

DEDICATED TO THE PROMOTION OF TOWNS COUNTY

# OPINIONS & COMMENTARY

## Departure II

There are individuals in our lives who are like parasites in our lives, and it is a necessity to move them out of our lives. It isn't simple

**Successful Mental Health**  
**Dr. James Ray Ashurst**  
 PH. D.



to let people go, especially if we have known them for a long time. We have to remember that God is not taken by surprise regarding this dilemma of ours. So while we are getting bent way out of proportion about the dismissal of certain individuals in our lives, God is way ahead of us. He is not going to leave us without friends—those individuals who will make our life a blessing, an adventure, and lots of fun. There are friends in your life right now who will remain there by your side. Those folks are the real friends!

Kelly was an attractive lady. Her personality was equally the same as her exquisite beauty. However, she lived a life of people-pleasing. She forced herself to tolerate being with people whom she didn't care to be around. She was a puppet on a worn-out string, at the mercy of whoever was in charge at the moment.

Kelly had difficulty in saying "No" to others. She had never learned to be a self-assertive individual. She found it impossible to declare to others her intentions with her life and to demand respect from those who made up her personal arena.

There were people in Kelly's life whom she wanted out, but she didn't have the nerve or fortitude to make it come to pass. These individuals were too forceful, and Kelly was too timid. These individuals were continually sucking the life out of Kelly's well-being. When Kelly needed someone to lean on, they were too busy. When she needed to be uplifted, they were critical. At times when Kelly needed to vent out some feelings, they were judgmental. She existed in a very sad, frustrating, and gloomy world. Her dark and forlorn world beat down on what self-esteem she had. Year after year, she suffered.

Kelly wanted to make advancements in her life, but her people-pleasing need was much stronger—too powerful, too awesome. Kelly will destroy herself inside many times throughout a normal day's activities, surrounded by uninvited individuals who demand her attention.

On the exterior, Kelly will maintain her gorgeous appearance, but she will continue to be the subject of ill treatment by her negative acquaintances who have established homestead rights within her space unless she gets professional help. If not, she will maintain her people-pleasing personality traits and possibly suffer from depression and anxiety attacks.

You and I have the inalienable right to select the individuals who add to our lives, and also that right includes dismissing those who are self-serving, harshly critical, mean-spirited, and everlastingly a royal disaster. We can stop our never-ending misery by dismissing those who cause our drinking glass to be half-empty rather than completely full.

## New House Speaker

It's official: We have a new Speaker of the People's House!

As you well know, the House voted to oust Speaker Kevin McCarthy on October 3rd. In the weeks following this unprecedented move, the House Republican Conference worked together to find the best person to lead us – and our nation – forward.

This proved to be a pivotal moment – one that required resolve, patience, and courage from House Republicans to reject the continuation of the Swamp's status quo and demand the real change in leadership that the American people deserve.

So, that's exactly what we did. We had numerous Speaker-Designates, including Majority Leader Steve Scalise, Judiciary Chair Jim Jordan, and Majority Whip Tom Emmer. While I wholeheartedly supported Jim Jordan through numerous ballots and closed-door meetings, our Conference had to find someone who could truly unite us and garner the 217 Republican votes needed to become Speaker.

Now, this wasn't a quick process. But it was essential that my colleagues and I handle this in a thoughtful and responsible manner in order to make the right choice for the American people.

Folks, I believe we did that by electing Mike Johnson to be the 56th Speaker of the People's House.

House Republicans unanimously elected Speaker Johnson – a feat that hasn't been accomplished since 2011. Mike is a rock-solid conservative, constitutional scholar, and a man of both faith and integrity. I'm confident that he will instill trust, transparency, and transformational change in the Speaker's Office, and I'm incredibly excited for the People's House to have a principled conservative at the helm.

This hasn't been an easy process, but democracy can be messy. And I believe it was essential for us to fight to get this decision right, so we can return – stronger and more united than ever – to working together to save our Republic.

Since electing Speaker Johnson, House Republicans have hit the ground running. Hours after Mike Johnson was sworn in as our new Speaker, we swiftly passed a bipartisan resolution reaffirming our nation's commitment to Israel's security and forcefully condemning Hamas' terrorist attacks against our strongest ally in the Middle East. In addition to sending a powerful message that the House stands with Israel in its greatest time of need, we also passed our fifth conservative single-subject spending bill.

I'm certain that under Speaker Johnson's leadership, House Republicans will continue delivering tremendous wins to the American people.

Soli Deo Gloria,  
**Andrew S. Clyde**

United States  
 Congressman  
 Representative  
**Andrew Clyde**



## The Leeward Side of An Idiot

As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease.

**Outside The Box**  
 By: Don Perry  
 worldoutsidethebox.com

There's frost on the pumpkin outside my window this morning. There should be frost this time of year, and though I have to add an extra layer on my way to the barn when it's 22 degrees outside, I appreciate the frost.

Frost is pretty, if you're not scraping it off your windshield. Park facing east and it won't trouble you so much. Frost reminds me that we haven't broken the seasons, though they say the temperature will be in the mid-seventies next week.

Warmer is not all bad. My patch of greens is thriving. I picked tomatoes the last week of October. The box of winter clothes is still in the attic. My electric bill is slightly less painful.

Warmer is most assuredly not all good. The trees are concerned. They aren't getting enough sleep. They keep their leaves later into the year when they should be dropping them and going dormant for the winter. This weakens them, just like the lack of sleep weakens us and makes us more susceptible to disease.

We ooh and ah at the fall colors, and what a treat to drive around leaf-looking with the windows down. That's understandable. But this year warmer came with drier. Not good. And there are more leaves than ever. They like the extra CO2 and the warmth of the rainy season. But now that the rains have ceased, those extra leaves, those pretty leaves that bring the hordes of selfie-snappers, are falling to the ground to pile up and wait for an idiot.

They didn't have to wait long this year. I know of one fire started by a leaf-hater who was burning leaves on a dry and windy day. That's just dumb. Another fire began when a developer burned a pile of roots and brush from land clearing rather than disposing of it in a more neighbor-friendly fashion. Lazy, cheap, and on a red flag day, illegal and dumb.

I'm confident that no one who reads this website or indeed this newspaper is that dumb, but we all know someone who is. We need to help them understand. It won't be easy because burning leaves on a windy day when the humidity is 20% suggests a level of arrogance that does not often yield to reason. Master of fire. I've got this. I've always done it this way. My daddy burned leaves all his life and never let fire get out.

Perhaps we should begin at a perceptual level. Leaves are not evil. Leaves feed the soil and help it retain moisture. Leaves provide habitat for a host of small animals and insects. No leaves equal no moths, butterflies, and fireflies. Salamanders and box turtles need leaf cover to make it through the winter.

What's so special about a sterile patch of chemical lawn anyhow? Do you plan to graze cattle on your quarter acre? Are you going to play golf in your backyard, or do you just like the look of a perpetual care cemetery, maybe add a few markers to complete the ensemble? Because the lawn you see in the television ad supports about as much life as that cemetery.

A patch of green is nice to play on, but it doesn't have to be the whole yard. And yes, when there is fire danger, we need to rake or blow those leaves away from the house, but we don't have to burn them. Put them on the garden. Mulch the trees that contributed them. Mow them into finely chopped compost that will feed that green grass.

When the Forest Service took over the fire that began on Bell Mountain last week, they named it the Sims Branch Incident. The US Wildfire Activity Web Map says that 50 acres were burned as of 11/2. The map is sometimes slow to update, and it doesn't list the fire as "contained" this morning, though we haven't seen or smelled smoke for at least 24 hours. I'll be reading the paper to find out the rest of the details.

Fifty acres is a "small" fire for an agency that manages hundreds of fires burning tens of thousands of acres. It's not small when you live on the same mountain or the leeward side of the fire or even on the leeward side of an idiot. Have we forgotten the fires of 2016 so quickly?

## Letters To The Editor

### Dreams of War

Dear Editor,

How ironic is the U.S.-backed NATO expansion in Ukraine designed by the American foreign policy community to fragment the Russian state? Instead of weakening, or Balkanizing the former Soviet Union, Russia is stronger economically and militarily today than in 2014 when the U.S. interfered in the Ukrainian election, which provoked a civil war between the hard-right nationalists and the Russian-speaking provinces to the east.

Furthermore, instead of splintering the Russian state and destabilizing the Putin government, it has had the opposite effect of increasing popular unity and Russian popular support for the Putin regime.

An even greater irony is how the U.S.-NATO attack on Ukraine against the Russians and Chinese closer together in alliance against the U.S. The abject failure of U.S. foreign policy to help the security interests of America is being repeated by the uncritical U.S. support for Israel's war on Palestine, Gaza, and the West Bank.

The U.S.-led spiral to violence since the 9-11 hysteria includes illegal wars in Iraq, Afghanistan, Libya, Syria, Yemen and elsewhere. Today, some U.S. war hawks predict a night-mare war on China by 2025.

Even Elon Musk, no lightweight observer of geopolitical risk, sees "civilizational risk," saying, "I think we are sleep-walking our way into World War III." See "Musk's Views on Future Turn Down" by Tim Higgins, Wall Street Journal, 10-30-23. Musk's opinions aside, U.S. foreign policy based on rampant militarism is an utter failure.

**Lance G. Jobson**

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## Composting

Compost is a welcome addition to any garden. It's a popular and effective method to improve the quality of your soil. It can also help you get rid of lawn debris such as grass clippings or leaves as they are falling. Composting is not difficult to do, but here are some tips so that you can start your own compost pile.

**UGA extension**  
 Watching and Working  
 Jacob Williams



Compost is rich, dark humus that is the end product of the natural decomposition of plants or plant products. Using a compost pile will speed the natural decomposition of plant material. Compost can improve soil drainage, structure, and help hold water and nutrients. The nutrients in compost will not be enough to replace fertilizing, but they can reduce fertilizing.

You can use just about any organic material for composting. Leaves, grass clippings, twigs, old annual or perennial flowers, old vegetable plants, straw, and sawdust can all be thrown into the compost pile. Try to avoid using insect or disease infested plants to reduce the spread of those plants the following season. You can put things like kitchen peelings and coffee grounds into the compost pile too. Kitchen scraps should be buried into existing compost so that they don't attract too many wild animals. Covering your compost pile will help keep animals out too. Avoid using highly processed foods because these will take longer to break down.

When making a compost pile, it's helpful to have something to contain it. A lot of different materials can be used from wire, fencing, wood pallets or concrete blocks. Leave some open spaces on the sides for ventilation. Good air circulation is important for successful compost. The bottom of the pile needs to be open to the soil to allow good drainage. Construct your pile in an out of the way place in your yard, in full sun.

Once you've constructed your container for the compost pile, start adding organic matter. Smaller pieces will decompose more quickly than large pieces of organic matter. Once you have a layer of organic matter in there, add in some garden soil or animal manure. These will add fungi, bacteria, insects, and worms to the pile. They're the critters responsible for breaking down the plant material into the humus that you add to your garden. You'll want to keep the pile moist, but not soggy.

Sometimes a concern with compost piles is that there might be an odor. If you turn the pile with a shovel at least once a month this will reduce the smell. A good functioning compost pile will heat up from the activity of the microbes decomposing organic matter. The heat produced will kill off the odor causing bacteria. If you add manure to your pile there will be some initial odor, but as the pile matures the smell will go away. A well maintained compost pile should not have a strong odor.

Once the compost has a crumbly earth look and you can no longer recognize the plant material it's ready to be added to the garden. If you add the organic material over time the compost will become ready a little at a time. If you have questions about creating or maintaining your compost pile contact your county Extension Office or send me an email at Jacob.Williams@uga.edu.

## 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@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.*

## Towns County Community Calendar

<b>First Monday of each month:</b> School Board... HS/MS Media Center	6:45 pm
<b>Every Tuesday:</b> Storytime for Children... TC Library	10:30 am
<b>First Tuesday of each month:</b> Hiaw. City Council... City Hall YH City Council... YH City Hall	6 pm 6:30 pm
<b>Second Tuesday of each month:</b> Conventions & Visitors Board... Civic Center	8:30 am
<b>Second Wednesday of each month:</b> Board of Elections... Elections Office	4 pm
<b>Third Monday of each month:</b> Planning Commission... Temporary Courthouse	6 pm
<b>Third Tuesday of each month:</b> Commissioner's Mtg... Courthouse City of Young Harris Planning Commission... Meeting Room in City Hall TC Water Authority Board Meeting	5:30 pm 5 pm 6 pm

# Towns County Herald

Legal Organ of Towns County

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