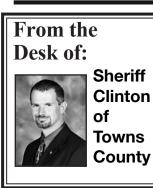
DEDICATED TO THE PROMOTION OF TOWNS COUNTY OPINIONS & COMMENTARY



Winter driving

Lately our winter precipitation has brought warm temperatures with it. That being said, it is still winter time in the North Georgia Mountains and one never knows when conditions may change. Along with winter weather comes special considerations when traveling.

It is always best not to drive during snowy or icy conditions. Whenever possible avoid driving during extreme winter weather. Even front wheel drive and four wheel drive vehicles are susceptible to snow and ice. If you must drive, the following suggestions are meant as helpful tips to avoid increasing the risk.

During winter you should always make certain that your vehicle is prepared. Vehicle preparation should include keeping your vehicle properly tuned up and making sure that your tires are in good shape. Tires should be properly inflated and have a tread depth of at least an eighth inch. Always keep plenty of fuel in your vehicle's tank and make sure that your battery is up to date and properly maintained.

There are several items that are recommended to be kept in your vehicle during cold weather. These are especially important if you are traveling long distances. Good items to have on hand include bottled water, a flashlight with extra batteries, spare warm clothing, a warm blanket or sleeping bag, jumper cables, snow chains,

a tow strap, wooden matches in a water proof container, a fully charged cell phone, and road flares, safety triangles, or both, to make your vehicle more visible. Cat litter can be used as a traction aid, much like gravel, but is easier to carry in a vehicle.

Some things to consider when driving include slowing down by at least half the speed normally recommended and allowing at least twice the distance between your vehicle and another. Remember to use more gentle controls during slippery conditions. You should start, steer, and stop, your vehicle in a gentle, steady and smooth fashion. If you are breaking and your brakes start to lock ease up on the pressure. If your rear wheels start to skid take your foot off the brake and steer the vehicle in the direction you want the front of the vehicle to go. Do not try to accelerate during a skid and never use cruise control during snowy, icy, or wet, conditions.

If you become stuck or stranded in the snow, it is almost always better to stay with your vehicle and wait for help. If you run the vehicle to use the heater, be sure that the exhaust is not obstructed and always leave at least one window slightly open to avoid carbon monoxide poisoning. Only leave your vehicle if you know exactly where you are and are certain that you will improve your conditions by doing so.

It is always better to stay off the roadways during winter weather conditions such as snow and ice. The information I have provided is by no means a comprehensive list and is only meant to offer some suggestions for being safer. All the preparation in the world cannot guarantee that you will arrive safely to your destination if you choose to drive in poor conditions. My first advice is that you not drive during extreme weather. If you must, please take precautions and drive carefully.

4-H – Head, Heart, Hands, & Health

"I pledge my head to clearer thinking, My heart to greater loyalty, My hands to larger service, and my health to better living, for my club, my community, my country, and my world". This is the 4-H motto and has helped guide youth into adulthood since the early 1900s. Many of the business and government leaders in the world got their start in 4-H when they were in school. 4-H is a youth development program that we should support so that our youth will develop into good leaders with a solid background for the future.

One of Georgia's 4-H pioneers was my grandfather, Walter S. Brown, who grew up "down on the river" here in Towns County, and after graduating from the Mountain Scene school, on the site of the present Mt Zion Baptist Church, Walter Brown, or Granddaddy Brown as we called him, attended the University of Georgia in Athens in 1910. To get to the University he had to walk from Mountain Scene over the mountain to Robertstown where he would catch the train to Athens. After he graduated from UGA with a degree in Agriculture in 1914, he returned home to become the first County Agent in Towns County and stayed in that position until 1917 when he was moved by the Extension Service to Savannah to continue his work there. He eventually moved up to become the Director of the Cooperative Extension in Athens and held that position until he retired in the late 1950s

Walter Brown was one of the pioneers of the Georgia 4-H and instilled that spirit in me when I spent summers with him up here. During his tenure as Director, he started the Georgia 4-H Center at Rock Eagle and held many other agricultural positions nationwide all somehow connected to 4-H. His influence and the 4-H principles for which he stood still guide me

The Georgia 4-H is a world in which youth and adults learn, grow, and work together as catalysts for positive change and the mission of Georgia 4-H is to assist youth in acquiring knowledge, developing life skills, and forming attitudes that will enable them to become self-directing, productive and contributing members of society. This mission is accomplished, through "hands on" learning experiences, focused on agricultural and environmental issues, ag-

Executive Director of RC&D Frank Riley

communication skills, foods and nutrition, health, energy conservation, and citizenship. Exploring and discovering, encouraging and challenging, that's what Georgia 4-H is all about.

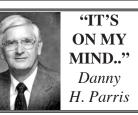
As a program of the University of Georgia College of Agricultural and Environmental Sciences Cooperative Extension System, 4-H is part of the nationwide Extension network. 4-Hers are known for sharing their researchbased knowledge and technology to people where they live and work. 4-H combines federal, state, and local expertise and resources. In Georgia, Extension faculty members are based on the campus of the University of Georgia and in most Georgia counties work directly with adult and teen volunteer leaders to implement the 4-H program at the local level.

The 4-H Study of Positive Youth Development, shows youth engaged with 4-H are: Nearly two times more likely to get better grades in school; Nearly two times more likely to plan to go to college, 41 percent less likely to engage in risky behaviors; and 25 percent more likely to positively contribute to their families and communities

Towns County has a new 4-H Program Assistant, Billie Harvey and to learn more about the local 4-H program contact her at the local Extension Office in Hiawassee.

For more information on the 4-H program or RC&D, contact Frank M. Riley, Jr. - Executive Director of the Chestatee/Chattahoochee RC&D Council. frank.ccrcd@ gmail.com.

20# COPY PAPER now available at The Herald 500 Sheets \$3.80 5000 Sheets \$36



Take a break

I know this is a Holy Season for most of us. but sometimes this very spiritual time of the year can become very stressful and frustrating. So let me fessional fisherman but ask you to take a break and read the following email someone sent me. I am not trying to be flippant, but most of us need to slow down, take a deep breath and renew our perspective. Maybe the following will help you produce a smile or two.

1. My first job was working in an orange juice factory, but I got canned. Couldn't concentrate.

2. Then I worked in the woods as a lumberjack, but just couldn't hack it, so they gave me the axe.

being a tailor, but wasn't the same old grind. suited for it - mainly because it was a sew-sew job.

4. Next, I tried working in a muffler factory, but that was too exhausting.

5. Then, I tried being a chef – figured it would add May the "good news a little spice to my life but of great joy," "that a Savior chef – figured it would add just didn't have the thyme. being a deli worker. But any thoughts.

way I sliced it...I couldn't cut the mustard.

7. My best job was a musician but eventually found I wasn't noteworthy.

8. I studied a long time to become a doctor. but didn't have patience.

9. Next, was a job in a shoe factory...tried hard but just didn't fit in.

10. I became a prodiscovered I couldn't live on my net income.

11. I managed to get a good job working for a pool maintenance company, but the work was just too draining.

12. So then I got a job in a workout centre but they said I wasn't fit for the job.

13. After many years of trying to find steady work, I finally got a job as a historian – until I realized there was no future in it.

14. My last job was working at Starbucks, but 3. After that, I tried I had to quit because it was

15. So I tried retirement and found I'm perfect for the job!

And finally, if you eat yeast and shoe polish what happens? You will rise and shine!

is born which is Christ the 6. Next, I attempted Lord," occupy our time and







When a woman is expecting a child, her health habits directly affect how healthy her baby will be. You know that. I know that. Every responsible gynecologist advises his/her expectant client of that Dad, eat your spinach. Also on fact. "Stay healthy," they extol. the list are fruits, cereals, and Eat right, cut out the tobac and booze, stay active, get your rest." It's a lecture every infanticipating mom can recite.

It's not that simple of course, but it's close. Leafy vegetables are a good source of folate, one of the nutrients known to be affected by the father's health. Like I said,

today.

What we haven't understood until now is that the health of the father at the time of conception will also likely affect the health of the child.

We should have figured it out. I mean, the dad contributes half of the genetic information that will become part of the embryo so it's logical that he should be healthy, too. Yet we've always coached mom only. But new insights from the formidable research center at McGill University in Montreal make it clear that a father's health at the time of conception also affects how healthy the child will be.

Not a very romantic subject? Perhaps, but probably all of us know at least one couple who are planning to have children. What if there was one thing they could do that would help assure that their child would be born healthy? Would they want to know that? Just tell the dad, Hey, be sure to eat your spinach.

certain proteins.

Let me hasten to add that we only know this is true for mice. In the studies, folatedeficient male mice had a 30% increase in the risk of birth defects in their offspring over their male counterparts who had sufficient folate in their diets. Thirty percent is a significant risk factor. Incidentally, the mice which were deficient in folate were also more apt to be infertile and less likely to impregnate the female mice. It was also learned that obese mice were inclined to be folatedeficient even though their diets contained adequate amounts of folate-rich foods.

Does the research apply to male people, too? Those conducting the study are convinced that further research on humans will validate their conclusions.

Here's the take-away: Leadership parents keep themselves in good health because they know they will impact the next generation.

Send your parenting questions to: DrDon@ RareKids.net.

riculture awareness, leadership, **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 ED-**ITOR SHOULD BE E-**MAILED OR MAILED TO: Towns County Herald, Letter to the Editor, PO Box 365, Hiawassee, GA 30546. Our email address: tcherald@windstream.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.



"My dad says you're just another part of the entitlement system."

Elected Officials

Stuart Miller, David Sellers

Elected Officials Elected Officials

Governor Nathan Deal, 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 Doug Collins, 9th District, Washington, DC 20515, 202-225-9893 Rep. Stephen Allison, Georgia House of Representatives, 404-656-0177 or 0185 Sen. John Wilkinson, Georgia State Senate, 404-463-5257 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 Tashina Eller, 706-489-9519 Enotah Circuit District Attorney Jeff Langley, 706-896-6489 Board of Education: 706-896-2279, Michael Anderson, Donna Hedden, Jerry Taylor, Bob Gibby, Emily Phillips. Superintendent: Melissa Williams Hiawassee Mayor Barbara Mathis, 706-896-2202 Hiawassee City Council: Janet Allen, Jay Chastain, Joan Crothers, Steven Smith, Pat Smith Young Harris Mayor Andrea Gibby, 706-379-3171 Young Harris City Council: Terry Ingram, John Kelley, Donald Keys, Matthew Miller,

Towns County Herald Dedicated to the promotion of Towns County

KENNETH WEST	PUBLISHER
CHARLES DUNCAN	EDITOR, ADVERTISING
SHAWN HENRIKSON	COPY EDITOR
	WRITER, PHOTOGRAPHER
	SPORTS WRITER
JOE COLLINS	ADVERTISING SALES
LOWELL NICHOLSON.NEWS,SPORTS PHOTOGRAPHER	

OFFICE LOCATED AT 518 N. MAIN ST. SUITE 7 "THE MALL" HIAWASSEE (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@windstream.net

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

DEADLINE FOR ALL NEWS COPY & ADVERTISING Fridays at 5 PM 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.