

DEDICATED TO THE PROMOTION OF TOWNS COUNTY OPINIONS & COMMENTARY

From the desk of

State Sen. Jim Butterworth



What an honor it continues to be to serve the 50th Senatorial district of Georgia. That's the best, most heartfelt way I know to start my first "update" of the 2010 legislative session.

As you may remember, one of the goals of my first session was to build relationships for the benefit of Northeast Georgia. As we gather to tackle the issues facing Georgia, these business relationships and friendships have been rekindled. I am confident going forward that, because of these business relationships, Northeast Georgia will be well positioned to lead the economic recovery that we all trust is on the horizon.

Members of the Georgia Senate have been gathering over the course of the last year to discuss and prioritize the

issues that face Georgia. The result of these discussions is a list of priorities that will monopolize deliberations during the legislative session.

Our top priorities this session will be addressing the budget shortfall while maintaining efficient government operation and ensuring water issues are addressed in a timely manner while preserving water basin integrity. Other key issues are a beneficial transportation plan and a strong front in the realm of Economic Development. It appears there will be a need for efficient use of time during these 40 legislative days.

I have had extended discussions with the Lieutenant Governor, other senators and the Governor.

I am growing increasingly confident that as we

progress on all fronts, our leadership has become more focused on the critical tasks at hand.

During these trying times it's an understatement to say our state is at a critical juncture. I understand that the people of our state, specifically the 50th Senate District, are hurting. I remain firmly dedicated to helping large and small businesses create and save jobs.

I was recently named to the position of Secretary of the Senate Banking and Financial Institutions Committee. I will continue to serve on the Senate Economic Development, Education, Military Affairs and Homeland Security, and State and Local Government Operations Committees. I am humbled by the confidence Lt. Governor Cagle has placed in me by these committee assignments.

Please call on me anytime to share your thoughts as we continue to scrutinize the issues important to Georgia's recovery. If you are interested in coming to Atlanta and visiting the Capitol please let me know by using one of the contact methods below. It's your Capitol and your legislature; I'd love to give you the VIP tour and get you involved in the discussions.

Sen. Jim Butterworth represents the 50th Senate District which includes Towns, Rabun, Habersham, Stephens, Banks, Franklin, and Hart counties along with a portion of White County. He can be reached by phone at 404.463.5257 or by email at jim.butterworth@senate.ga.gov.

The Middle Path

by Don Perry

Last week in a five to four decision the Supreme Court reversed a century of tradition by removing limits on the amount of money corporations and unions can spend on elections. This decision comes as bad news for those of us who think that too many elected officials are already "bought and paid for" and that the constant flow of lobbyists through the nation's capitol is proof enough that influence in Washington is weighted heavily in favor of corporate interests.

The majority opinion is this bitterly divided decision referred to the fact that the First Amendment prohibits the government from limiting political speech. Corporations by law have most of the rights of citizenship as a human being and this is seen by some as justification for extending to the corporate entity the same protections given to citizens by the Constitution.

Political theory aside, this new ruling could change the political landscape considerably, putting the decision-making process even further beyond the reach of the electorate than it is already.

Supporters of the decision point out that no one has abridged the right of Americans to vote, but in practice, what kind of

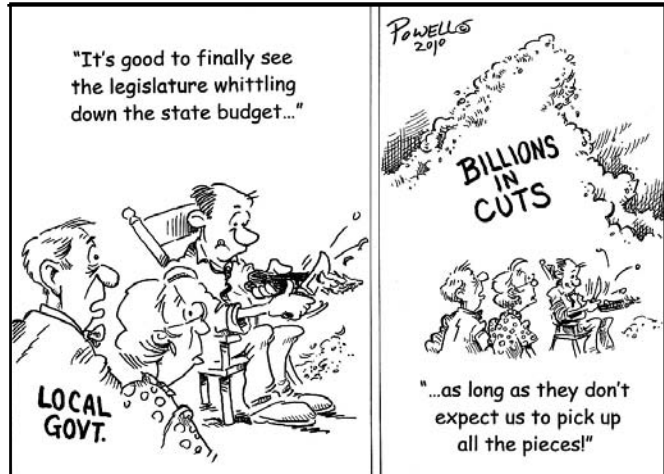
choice is there if the majority of viable candidates are those who are pleasing to the largest companies? When a corporation which favors one candidate over another can outspend the competition ten to one, how is democracy served? How, then, is the selection of candidates by corporations more democratic than elections in Iran, where the candidates are chosen by the Ayatollahs and the winners decided by that same theocracy?

Supporters of corporate power point out that the purchase of shares of a company and the election by shareholders of governing bodies within the corporation are in themselves democratic processes. Yet American Democracy is an inclusive process and the profit motive of a large company is certainly exclu-

sive. This decision by the so called "conservative" members of the court is the culmination of a longstanding effort to forever weld democracy to capitalism.

Defenders of the Supreme Court's decision maintain that it was based on a strict interpretation of First Amendment rights. This is true only as far as a corporate entity is afforded the rights of "personhood" by the law, and this is the pivotal area where pressure can most effectively be applied to reverse this latest threat to the Republic. Efforts have begun in Congress to pass legislation that would limit or negate the Supreme Court's decision.

Contact your Representative to voice your support. This is not a situation for partisan politics. The dividing line is not between democrats and republicans, but between those who want to be governed by the will of the people and those who trust their future to the highest bidder.



Letters to The Editor

Thank you

Eric and Tonya King would like to thank everyone for being so kind after Eric's accident. Words cannot express our gratitude to Ketron Moss, you are truly a hero. Thank you, Missy, for your kindness and support.

Thank you to the Towns County EMS for your kindness and professionalism. Also thanks to everyone that came by or called. Thanks to Lower Bell Creek Church and Bell Scene Church for their generous donations.

We appreciate everyone's prayers.

**God bless each of you,
The King Family**

New Christmas tree needed for Hiawassee

As many citizens probably noticed, this year's decorated Christmas tree on the square in Hiawassee was blown down in a rain and wind storm in December. Many people attended the lighting of the big tree following the Christmas parade held the Saturday after Thanksgiving. They enjoyed singing along with the Christmas carols being sung in the gazebo and oohing and aahing when the lights went on all over the tree.

The tree was small when it was planted by members of the Hiawassee Garden Club and Junior Girl Scout Troop 120 as an Arbor Day planting in the mid-90s. Arbor Day is coming up again soon, the third Friday in February in Georgia, and that would be a perfect time to again plant a spruce on the square for future use as a Christmas tree, hopefully a bigger one this time.

If you have a spruce that has outgrown your yard and would like to donate it, please call Joan Crothers, Hiawassee Garden Club and City Council member at 706-896-6240. We are also asking for donations to buy a good-size tree if none is donated. You may send your check to: PO Box 502, Hiawassee, GA 30546.

Thank you, Joan Crothers

**OWN A BUSINESS?
NEED TO ADVERTISE?**
Contact the
Towns County Herald
706-896-4454

Extension Tips



by
**Robert
Brewer**

Weight control as winter sets in

Most people find that weight control is easier in the summer. You are more active. The heat makes you feel less like eating. But once fall arrives and the weather gets cooler, sitting at home and eating hearty meals becomes more tempting.

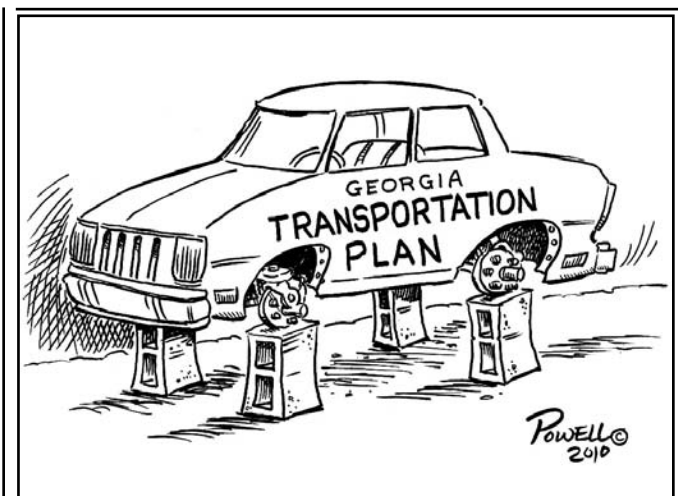
Would you like to prevent the weight gain that most people experience over the winter? With reasonable life style changes you can:

First try to become more active in your daily living. This can be as simple as getting rid of the remote

control so you at least get up to change the channel to taking your lunch to work so you can walk 15-20 minutes at noon. We are using more and more labor saving devices and these small decreases in activity are adding up to calories that are not getting used. Even walking down the hall to talk to a co-worker rather than calling them on the phone or sending them an e-mail can increase your activity level.

If you have a job where you are stuck in one place all day, stand up and walk around a little every hour. Walk to the water fountain but not to the vending machine. Make it a rule to not eat at your desk. Many people have become computer potatoes at work, not just couch potatoes at home.

When you do watch TV, do something active. This can be housework, a craft or even exercise. At least keep your hands busy with a worthwhile project instead of a bag of chips.



Brush your teeth before you clean up after meals or parties. You'll be less likely to snack on the leftovers. This is also a good strategy before you start cooking. Chewing sugar free gum also limits extra nibbles that result in extra pounds.

Take a walk after supper. In the South, the weather is rarely bad enough to prevent a walk at night. Take along a child, a friend or spouse. Walk in well-lighted areas and, if possible, vary your route so you won't become bored. You'll feel more energetic and become closer to your walking partner. If walking outside is not safe, look into recreation centers or a treadmill.

Keep tempting foods out of the house. Geneen Roth, an eating disorder expert, talks about foods that "hum" and foods that "beckon." The "hummer" foods are foods that you crave and want whether you see them or not. These are

the foods you need to eat or else you will never feel satisfied. The "beckoner" foods are foods you only want after you see them. Keep beckoner foods out of the house. Eat high-calorie hummer foods in one portion-sizes so that you will be satisfied but won't be tempted to overeat. Don't buy them in large quantities or they may become a beckoner food. Store all food out of sight as an extra precaution against temptation.

Finally, don't starve yourself even after you have overindulged. Instead choose better foods that are more satisfying. These include at least three vegetables and two fruits a day, more whole grains breads and cereals, two or more servings of low fat and non-fat dairy products and moderate amounts of meat, fish and poultry. Limit empty calorie foods to only special occasions and keep them out of the house!!

GUEST COLUMNS

From time to time, people in the community have a grand slant on an issue that would make a great guest editorial. Those who feel they have an issue of great importance should call our editor and talk with him about the idea. Others have a strong opinion after reading one of the many columns that appear throughout the paper. If so, please write. Please remember that publication of submitted editorials is not guaranteed.

LETTERS TO THE EDITOR SHOULD BE E-MAILED OR MAILED TO:

Towns County Herald, Letter to the Editor, PO Box 365, Hiawassee, GA 30546. Our email address: tcherald@brmcmc.net. Letters should be limited to 200 words or less, signed, dated and include a phone number for verification purposes. This paper reserves the right to edit letters to conform with Editorial page policy or refuse to print letters deemed pointless, potentially defamatory or in poor taste. Letters should address issues of general interest, such as politics, the community, environment, school issues, etc.

Letters opposing the views of previous comments are welcomed; however, letters cannot be directed at, nor name or ridicule previous writers. Letters that recognize good deeds of others will be considered for publication.*
Note: All letters must be signed, and contain the first and last name and phone number for verification.

"I know there's a lot of doctors getting into politics. But it's only fair since so many politicians are getting into medicine!"



Elected Officials

- Governor Sonny Perdue, Georgia State Capitol Atlanta, GA 30334, 404-656-1776
- Sen. Johnny Isakson, U.S. Senate, Washington, DC 20510, 202-224-3643
- Sen. Saxby Chambliss, U.S. Senate, Washington, DC 20510, 202-224-3521
- U.S. Congressman Paul Broun, 10th District, Washington, DC 20515, 202-225-4101
- Rep. Stephen Allison, Georgia House of Representatives, 404-656-0177 or 0185
- Sen. Jim Butterworth, Georgia State Senate, 404-463-1367
- Towns County Commissioner Bill Kendall, 706-896-2276
- Clerk of Superior Court Cecil Dye, 706-896-2130
- Tax Commissioner Bruce Rogers, 706-896-2267
- Magistrate/Probate Judge David Rogers, 706-896-3467
- Sheriff Chris Clinton, 706-896-4444
- Coroner Ricky Mathis, 706-896-6254
- Enotah Circuit District Attorney Stan Gunter, 706-896-6489
- Board of Education: 706-896-2279, Michael Anderson, Donna Hedden, Bob Gibby, Larry Kimsey, Emily Phillips. Superintendent: Dr. Richard Behrens
- Hiawassee Mayor Barbara Mathis, 706-896-2202
- Hiawassee City Council: Janet Allen, Jay Chastain, Joan Crothers, Howard Cunningham, Annie Johnson
- Young Harris Mayor Andrea Gibby, 706-379-3171
- Young Harris City Council: Terry Ingram, John Kelley, Donald Keys, Matthew Miller, Jennifer Mulkey, David Sellers

Have something to sell?
Let the Herald work for you!
Contact us at 706-896-4454
Deadline for the T.C. Herald is Monday by noon

Towns County Herald
Dedicated to the promotion of Towns County

KENNETH WEST.....PUBLISHER
CHARLES DUNCAN.....EDITOR, ADVERTISING
MATTHEW JARRARD.....STAFF WRITER, CLASSIFIEDS
JIM BRYANT.....SPORTS WRITER, PHOTOGRAPHER
LISA BRYANT.....SPORTS PHOTOGRAPHER
LOWELL NICHOLSON.....PHOTOGRAPHER

OFFICE LOCATED AT 446 NORTH MAIN STREET "THE MALL" HIWASSEE (706) 896-4454
Publication Number 635540. Entered as second-class matter on November 8, 1928, at the post office at Hiawassee, Georgia under Act of March 3, 1879. With additional mailing points.

EMAIL Address: tcherald@brmcmc.net

POSTMASTER: Send change of address to: TOWNS COUNTY HERALD P.O. BOX 365 HIWASSEE, GEORGIA 30546

DEADLINE FOR ALL NEWS COPY & ADVERTISING Monday at 12 Noon

SUBSCRIPTION RATES
TOWNS COUNTY (1 YEAR) \$15
OUT OF COUNTY (1 YEAR) \$25
The Towns County Herald is not responsible for errors in advertising beyond the cost of the actual space involved. All subscriptions must be paid in advance.