

# DEDICATED TO THE PROMOTION OF TOWNS COUNTY OPINIONS & COMMENTARY



## Letters to The Editor

### Thank you

I would like to thank the staff of Chatuge Regional Hospital and Dr. Scott Ainsworth for being so considerate during my recent visit to the outpatient clinic for a scheduled colonoscopy. Everyone including the volunteers, the business office personnel, the nurses, the anesthetist, and especially Dr. Ainsworth were caring and professional. Best of all - they seemed to like their jobs - not once did I glimpse a frown or hear a grouchy word.

According to the American Gastroenterological Association, "Complete colonoscopy is the only screening test that sees the colon directly and allows removal of polyps without surgery. The digestive health specialists of the American College of Gastroenterology are dedicated to the prevention of colorectal cancer and urge people to be screened for colon cancer. A complete colonoscopy is the most effective cancer prevention tool and is remarkably safe in the hands of trained and skilled colonoscopists."

Risk factor for colon cancer include a personal history of colorectal polyps, previously treated colorectal cancer or inflammatory bowel disease, being physically inactive, eating a diet high in fat (especially from red meat), obesity, smoking, alcohol use, eating a diet low in fruits and vegetables, and having a family history of colorectal cancers.

Please call your personal physician for more information (especially if you are age 50 or over and have never been screened for colon cancer).

Sincerely,  
Janice E. Boling

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## Towns County Herald

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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 Hiwassee, Georgia under Act of March 3, 1879. With additional mailing points.

EMAIL Address: tcherald@brmemc.net

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

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## The Middle Path

by Don Perry

Times always change but it is difficult from a personal perspective to identify a transition period while we are busy "transitioning." When we are too close to the trees it is hard to see the forest. However, the accelerated changes of a technological world may allow those of us alive today to look back well within our own lifetimes and see a fundamental shift in several important areas. Chances are that we will remember the latter part of the first decade of the new millennium as the beginning of the end of a civilization built on cheap energy and the decline of an American empire dependent on financial virtual reality.

Those of us looking to government for solutions to these problems are likely to be disappointed. Our system of government is corrupt, though not so much in the popular "us versus them" conspiracy category, but rather as the inevitable result of a mature democracy which long ago discovered that it could legislate itself benefits from the public trust. It is rotten wood weakened by years of termite infestation but smoothed over by a fresh coat of paint every two to four years.

During times of transition and unrest those in power seek first to preserve that power by whatever means is necessary, and so it has been throughout history. We are more technologically sophisticated than our ancestors, but we are no smarter and certainly no more morally upright than they were, so it is unlikely that things will be any different in our own time. If there was any doubt before, Obama's job #1 bank bailout should have been enough to convince a skeptic that we are on our own, and Uncle Sam is not coming to our rescue.

So let's leave world history and national politics behind for a moment and bring the discussion back to a place where our choices can have an immediate impact on our well being: our local communities. It seems inevitable that the end of cheap energy will eventually force us back into a more localized way of life, so why not begin now to revitalize our communities by supporting local businesses. It would be hard to miss the number of businesses

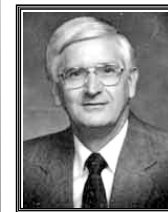
that have closed in Towns, Union and Clay counties in the past year, yet Walmart flourishes. Walmart is attractive because of the variety of products it offers under one roof, and with a dizzying array of cheaply made Chinese goods, consumers can save some money - if their intention is to buy cheaply made Chinese goods or mass produced and chemically preserved corporate food. Yet there is one example of a local alternative to supporting corporate business that some of us may have missed, and it is a healthier alternative.

Our area is blessed with a number of locally owned and operated butcher shops. The meat is of the highest quality and usually less expensive than that offered by the corporate chains. The beef and the pork is usually locally produced and devoid of the hormones and chemicals that accompany feedlot products. It is wrapped in butcher paper while you wait, not injected with chemicals that preserve color and the appearance of freshness under shrink wrap. The ground beef is not adulterated with the ground slurry of fat and gristle gathered from the slaughterhouse floor and treated with ammonia which has been allowed in two thirds of the hamburgers eaten by Americans since George Bush changed a few definitions used by the Department of Agriculture. A weekly special we purchased at one area butcher for around \$60 included a variety of beef, pork and chicken products - enough for 16 meals for two people.

With our retirement at the mercy of Wall Street it would behoove us to spend less and save more. With health care at the mercy of competing corporate interests bogged down in Congress, the best health insurance is to stay as healthy as possible for as long as possible.

When we choose to shop at an area butcher, we have made a healthier choice that supports local businesses and farms and we have saved money in the process. It is a win, win, win situation, and it is only one of many decisions we can make to live a smarter and healthier life.

## TV's most decent channel



"IT'S ON MY MIND.."  
Danny H. Parris

My favorite channel on television is the weather channel. They don't use vulgarity, crude jokes or cursing (some of the people they show shoveling snow may) or engage in political name calling. They just expose (no pun intended) you to weather conditions good or bad. When I was a small boy our 24 hour weather channel was called a "window." Twenty-four hours a day you could just look out the window and tell what the weather was. This was called "Window Weather." You got it right every time. Of course, if you wanted "advanced weather information" you consulted the "Almanec" (Almanac), the groundhog, or numerous myths about the thickness of shucks on the corn, the fur on squirrels and rabbits, etc. Also, farmers of yesteryear had sayings such as "Onion skins very thin, mild winter coming in; onion skins thick and tough, coming winter cold and rough." However, the "Almanec" was known to contain more than a few flaws, as well as the weather myths and sayings. Even the weather channel fails to make the right call occasionally. For instance, even as I write this I am looking out my "window weather" with bright sunshine. Where is that 4 or 5 inches of predicted snow? The reason I love the 24 hour weather channel is because my wife and I have developed a condition where we are allergic to the cold. It has nothing to do with age; at least that's what my wife says. The fact is, we are extremely cold natured. As a matter of fact, we start getting cold the day after July 4th. So the weather channel helps us to know how to dress properly. You know, I start shivering every time I use the word cold. I am doing my best to eliminate the word cold from my vocabulary. The cold hard facts are that I am paranoid about the cold. I am afraid

I will catch a cold and break out in cold sores. What really freezes me to death is to hear our national leaders talking about another cold war. Pray God to deliver us from a cold war. I've always loved cold water, but now I don't drink as much cold water. I have forbidden my wife to use cold cream or to serve cold cuts until it warms up. I reckon I have developed cold feet about cold weather. I confess that the cold weather has gotten to me, but better weather is coming. What causes me to break out in a cold sweat is the cold world in which we live. So many people have become cold-blooded in their approach to life. In this preacher's estimation we are becoming a cold-hearted generation. Leaders of nations are cold, heartless and cruel. Many have lost feelings for others. They are unsympathetic and unkind, fanatical to the point that they would destroy civilizations without thinking of the suffering and the agony of countless millions of people. Jesus warned us that near His coming the love of many would wax cold (Matt. 24:12). Perhaps the coldness of this world can be attributed in part to cold worship in a lot of our churches. When we gather to worship no one should be left out in the cold. In the House of God no one should receive a cold shoulder. Worship should be warm, loving, zealous, full of fire and praise to Almighty God even when the weather is cold. We don't need luke-warm worship. Jesus used some cold turkey talk to the church at Laodicea when He said, "So then because you are neither cold nor hot, I will spew thee out of my mouth" (Rev. 3:16). I have good news for you: Better weather is coming - the weather will be perfect in heaven. A better world is coming. This one is passing away but there will be a new heaven and a new earth. Better worship is coming. We will perfectly worship Him throughout the endless ages. As the late Vance Haver once wrote, "Whatever the weather, we'll weather the weather, whether we like it or not." I feel warmer now!



## Community Calendar

**Towns County Water Board Meeting** 3rd Monday of each month at 7 p.m. in the TC Water Office Building.

**Mountain Community Seniors** meet the second Thursday of each month at the Senior Center in Hiwassee at 2 p.m.

**Towns County Democratic Party** meets at 6 PM every 2nd Thursday of the month at Crossroads Restaurant. Meeting begins at 6. Please call Kim Bailey @ 706-994-2727 OR 706-896-6747

**Towns County Republican Party** meets the 1st Tuesday of each month from 5 p.m.-6 p.m. Dinner at Daniels Steak House, 6:30 p.m. - 7:30 p.m. meeting, 896-7281.

**Towns County Planning Commission** is held the 2nd Monday of each month at 7 p.m. in the Courthouse.

**Towns County Commissioners** meeting is the 3rd Thursday at 5:30 p.m. in the courthouse.

**School Board Meeting**, 2nd Monday each month at 7 p.m. in the auditorium.

**Hiwassee City Council** 1st Tuesday of month 4 p.m., at City Hall.

**Young Harris City Council**, 1st Tuesday of month at 7 p.m., Young Harris City Hall.

**The Hiwassee River Valley Kennel Club** meetings are held at 7 p.m. the 1st Monday of each month at Brother's Restaurant on Hwy 64 in Murphy, NC. Call President Kit Miracle: 706-492-5253 or Peggy Moorman: 828-835-1082.

**The Unicoy Masonic Lodge #259** meets on the 2nd Monday of the month at 7:30 p.m.

**Board of Voter Registrars** meets the 3rd Wednesday of the month at 4:30 p.m., Courthouse.

**Towns County Board of Elections** holds its monthly meetings on the 2nd Wednesday of each month at 4 p.m. at the Elections Office (Old Rock Jail).

**Towns County Historical Society** meets the 2nd Monday of each month at the Senior Center in Hiwassee at 5 p.m. Annual dues \$15, PO Box 1182, Hiwassee, GA 706-896-1060, www.townshistory.org

**Bridge Players** intermediate level meets at 12:45 p.m. on Mondays & Fridays at the Towns County Health Dept. Call Eden at 706-896-6921.

**Mountain Regional Arts and Crafts Guild, Inc (MRACG)** meets the 2nd Tuesday of each month at ArtWorks Artisan Centre, located at 308 Big Sky Drive (behind the Holiday Inn), Hiwassee. Refreshments at 6 p.m. & the meeting begins at 6:30 p.m. Contact us by calling 706-896-0932, mtnregarts-craftsguild.org. mtnregarts-craftsguild@hotmail.com.

**VFW Post #7807 Fish Fry** will be 2nd and 4th Friday of the month, 4:30-7 p.m., \$9 a plate, all you can eat.

**Mountain Computer User Group** meets the 2nd Monday of each month at the Goolsby Center at YHC. Q & A at 6 p.m., meeting at 7 p.m.

**FPL Retirees Breakfast** will meet the 2nd Tuesday of each month at the Hole in the Wall Restaurant on the square in Blairsville at 9 a.m.

**Chattahoochee-Nantahala Chapter, Trout Unlimited**

meets 2nd Thursday of each month at Cadence Bank in Blairsville. 5 p.m. Fly Tying - 7 p.m. General Meeting. Everyone welcome. www.ngatu692.com.

**Military Officers Association of America (MOAA)** meets the 3rd Monday of each month at various area restaurants. For information call John Quinlan at 706-896-2430 or visit www.moaa.org/chapter/blueridgemountains.

**Alcoholics Anonymous:** 24 hour phone line 828-837-4440.

**Mothers of Preschoolers** meets on the third Thursday of each month at First Baptist Church of Blairsville from 6 - 8 p.m. Call the church office at 706-745-2469 for more information.

**Chatuge Regional Hospital Auxiliary** on the 3rd Monday of each month, except the months of July, October and December, in the hospital cafeteria at 1:30 p.m.

**Old Fashioned Square Dance Lessons** each Mon. in Hiwassee, GA, 6 p.m. at the Senior Center (2 blocks south of the town square, beside the Courthouse) Hiwassee, GA 706-896-1060

**Mountain Magic Table Tennis Club** meets 6 p.m. Thursdays at Pine Log Baptist Church Fellowship Hall in Brasstown. Ping Pong players welcome. Call Lee (828) 389-0924.

**Mended Hearts Support Group** meets the 2nd Monday of each month at Chatuge Regional Hospital Cafeteria from 5:30-7 PM. For information contact 706-994-6988.