and Thessalonians "In

"Being thankful is an attitude with no strings or conditions attached."

everything give thanks, all the time find something to be thankful for." (That's a Merry paraphrase!) Good or bad, I try to look for that proverbial silver lining in the dark cloud. It is not easy at all, and I struggle with it frequently, but, I know I am a healthier, happier person when I try to take things in stride and hang on to the attitude of thankfulness.

We are now in the Advent Season, the four weeks between Thanksgiving and Christmas. During this time we look forward to and welcome the coming of Christ into our world. We share the wonder of the Christmas season, share our lives in a special way, give gifts to show our love and appreciation to special people. Let us remember the **why** of giving. It is not the amount of money we spend on a gift that is important, but the meaning behind the present. It is a giving of ourselves, a reenactment of God's giving so long ago.

All of you will probably be pushed toward the brink of despair in the next two weeks as you face tests, last minute papers, and finals. This slide toward the end of the semester often seems more like an uphill climb than a downhill slide. Even as you face so much to get done, it will help to take a few minutes each day to relax, think about the season, and the meanings in your life. Take some time for yourself, and some time to do something nice for someone else. We can help and strengthen each other to make it through the semester, and to get to Christmas break. And we'll be thankful to get there!!!

The vacation is close. Two weeks will go by fast. All the turmoil of finals will be over. As we look forward to the Christmas time of giving and receiving, let us remember always to be thankful, and to be thankful for the gifts of family, friends, and life itself.

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