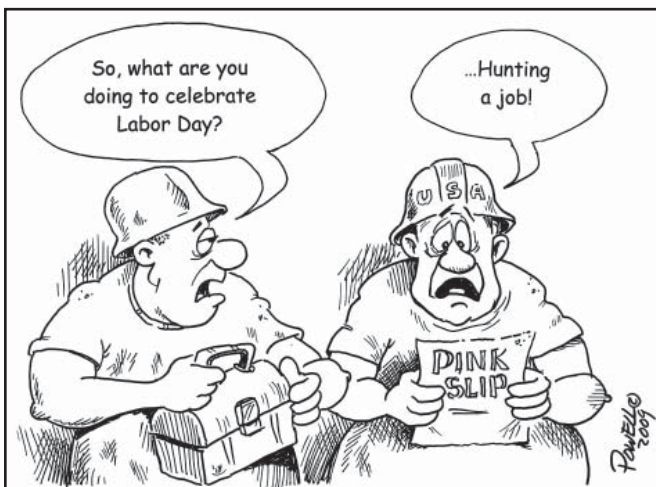


DEDICATED TO THE PROMOTION OF TOWNS COUNTY OPINIONS & COMMENTARY



Letters to The Editor

Food Pantry appreciation

Saturday evening the Food Pantry had a "Volunteer Appreciation" event to thank all the time and work that so many have given to the Pantry to help meet its mission so successfully. As always, these events need an organizer, and this one was no exception. Many hours are put into ordering the Presidential Certificates and Pins, and then to plan and schedule the event. And as many times happens, the organizer/planner slips through the cracks.

This occasion was a great success thanks to two ladies who work hard every day to ensure that the goals of the Pantry are met, on top of juggling the needs of their personal lives. I would like to thank both LaRanda Mauldin and Phyllis Christine for a great job well done.

Richard Botting

Dear Editor

I have contacted the city, county, and state regarding the Yield sign at the intersection where you turn and go across the mountain to Helen there above Macedonia church, numerous times, only to get an e-mail back asking the question... "Why?" I have no time to answer these e-mails or discuss the issue. They should come and sit and watch for themselves at the countless people who wait to turn left in the turning lane, only to have to sit and wait, and wait, and wait, and wait for vehicles to go on through, because they never pay any attention to that sign!

The other day my husband and I sat doing this while the traffic up the river road there was backing up heavily. At least 10 to 15 vehicles all in a row turned right at the sign to go up the river road. One man in a red truck coming out of the River Road junction got so angry, he swerved on out into the road almost taking our back bumper off and spun on down the road.

I have had numerous people tell me, "Oh they just go ahead and turn in. If I get hit, it is the other person's fault because they are supposed to yield!" Who wants to take that risk?

The same thing happens at the intersection there in town at Bell Creek Road, too. They just need to install flashing lights to signal the yield sign at least, if they never intend on putting up sufficient lights or any thing else. Is it going to take a serious accident to get something done about all of this or what?

Thank You
Mrs. Delores Barnes

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Towns County Herald

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The Middle Path

by Don Perry

Most people are very familiar with the term, "pyramid scheme," or the euphemism, "multi-level marketing." Typically some amazing product (not available in stores) is sold by individuals who sign up to become distributors of the product and recruit other people to do the same. Typically the very small percentage of people signing up who actually earn more than they spend do so not by selling the product itself but by recruiting other sellers in their "down-line" and providing training and marketing materials for a fee.

There are currently and there have been in the past numerous lawsuits filed against multi-level marketers by disgruntled distributors and occasionally a pyramid has been shut down by the FDA for making unsubstantiated claims. MLM's are careful to make very broad claims about their products and when a distributor steps over the line the company can claim that she (88 percent of multi-level marketers are women) is not an employee of the company.

MLM's thrive when the economy takes a downturn. More unemployed and underemployed people are home to watch the infomercials and see the images of prosperity on the Internet that are promoted by multi level marketing companies. More people are desperate for a solution, any solution, to their economic woes and MLMs are skilled in the use of appealing images and the language of the American Dream.

In health conscious America with its aging population and growing concerns over HIV and pandemic flu, there has been a surge in the marketing of super elixirs and juices that are claimed by some to cure more ailments than the old patent medicines of the late 19th and early 20th centuries. Typically these liquid wonders that can cost upwards of \$35 per 25 ounce bottle contain some exotic fruit or combination of plant materials from faraway forests or jungles; things you can't buy at the local grocery or health food store. There is usually a wealth of anecdotal evidence and testimonial to justify the high cost, but scientific data is scant. Many of the products found in health food stores, cereal boxes and MLM down-lines today imply a benefit from the antioxidants found within the ingredients. While there is good scientific evidence sup-

porting the health benefits of antioxidants in general, there is very little hard evidence about many of the specific ingredients found in today's elixirs and about what happens when you combine twenty or thirty ingredients in a bottle to be digested at one time.

One of the most popular wonder juices today is known as "MonaVie," and one of its star ingredients is the popular acai berry. In its marketing campaign MonaVie quotes research provided by the American Institute for Biosocial and Medical Research (AIBMR) in Puyallup, Washington. The AIBMR was founded by a man named Alexander Schauss, who is also the co-founder of a company called K2A in Provo, Utah. K2A sells freeze dried acai powder to MonaVie for use in its products.

Draw your own conclusions, but if you are interested in products which contain antioxidants and which have been proven by numerous independent scientific studies to provide health benefits – and at a fraction of the cost of Colonel Harvey's Indian Elixir – then look no further than your local grocery store or back yard. Orange juice, grape juice, grapes and blueberries are relatively cheap, easily available and backed up by a wealth of research – and if you've ever tried one of the wonder juices you'll appreciate the fact that oranges, grapes and blueberries – don't taste like stump water and soil.

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Times change but God doesn't

By Dr. Steven Swisher, Pastor
Living Word Revival Center

We can now say that we are living in some very different times in America. With a new president who seems to have a radical agenda to change so many things that America has valued in her past history. We are watching our lives and way of living for so many years come screeching to a halt. These changes of times that we are living in have created fear in the hearts of many Americans. Most families are not sure about what the future in America is going to become. It is a time of instability that is really shaking many people into panic modes. People are losing their jobs, houses, cars and having to sell their valued possessions only to put food on the table. Yet those who believe in God can also trust him to help in this season in our nation.

As followers of Jesus Christ, it is time for us to be courageous and it is a time for us to rise up in our faith. Jesus warned us that these days would come upon us in the last of times. For Christians, these times should not be a surprise nor should they breed fear within us. Jesus said that if we build our house upon the rock that when the winds and rains come, we will be left standing.

The Bible says in 2 Timothy 1:7, "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." This is a time to believe without fear, yet trusting that God has put within us power, love and a sound mind for such a time as this. We must believe that God is still in control, no matter how chaotic things around us may get. Like Moses said to the people of Israel when they were under pressure and pinned in between the Red Sea and the Egyptian army, "Fear not, stand still, and see the salvation of the Lord." God showed his strength then and he shall show his strength to us in this generation.

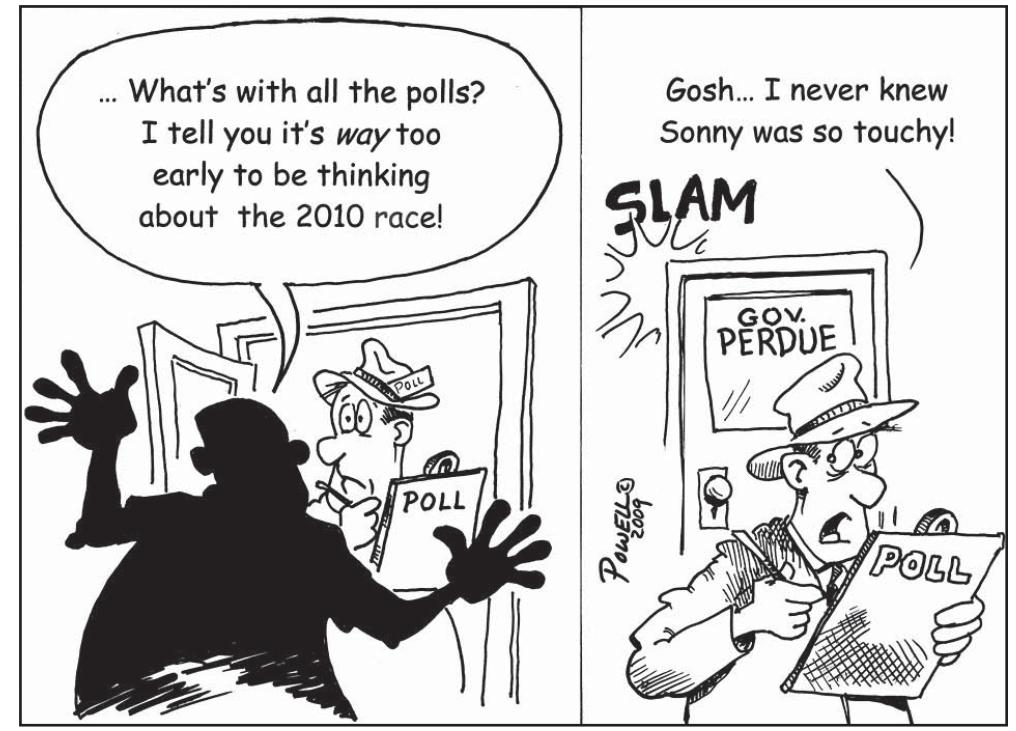
God said in His Word that

if we would have faith the size of a mustard seed, we could endure storms and move mountains. The apostle John said that it is our faith that gives us the victory in this world. Jesus himself said that in this world we shall have tribulation, but be of good cheer, for I have overcome this world. Believers, it is the word of God that will help you in these times to endure. You are not without hope if Christ is in you. Now is the time to be an example, to shine and declare our faith in God's power. Let people know that you are not moved by this world's tribulation and why. The Bible says in Psalms 46:1-3, "God is our refuge and strength, a very present help in trouble.

Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea; Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. Selah." This scripture would be a good place to start people on the road to a life of faith.

Friends, fear will only lead you down a path of unrighteousness before God. Fear will instruct you to do things that will hurt you and others. Fear is a force that could and will drive you to make wrong decisions that could cost you so much if you allow it to control your life. You must remember that God never changes! He is the Rock that you can build your life upon and know that whatsoever may happen in your life, God is love and that he knows how to care for you. Remember that God said unto us, that the sons of God will be moved or led by the Spirit of God.

I would like to invite you to join us for our weekly services at Living Word Revival Center in Hayesville, NC, on Sundays at 10 a.m. and on Wed. nights at 7 p.m. "Come taste and see that the Lord is Good!" For information call: 828-389-3444.



Community Calendar

Towns County Water Board Meeting 4th Monday of each month at 7 pm in the TC Water Office Building.

Towns County AARP Chapter 1859 meets the second Thursday of each month at the Senior Center in Hiawassee at 2 p.m. Luncheons are held at 1 p.m.

Towns County Democratic Party meets at 5:30 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 p.m. - 7 p.m. meeting, 896-9021.

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

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

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

Hiawassee City Council 1st Tuesday of month 4 pm, at City Hall.

Young Harris City Council, 1st Tuesday of month at 7 pm, 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 Hiawassee at 5 pm. Annual dues \$15, PO Box 932, Hiawassee, GA 706-896-1060, www.townshistory.org Bridge Players intermediate level meets at 12:45 pm 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), Hiawassee. Refreshments at 6 p.m. & the meeting begins at 6:30 p.m. Contact us by calling 706-896-0932, mtnregartscraftsguild.org. mtnregartscraftsguild@hotmail.com.

VFW Post #7807 Fish Fry will be 2nd and 4th Friday of the month, 4:30-7 PM, \$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 pm, meeting at 7 pm.

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. 5pm Fly Tying - 7pm 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/blueridge-mountains.

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