



# Highlights

Highland Presbyterian Church  
2380 Cloverdale Avenue  
Winston-Salem, NC 27103-2012  
Volume 60, Issue 1

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[www.highlandpres.org](http://www.highlandpres.org)  
January 11, 2025

## Ordination and Installation Service

### Sunday, January 11, 11:00 Worship Service

Highland looks forward to celebrating our annual ordination and installation service for our new Deacons and Elders in the Class of 2028. We will ordain and install to the office of Deacon John Calhoun, Caitlin Carr, Adam Eberle, and Linda Schroeder. We will also install to active service those who have been previously ordained as Deacons: Megan Bryant, Sue Kent, Pat Kirkman, and James Thomas. We will ordain and install to the office of Ruling Elder Chad Archer, Erin Doyle, and Jim Gallaher. And we will install those who have previously been ordained as Elders: John Bain, Linda Collins, Elizabeth Gee, John Loftis, and Carrie Swing.

We hope you will join us for this meaningful time in worship. We are grateful for their commitment to their faith and to Highland!



## Annual Congregational Meeting

### January 25, following Worship

The Session has called the annual meeting of the congregation and the corporation for Sunday, January 25, following the 11:00 worship service. The purpose of the congregational meeting is to act on proposed changes to the terms of call of our pastors; to elect congregational representatives to the congregational Nominating Committee; and to receive reports of the standing committees and the 2025 financial and membership statistical reports as information.

Because we are incorporated, we are required by law to have a very brief corporation meeting each year. The annual reports of committees will be available on the website or for pick up in the Gallery Hall or Narthex prior to the meeting.



## Worship at 11:00 a.m.

### January 11

Baptism of the Lord

Isaiah 42:1–9

Matthew 3:13–17

Sermon: Randy Harris

### January 18

Second Sunday after Epiphany

Psalms 40:1–11

John 1:29–42

Sermon: Debbie Layman

### January 25

Third Sunday after Epiphany

Isaiah 9:1–4

Matthew 4:12–23

Sermon: Randy Harris

## Highland Worship Online

There are several ways to access worship:

- Click the link in the Sunday morning email;
- Go to [Highland's website](#) and find the "[Highland Worship Online](#)" page;
- Subscribe to Highland's YouTube channel where the worship videos are posted (Highland PCWS).

On our Worship Online page, there are links for the Bulletin, a virtual "Friendship Pad," as well as a virtual "offering plate."

## Wheelchair Assistance on Sundays

If you or a loved one need assistance on Sunday mornings to church school and/or worship via wheelchair, please contact Mike Culler, 336-413-8414, [remember-church@gmail.com](mailto:remember-church@gmail.com), no later than noon on Saturdays to make arrangements for the next day. The morning of, you would park in the Activity Building parking lot, and someone would meet you with a wheel chair.



## Inclement Weather Policy

As winter begins, please remember that announcements of cancellations of worship or other programs will be made through email, WXII (both on TV and [www.wxii.com](http://www.wxii.com)), and through a link on Highland's website.



Office hours are Monday–Thursday, 9:00 a.m.–4:00 p.m.

Randy Harris, *Pastor*, Ext. 210,  
[rharris@highlandpres.org](mailto:rharris@highlandpres.org)

Debbie Layman, *Associate Pastor*, Ext. 212,  
[dlayman@highlandpres.org](mailto:dlayman@highlandpres.org)

Courtney Stevens, *Associate Pastor*, Ext. 218,  
[cstevens@highlandpres.org](mailto:cstevens@highlandpres.org)

Heather Ferguson, *Director of Christian Education*, Ext. 204,  
[hferguson@highlandpres.org](mailto:hferguson@highlandpres.org)

Chris Gilliam, *Director of Music*, Ext. 202,  
[cgilliam@highlandpres.org](mailto:cgilliam@highlandpres.org)

Susan Bates, *Organist*, Ext. 202,  
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Joy Hohmann,  
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[jhohmann@highlandpres.org](mailto:jhohmann@highlandpres.org)

Gidget Payne,  
*Administrative Coordinator*, Ext. 201,  
[gpayne@highlandpres.org](mailto:gpayne@highlandpres.org)

## Churchwide

### **First 2025 Fling Fellowship Meal**

**Wednesday, January 28, 6:00 p.m.**

We hope you will join us for our first mid-week fellowship meal of 2025. These monthly meals are a great time to check in with your Highland family — and to have a much needed break from the routine. The cost is \$10 per person with a maximum of \$30 per household. Contact [Debbie Layman](#) if you would like to volunteer for a Fling Team (prep or clean up!). Sign up for the January 28 meal in an upcoming email or by calling the church office, 336-724-6303.



### **Trip to Davidson College for *We The People***

**Art Exhibit, Saturday, January 31**



On Saturday, January 31, we will carpool to Davidson College (an hour from the church). There we will have a guided tour of the exhibit *We The People* by acclaimed artist Hank Willis Thomas. This exhibit offers a deeper look into the artist's explorations of identity, history, and collective memory. The exhibit is in conjunction with a new

sculpture by him which was dedicated on campus in October. We will have time to explore the sculpture, *With These Hands: A Memorial to the Enslaved and Exploited*, as well.

Contact [Debbie Layman](#) if you are interested, and watch for more details on how to sign up.



### **Souper Bowl of Caring Offering, February 8**

**Following Worship, Wonderful Winter Meal, Fellowship Hall**



Highland's youth are gearing up for the Souper Bowl of Caring, a tradition that goes beyond football and fun to unite the community for a greater cause: fighting hunger. This year, we are supporting City with Dwellings and Moore School Food Pantry with non-perishable food items and donations.

Our goal is to raise \$2,000 and collect 500 food items.

After worship, join us for a meal of hot soup and grilled cheese sandwiches in the Fellowship Hall. We hope the flavors and good fellowship will draw you to join us in addition to supporting our youth!

## ♥ Service Opportunities

### Moore School Food Pantry

Highland, alongside Temple Emmanuel, supports Moore Elementary School by providing a food pantry for students of Moore School and their families. For the month of **January**, we are asking for donations of **grits, oatmeal, or shelf-stable milk**.



### Our Lady of Salem Shelter for Women at St. Timothy's through March 1

Thank you to many faithful Highlanders who have provided meals, to-go bags, hospitality, and time to the overflow women's shelter again this year. Because many people volunteer extra during the season of giving and then take a break in the new year, sign-ups for the shelter support have many open spots in the coming weeks and months. Please prayerfully consider how you can help and sign up for a meal team, a hospitality / check-in shift, or snack / to-go bags. You can sign up now by visiting the [Support Our Unhoused Neighbors page](#) of our website for the link.



Our Lady of Salem  
SHELTER FOR WOMEN  
WINSTON-SALEM, NORTH CAROLINA

Thank you for your prayerful support and your practical support as we work with our unhoused neighbors in need.

### Joy for Our January Birthdays!

1 Lisa Alley	8 Linda Schroeder	18 Jay Plaisted	26 Cissie Anderson
1 Peggy Dunlap	9 Esther Buzzard	18 Caroline Wright	26 Tom Seaver
1 Beverly Edwards	9 Marc Eppley	19 Jan Penick	27 Emelda Lawing
2 Lora Moseley	9 Annie Foster	19 Kevin Spainhour	27 Carrie Swing
2 Charlie Scott	9 Bryan Link	19 Jim Swing	28 Anne Dowell
3 John Garrou	10 Kay Chalk	19 Johnnie Taylor	29 Susan McBurney
4 Eben Carroll	13 Susan Janke	20 John Halverson	29 Debbie Patton
4 Alice Michalove	14 Phil Wilson	21 Elizabeth Gee	29 Natalie Sevin
6 Susan Burroughs	15 Sara Quandt	21 Hugh Wright	29 Courtney Stevens
6 Cheryl Walker	15 Mary Ellen Smyth	23 Katherine Campbell	
7 David Campbell	17 Laura Clay	23 Barbara Summerlin	
7 Jeff Sodko	17 Skip Pickett	24 Marilena Conrad	
8 Jon McKinney	18 Ellen Doyle	25 Diana Smyrl	
8 Dianne Searcey	18 Ellen Lafferty	25 Linda Thorup	



Special Happy Birthday wishes to Anne Dowell as she turns 96 on January 28!



## News and Notes

**In Our Prayers:** *Mac Smyth*, Forsyth; *Anne Dowell*, Homestead Hills Skilled Care; *Janice McBride*, Home; *Gary Simes*, Home; *Jane Sobie*, Baptist; *Jim Womble*, Hospice at Home; *Jerry Cole*, Assisted Living at Arbor Acres; *Emelda Lawing*, Hospice at Home; *Pierce Johnson*, Home; *Bill Lambert*, Home; *Parks Berryhill*, Salemtowne Healthcare; *Esther and Les Preston*, Home; *John Anderson*, Salemtowne Healthcare; *Ruth Banbury*, Carriage Club Assisted Living.

### In Memoriam:

- ☞ Douglas Walker, father of Scott Walker, December 17
- ☞ Fran Hawkins, December 19
- ☞ Kent Reeves, December 20

**Bless You!** ~ Our prayers for one another. Each week we invite you to pray for members of our Highland family. We will pray not because anything is wrong, but because we care about each other.

FOR THE WEEK OF JANUARY 11, please pray for Bruce Ayres and Patsy Livingston; John Calhoun; Andy and Margaret Cundiff; Steve and Ellen McCullough; Steve and Marty Moore; Catherine Upchurch; Jim, Jordan and Theo Xu.

FOR THE WEEK OF JANUARY 18, please pray for John, Katina, Ellis, Finn and Cate Marler Barksdale; John and Ellen Doyle; Joe Holbrook; Aaron, Eileen, Madeline and Matthew Ronsheim; Rebecca and Bob Schwartz; Steve Zorn.

FOR THE WEEK OF JANUARY 25, please pray for John and Cissie Anderson; Dave, Katherine, Anna Jane, Wilson and Henry Campbell; Neil, Amanda, Jesse and Mary Kate Gargis; Katrina Pope; Mark Queen and Harry Hall; Gary and Carol Simes; Henry and Cynthia Tysinger. *The Lord bless you and keep you. Numbers 6:24*



## With Gratitude

The Present Word Sunday School Class would like to express our deep appreciation to Bobby Boles for serving as our Treasurer for thirty years. *Thank you, Bobby!*  
~ With love and appreciation, The Present Word Class

## Hunger Offering

On **February 1**, don't forget to bring your gifts for our monthly Hunger Offering: pasta sauce for Crisis Control and your 5 Cents a Meal for our Presbytery! Thank you for your donations supporting neighbors who hunger in our community and around the world.



## ☀️ Children

### Children's Sunday Mornings

#### **Sunday School for Children at Highland (9:30–10:45 a.m., 3rd Floor) Preschoolers (2–4 Years) Growing in Grace & Gratitude (9:30–10:15)**

We share stories of love, grace and gratitude through music, story time, and activities that stretch children's hearts and minds. We also teach about God's love when we surround children with loving adults. This is the goal of our preschool teaching team as well as church staff and pastors. Your preschoolers will love **Growing in Grace & Gratitude!**

#### **Elementary Ages (K–4th Grade)—Godly Play & Neighborhood**

**Workshops (9:30–10:15 a.m.)** Over a two week rotation, children will experience the a biblical story beginning in Godly Play. Every other week the children will move to a different workshop to experience the same story from a different perspective through things like Art, Drama, Cooking, and Mission, even a Cinema. *God's Good Neighborhood* is the place where children and leaders grow in faith and understanding of what it means to be the people of God.

#### **All Children—Highland's Children's Choir (10:15–10:45 a.m.)**

Following 45 minutes of Sunday School, children of all ages will head to the Children's Choir Room where they are joined by Haley Chapman, Highland's Children's Choir Director. This room is also located on the 3rd floor. The Children's Choir sings in worship periodically to share their love for God and love for music. Contact [Haley Chapman](#) for more information.

### 4th Friday Fun Night, January 23

#### **Friday, January 23, 5:30–7:30 p.m.**

Mark you calendar today for the next 4th Friday Family Fun Night at Highland when parents can drop children off and enjoy the evening with Highland friends or running errands. In Highland style we will have tasty food, fun games and activities, surprises around each corner, and friends are always welcome!

A precious friendship began one Friday night between volunteer, Esther Buzzard and Lewy McKinney when Lewy asked about Esther's parents. Since then you may have seen Lewy greeting Esther with a hug each Sunday during worship. If you would like to nurture a friendship like this, contact [Heather Ferguson](#) to volunteer for a 4th Friday Fun Night!



## **Youth**

### **Youth Fellowship**

**January 11**

**Middle School Youth, 4:00–5:00 p.m.**

Let's start the new year back together with a night of games, laughter, and reconnecting after the holidays.

**Senior High Youth 5:00–6:30 p.m.**

Let's set our intentions for the year with a focus on growth, community, and curiosity as we create vision boards and begin preparing for our upcoming Mystery Trip together.

**January 25**

**All Youth Souper Bowl Planning Night, 4:00–6:00 p.m.**

A collaborative planning night as youth prepare for our church's participation in the Souper Bowl of Caring on February 8. Youth will help design promotions, plan our churchwide lunch, organize collection logistics, and create meaningful, creative elements that support our neighbors experiencing food insecurity.

**Senior High Mystery Trip**

**January 16–19**

The legendary experience continues! A Mystery Trip is the chance to share in community as we brave the surprises of this trip while growing in our faith and as a faith family. In years past we have adventured to zip-line over alligators, worshiped in the largest and smallest churches in America, slept in a cave, gone hang gliding, and more. There is only one way to find out what is planned this year. Lean into the adventure, and sign up today!

## **Young Adults**

### **Young Adult Ministry**

**Thursdays at 7:30 p.m.**

Our ministry meets weekly in a variety of locations. We gather for fellowship, study, and faithful conversation. Contact [Courtney Stevens](#) for more information.

January 8: Vision Board Making at Radar Brewing

January 15: Music Bingo at Fiddlin' Fish

January 22 Service Night at Highland

January 29: Fully Passionate People Night

## Adults

### Coffee & Conversation Tuesdays

On Tuesdays, Randy, Debbie, Courtney, or Heather will be hanging out for the cold months at the Bagel Station (129 Oakwood Drive), from 10:00 -11:00 a.m. for conversation with whomever shows up. This is a fun and varied group, and the conversation is always interesting. We hope you will stop by to check-in with your staff and meet other Highlanders.



### Faith & Film: *Wake Up Dead Man*

January 12, 7:00 p.m., The Sherwood Restaurant

Join us for this monthly gathering as we reflect on the visual parables of movies. Our movie for January is *Knives Out, Wake Up Dead Man: A Knives Out Mystery* (2025). It is available to stream on Netflix.

Contact [Randy Harris](#) for more information.



### Men's Breakfast

January 21, 7:00 a.m. in the Fellowship Hall

Join with the Men of the Church for a time of fellowship and study. Look for an email with details, and email [Randy Harris](#) if you have questions.



### Drinks for Four

Informal Gatherings for Men of Highland

A new round of small gatherings for the men of Highland will begin in February. Participants in a group of four will choose when to gather, where, and how often. Coffee in the morning? Tea at lunch? An adult beverage at the end of the day? Any and all of these are possible – but getting together is the point!

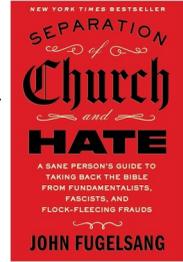


Our next round of groups are encouraged to meet three to four times from February through June. There will be an email sent soon with information about the next round, including an opportunity for those who want to join in, or to sit out the next round. If you are participating now and want to keep going, you do not have to do anything! Watch upcoming emails for a sign up link, and plan to reply by Friday, January 23. If you have questions, please contact [John Loftis](#).

## Matthew 25 Book Group

### ***Separation of Church and Hate* by John Fugelsang**

Our Matthew 25 Book Group will meet on Mondays, January 19 and February 16 to discuss our current read, *Separation of Church and Hate* by John Fugelsang. Fugelsang is the son of a former nun and a former priest and in the book challenges fundamentalists who selectively cherry-pick and misquote Bible verses out of context, urging them to read scripture fully and understand the true relevance of those passages to Christ's message.

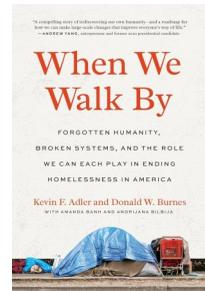


Contact Bookmarks or order your copy or click on the “book clubs” section of their webpage and look for Highland’s Matthew 25 Book Group. You will receive 20% off when ordering there. Contact [Debbie Layman](#) with questions.

## Poverty Book Group

### ***When We Walk By*, by Kevin Adler and Donald Burnes**

Our Poverty Book Group will gather on Monday, January 26 to finish our fall read. “*When We Walk By* takes an urgent look at homelessness in America, showing us what we lose – in ourselves and as a society – when we choose to walk past and ignore our neighbors in shelters, insecure housing, or on the streets.”



Contact Bookmarks (and tell them you are ordering for a Highland Book Club) to order your copy or click on the “book clubs” section of their webpage and scroll down for Highland’s Poverty Book Group. Write in the “Comments” section that you are with Highland’s Poverty Group. You will receive 20% off when you order through Bookmarks’ Book Club program. Contact [Debbie Layman](#) with questions.

## Journeying Together in Faith

### **1st & 3rd Thursdays, 4:00–5:00 p.m., Highland’s Chapel**

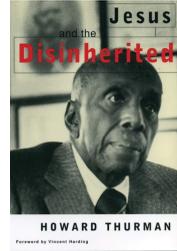
Last summer, a group of folks gathered on Sunday morning and called themselves “The Bookless-Leaderless Book Group.” The conversation was filled with insights and laughter and quickly moved to some of the more serious topics of the faith journey.



Since the summer’s end, the group has been longing to resume their conversations, deepen faith, and grow together. Starting January 15 the group will meet again on the 1st and 3rd Thursdays of the month. If you are interested in this type of faith-forming conversation with other sojourners, please join us. If you would like more information, you can contact [John Woodmansee](#) or [Heather Ferguson](#).

## Listening to Black Voices Book Group

Join us via Zoom at 7:00 p.m. January 27 as we continue reading and reflecting on the experience of our African American neighbors and consider what our faithful responses might entail. In January we will discuss the first half (through the second chapter) of *Jesus and the Disinherited*, by Howard Thurman. If you are interested, please contact [Randy Harris](#).



## Lamentations and Laughter

**Wednesdays, 11:00 a.m., Activity Building, Room AB 5**

Lamentations and Laughter is a men's weekly gathering to focus on the positives in life, even during challenging and difficult periods. The idea behind Lamentations and Laughter is to encourage paying attention to one another, to share and be heard, and to listen. All are invited and encouraged to attend! If you have questions, contact [John Woodmansee](#).



## Highland Ukuleles

**Wednesdays, 5:30 p.m., Room 126**

Life is definitely more enjoyable with a ukulele! Come and join us for some fun, regardless of your age or skill level. If you don't have a ukulele, let Heather Ferguson know and we can arrange for you to borrow one. We're all learning and having a great time together. For more details, please contact [Heather Ferguson](#).



## Highland Mum's Night Out

Mum's Night Out is a monthly evening of making connections, enjoying tasty snacks, sharing "Mum" insights, and building a circle of support and friendship among other Highland Mums. Whether you are expecting your first child, getting ready to send your little one to 1st Grade, or savoring that last year of high school, this gathering is for you!

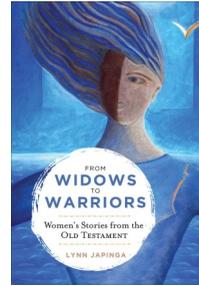


Please plan to join us on Sunday, January 11, 7:00 p.m. at the home of Kristine and Grady Elliott, 2429 Fairway Drive. For more information, contact [Heather Ferguson](#) and let her know if you would like to host an evening with Highland Mums in your home.

## Thursday Morning Women's Study

10:00–11:30 a.m., Ardmore Room (resuming on January 8)  
Women's Stories from the Old Testament

For too long the women of the Bible have been depicted in one-dimensional terms. On one side are saints, such as Mary, while on the other are "bad girls," such as Eve and Jezebel. Just as often, the female characters of the Bible are simply ignored. However, the women of the Bible are complex, multidimensional individuals whose lives are inspiring, funny, and tragic in ways too many of us never hear.



In the book *From Widows to Warriors* scholar Lynn Japinga acquaints us with the women of the Old Testament. From flawed heroes like Ruth and Rahab, to fierce fighters like Deborah and Jael, to tragic characters like Jephthah's daughter and the unnamed concubine of the book of Judges, readers will encounter a wealth of foremothers in the faith in all their messy, yet redeemable, humanity. If you are looking for a Bible study group that will fill a longing for wisdom, friendship, and prayer partners, please join us!

## Highland Christmas Caroling Reflections



I went Christmas caroling for the first time this year, and it was truly wonderful to see the pure joy we brought to those we visited. They were all so excited to see us and share in singing some Christmas songs (some even made cookies for us!). This experience really brightened up my holiday season and brought me joy as well. I am already looking forward to caroling next year!!!  
~Emma Link

It would be nearly impossible for me to capture the JOY that Joe and I experienced while caroling at Salemtowne...particularly with the residents in the Memory Care neighborhood. I anticipated that we would spend maybe 15 minutes max singing quietly to a few residents in the TV room. Well, I do believe that God had other plans! The longer we sang, the larger the crowd! Some standing and some sitting. The residents surrounded us, singing their hearts out! One dear lady enacted rocking the baby Jesus. Talk about a sacred moment!  
~Harriet Mitchener

Caroling is such a joy-filled tradition at Highland. We hope you will plan to join us to give and receive such joy on December 13, 2026!



# Adult Christian Education

Sunday Mornings, 9:30 a.m.

## The Present Word Class, Room 124 and Zoom

All are invited to share in the Present Word Sunday School Class where our goal is to:

- ◆ Explore the Bible as the primary source for understanding our Christian faith and the changing needs of the church;
- ◆ Respond in faith and love to God's love as revealed in Jesus Christ;
- ◆ Confront the concerns of the gospel to include our personal faith, values, relationships, and social responsibilities.



This quarter our lessons focus on reviewing the beliefs of our Christian faith. "Our Holy (Trinitarian) God and the Holy Scriptures," "Grace and Reconciliation," and "The Church and its Teachings." The writer for this quarter's curriculum is Julie Hester. She wrote these lessons in the Fall of 2024 when Hurricane Helene came into her community.

*Facilitators: A Wide Variety of Class Members and Guests from the Congregation*

## The Lectionary Café Salem Room

The *Lectionary Café* is a warm, welcoming gathering of folks seeking to engage more deeply into the Lectionary text (scripture focus) for each Sunday. The group shares an informal and lively discussion which seeks to draw deep connections between God's intentions for our daily lives and our practices for a more faithful life together. *Facilitator: Mike Culler*



## Parents' Conversation and Coffee Room 126

After getting children settled into their Sunday school classes, parents are invited to gather in Room 126 on the first floor for coffee and conversation. This is a great time to get to know other parents and compare notes on the joys and challenges of parenthood. On the first Sunday of the month we will have a special speaker, video, or other resource for deeper conversation on faith formation in the family and related topics. Other Sundays will offer free time to connect and maybe even share "best practices" in this amazing thing called Parenthood!

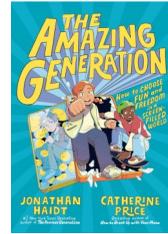


Beginning on Sunday, January 11, we will begin exploring the themes of Jonathan Haidt's book, *The Anxious Generation*, through his subsequent book, *The Amazing Generation*. Haidt has studied the effects of social media on the wellbeing of our children and youth. *The Amazing Generation* is written for tweens and teens – and relevant whether or not they

*(Continued on page 13)*

(Continued from page 12)

already have smartphones or social media accounts – this engaging guide is packed with surprising facts, a graphic novel, interactive challenges, secrets that tech leaders don't want kids to know, and real-life anecdotes from young adults who regret getting smartphones at a young age and want to help the next generation avoid making the same mistakes. But this isn't just a book about what *not to do*. It's a bold, optimistic, and practical guide to growing into your most authentic, confident, and adventurous self. Readers won't just discover how to avoid becoming the next Anxious Generation. They'll learn how to become *amazing*.



Join us for this group led discussion. Books are available in the Gallery Hall for \$10.

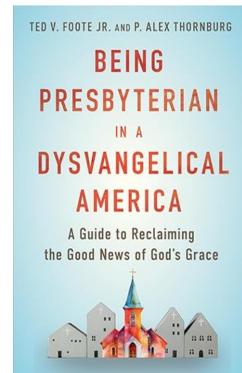
## **New Elective Begins January 11**

**Sunday Mornings, 9:30 a.m.**

### **Being Presbyterian in a Dysvangelical America: Reclaiming the Good News of God's Grace, Ardmore Room**

"Dysvangelical" describes a distorted theology that twists the good news of God's grace into a message of fear and exclusion. Are you disillusioned by how Christianity is being used in America today? Many faithful Christians find their beliefs don't align with the shouted chants and disturbing actions of those claiming to represent true Christianity.

Twenty-five years after their bestseller *Being Presbyterian in the Bible Belt* the same authors affirm the heart of Reformed theology and what it means to be truly evangelical amid theological and cultural distortion. With clarity, compassion, and humor, this study will equip participants to name what feels wrong, rediscover what is right, and live into a gospel that is still good news for all.



This time together will provide an accessible, faithful alternative to Christian nationalism, rooted in core Presbyterian convictions: grace, community, humility, and ongoing reform. This is the message for our time – not fear and exclusion, but a living, evolving faith proclaiming God's wide welcome.

All are welcome to join this dynamic and challenging study. Books are available in the Gallery Hall for \$15. *Facilitators: Randy Harris and Joe Blankinship*

# Community and Global Service

## Climate Corner

Here are some ideas for New Year's climate resolutions:

In 2026, I resolve to care for the earth in the following ways:

1. Reducing food waste by:
  - a. eating all my food;
  - b. making smaller serving sizes;
  - c. freezing leftovers;
  - d. composting food scraps (peels, coffee grounds, etc.) in a backyard compost pile or by participating in a compost pick up program like we have at Highland. (Ask [Debbie Layman](#) how you can get involved)
2. Using what I have such as appliances and vehicles to avoid the energy costs involved in making new items and discarding old ones.
3. Avoiding purchasing items in plastic packaging that is non-recyclable by:
  - a. shopping for food at farmer's markets using reusable bags;
  - b. buying meat and fish from butcher departments who wrap products in paper;
  - c. choosing powdered detergents for laundry and dishes which are packaged in cardboard boxes.



As the old New England adage recommends –  
*Eat it Up, Wear it Out, Use it Up, or Do Without!*