

Towns County Herald

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50 Cents

Publication Number 635540 Volume 88 Number 26

Wednesday, May 3, 2017

Health fair to offer free medical tests this weekend

By Shawn Jarrard
Towns County Herald
Staff Writer

Representatives of Chatuge Regional Hospital and Nursing Home are holding their big annual Health Fair this Saturday, and all residents are invited to attend.

The fair runs from 7 a.m. to 10 a.m. at the hospital on Saturday, May 6, and will feature numerous free medical examinations and deeply discounted lab work.

For decades, the hospital has offered a Health Fair to area residents, with the idea of giving back to the community.

Unfortunately, there are some people in the community who can only afford to receive medical testing during the fair

every year, so it's a good thing the fair continues to provide medical services from year to year.

As for the lab work, residents can experience potentially hundreds of dollars in savings, all the while gaining invaluable knowledge of what's going on inside their bodies.

Residents will be able to get a \$30 CBC workup of their blood, which tests for a variety of health indicators in search of problems to nip in the bud.

Included in the \$30 CBC will be an A1C test that checks blood levels in reference to diabetes, to see what a person's average blood glucose levels have been leading up to the test.

The hospital will be giving two other blood tests,

the \$10 prostate-specific antigen test and the \$10 Vitamin D test.

Those planning on getting their blood drawn should not eat after midnight, according to health care professionals at Chatuge Regional.

On top of the discounted lab work, the fair always includes a wide variety of free medical exams, including EKGs, bone density screenings made by appointment, breast exams, vital sign readings and more.

This year, the fair will be conducting carotid ultrasounds to look for plaque buildup in the carotid arteries of residents' necks, as well as mini-mental exams to help in determining the onset of dementia.

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Chatuge Regional CNO Machelove Lovell, Golda Sanders, Lindsey Townsend, Kathy Kitchens and Chatuge Regional Assistant Assistant Ryan Snow.

Prom a night to remember for TCHS juniors and seniors

By Lily Avery
Towns County Herald
Staff Writer

YOUNG HARRIS – Last Saturday, students danced, laughed and made memories to last their lifetimes at Towns High School's event of the year, the 2017 Junior – Senior Prom at Towns County Recreation and Conference Center on April 29.

Seniors spent the evening with friends, their dates or both, enjoying one last hurrah before the stress of graduation and looming adulthood sinks in, while juniors had an equally exciting evening, imagining what next year might look like as senior year approaches.

The theme for this year's prom was "A Midsummer Night's Dream," a Shakespearean play about romance, magic and the messiness that can happen when the two intertwine.

To set the mood for the



Prom King Kobe Denton and Prom Queen Madison Landress shared a solo dance after the pair crowned the 2017 prom royalty on Saturday, April 29. Photo/Lowell Nicholson

Mathis hit with big pay cut before leaving office

By Shawn Jarrard
Towns County Herald
Staff Writer

Hiwassee Mayor Barbara Mathis received a pay cut of at least \$25,000 to her annual salary before leaving office on April 20, according to Hiwassee City Hall.

The pay cut took effect immediately when the city discovered that the mayor had received salary increases over the years that, though unintentional, had not followed the proper channels of approval in accordance with local and state regulations, according to city hall.

When the discovery was made earlier this year in February, Mathis' salary was reset to \$16,990, the exact amount of compensation Mathis received when she started as mayor in 1996, according to city hall.

As to the size of the



Retired Hiwassee Mayor Barbara Mathis

mayor's pay cut, her annual salary at the start of 2017 was unavailable at press time Monday, but Mathis' annual

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Nick Shook only wrestler in state to receive new scholarship

By Shawn Jarrard
Towns County Herald
Staff Writer

When Nick Shook graduates from Towns County High School on May 19, he'll enter the wide, wide world as a man on a mission, bound for higher learning at the University of Georgia.

Aiding him in his quest for knowledge will be a scholarship he earned over every other senior who applied for it, including those who received scholarship applications at the GHSA Traditional Wrestling State Championship that took place earlier this year on Friday, Feb. 10, and Saturday, Feb. 11.

That scholarship, named after wrestling legend Gary Kordelmeier, is just this year being awarded for the first time by the nonprofit Atlanta Takedown organization.

Shook got a call last week from the ATA's director informing him that he'd been



Nick Shook, a senior at Towns County High School

awarded the scholarship, the application for which required proof of academic achievement and a personal essay on how wrestling has affected Shook's life.

Since the fourth grade, Shook has suited up year after

year to compete in Towns County wrestling, pulling on singlets that grew with him over the years.

Shook has placed in numerous area tournaments in his wrestling career, and has competed at the state level.

He faced a number of personal hardships growing up, though that never stopped him from excelling in school and becoming the type of person to persevere despite those hardships, and Shook credits many in the community, and especially his "community of brothers" in sports, with a lot of his early adoption of a positive attitude that helped him to excel.

Put simply, wrestling was there when he needed it.

"Wrestling has had a very positive impact on my life, especially with meeting people, making friends and learning discipline," said

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Floyd wins youth speech contest

By Lily Avery
Towns County Herald
Staff Writer

Basketball, Future Farmers of America, Greek mythology and Donald Trump – these are just a few of the topics mentioned to the dozens that came out to support the Mountain Movers and Shakers annual Top of Georgia Student Speech Contest on Tuesday, April 18, at the Towns County Senior Center.

Sixteen of Towns County's finest public speakers, ranging from sixth grade to high school seniors, from both Towns County Schools and Eastgate Life Academy, impressed the audience and the judges with their presentations and masterful speaking abilities.

Master of Ceremonies and Towns County 4-H Youth Instructor Andrew Smith began the evening by introducing Jeremy Pearson, Youth Pastor at McConnell Baptist Church, to open the competition with



Kendall Floyd, a Towns County High School sophomore, won First Place in the competition on Tuesday, April 18. Photo/Lily Avery

an invocation, followed by a beautiful rendition of "God Bless America" by Kaylee Hamilton.

Both the competition and

the several workshop sessions beforehand held a reward for each student participating, such as a newfound confidence in public speaking, something that the MMS organizers consider very important for student success.

Dr. Amber Barrett, Gene Moss, Fullerton, Dr. Aubry Samford, Andrew Smith, Lawanda Lynn and Bill Scott worked as the development team this year to guide students toward a well-rounded speech.

Their efforts were not in vain as student after student took the stage, each delivering a prize-winning speech that had the judges on their toes.

"When I was younger, public speaking is what helped me get out of my shell," said Smith. "These kids already seem so much more confident than they did when they first started the workshops and their speeches are incredible."

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Confederate veterans honored and remembered in ceremony

By Shawn Jarrard
Towns County Herald
Staff Writer

BLAIRSVILLE – The local Sons of Confederate Veterans celebrated Confederate Memorial Day by honoring two recently passed members alongside their Confederate ancestors on April 29.

Held at the Union County War Memorial last Saturday, the Sons of Confederate Veterans David W. Payne Camp No. 1633 conducted the memorial service, with assistance from the United Daughters of the Confederacy Smith's Legion Chapter 2699.

Camp Compatriot Scott Ledford called the service to order, and Camp Chaplain Edward Massengale led the invocation, after which he



Ann Atchison and Barbara Junghans of the United Daughters of the Confederacy Smith's Legion Chapter 2699, placing the wreath at the Confederate monument. Photo/Lowell Nicholson

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Clean Sweep Week culminates in awards banquet

By Lily Avery
Towns County Herald
Staff Writer

YOUNG HARRIS – Towns County Clean Sweep Week celebrated its fourth consecutive year of volunteer efforts to keep Towns County beautiful with an awards banquet at the Towns County Recreation and Conference Center on Monday, April 24.

Countless local businesses, organizations and residents suited up with gloves and trash bags to rid the county of litter for a countywide cleanup from April 15 until April 22.

The program was jump started by local environment enthusiast John Howard in

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J.C. Berrong receiving "Clean Sweep" Volunteer of the Year from Towns County Sole Commissioner Cliff Bradshaw. Photo/Lily Avery

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Lake Levels
Blue Ridge 1,680.59
Chatuge 1,923.67
Nottely 1,771.07



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Wildfire Preparedness
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Golf Boys Only
Thursday, May 4th vs. Union County @ Old Union Golf Course