

DEDICATED TO THE PROMOTION OF TOWNS COUNTY

OPINIONS & COMMENTARY

Another Happy Birthday

The official birthday for our Navy is October 13th, 1775, although it was first known as our Continental Navy; with only a few intercept ships patrolling to stop British re-supply ships on their way to aid their British Army troops in the colonies. At that time they were assisted by a rag-tag fleet of privately owned ships called "privateers" in this effort. Is this tactic occurring today? Our "guerrillas" in today's world of SPECTOPS is as good as any. Our Continental Congress at that time was at odds in the formation of that Navy and hotly debated that our Continental Army formed in June, 1775 "needed no help whatsoever"; in actuality meaning no more revenues to be spent. Those in favor of the Navy won that argument. And that decision turned out to be very favorable for the outcome of that hard fought war, resulting in the birth of our Sovereign Republic, our United States of America.

The Veterans' Corner
Scott Drummond
USCG Veteran



Not to be confused with our USCG, which is in fact the longest, continuous, seagoing service of our USA. Reason being is that said Continental Navy was disbanded in 1790, after the Revolutionary War. However immediately on August 4th 1790 our earliest version of our USCG, branded as the "Revenue Marine" had to be formed to prevent smuggling, enforce federal tariffs and other military duties. Thus again a short while later, in 1794, the need for a much larger flotilla of warships was needed and in 1798 our US Navy as we know it set sail. Our Founding Fathers were always eager to debate taxation, spending our blood and treasure on possible threats to our infant nation. But with their wisdom and courage they were also quick to make corrections by reversing some earlier, possibly naïve decisions. Thankfully our US Navy was one of them and still intact today, providing freedom and liberty globally. Thus this Saturday, October 13, 2018 is our Navy's "official" birthday, harking back to our original Continental Navy.

Again, not to be confused with "Navy Day, October 27th." This official recognition of all Navy members was created in 1922, in concert with President Teddy Roosevelt's Birthday, also October 27th. Nevertheless a huge "Thank You" goes out for all those who have served our America in the ranks of our US Navy.

All Americans would do well to honor all our Honorably Discharged Veterans from the five branches of our military services. Not just on those official birthdays, but every day! Additionally never ever forget those, our real heroes who never came home. Their sacrifice is the very reason you have the freedom to read this in English. Or your choice to not read this or anything else! Their ultimate and untimely sacrifices are the only reason we exist as a beacon of freedom and liberty to all mankind. Never forget!

Semper Paratus

The Karpman Drama Triangle

We'll start today with an image. Picture an inverted triangle. At the bottom is the word, "victim." The angles at the top are labeled "persecutor" and "rescuer." This is the Karpman Drama Triangle. You may have seen it if you're familiar with transactional analysis.

I first saw it in training for a job working with adjudicated youth. At first I didn't think anything so simple could be very useful. But a hammer is a simple tool, and so is a scalpel, and over time this triangle and the wisdom behind it became very useful for framing group interactions and helping to resolve conflicts within our counseling groups.

Recently I thought this might be a good time to retrieve this tool from the shelf and dust it off. Used properly it enhances our ability to keep calm and carry on amid the sound and fury of our times. Never in my life did I imagine that the word "victim" could appear as many times in as many headlines and conversations as it has over the last year.

Let's be honest now. When the word "victim" first appeared, you immediately shifted toward your default political opinion on this fiercely prosecuted but somewhat loosely defined word. Me too. We are conditioned for this response. But you can relax. The drama triangle is not a commentary on real life victims of malevolence or how we choose to support them. It is a tool for understanding how we subconsciously relate to each other as we play out these roles on the triangle, moving from one to the other, sometimes in a single conversation.

Persecutor, rescuer and victim are archetypes of human experience. We play all of these roles, but we usually stand more often on a particular corner of the triangle based on our early experiences growing up. Sometimes a traumatic experience can leave us stuck on one of those corners for the balance of a lifetime until and unless some internal notion or external force causes us to shift. The goal for anyone who uses the drama triangle - is to get off the triangle.

Habitual persecutors are bullies, and many of these were once victims themselves. Rescuers are the classic co-dependents whose self esteem is tied to helping (or controlling) someone else. Victims do not know how, or they have chosen not to be accountable for the choices they make.

The positions just described are our "go to" positions when we engage in drama, but day to day and moment to moment, we can play all the roles on the drama triangle. Here's a classic example: Junior comes home from school, drops his books on the sofa and proceeds to head out the door. Dad gets angry and tells him to do his homework first. He persecutes Junior by yelling at him, and Junior plays the victim. Mom attempts to rescue Junior by telling Dad that the boy has been at school all day and needs a break. Junior gets mad at Mom and yells at her to say that this is between him and Dad. Junior is now the persecutor and Mom is the victim. Dad intervenes to rescue Mom, telling Junior that he shouldn't speak to his mother like that.

When you're working with angry and dysfunctional people it's easy to get "hooked" into playing one of the three roles, and so discussions turn into arguments and arguments into fights. During group sessions with the kids if we realized that one of our co-counselors was losing objectivity, we had a hand signal like a fish hook to let each other know to take a step back. It helped avoid much frustration and made us more effective in dealing with conflict.

On the larger stage, communication technology has become pervasive, but running counter to its many benefits is the ability now for the whole country, or at least the media consuming part of it, to all be on the drama triangle at the same time. Think of the many ways this plays out in media, as one political party or another strikes out in anger to rescue a diversity of victims. If we're positioned as victims of the right, or we want to rescue their victims, we attack the right, thus becoming persecutors. If we stand as victims of the left, we do exactly the same.

Another word we see frequently in the news is "protest." Let's consider the phenomenon independent of whatever merit or sincerely held belief may be behind it. Protests, especially the ones that take place in the light of television cameras, when we view them from the perspective of the drama triangle, are often occupied by victims and rescuers who can quickly become persecutors, especially when the counterprotestors appear. Social media is crowded with protestors who persecute other people verbally because, if we give them the benefit of the doubt, they think they are rescuing someone else. Some are just bullies, and there are scores of victims.

No matter what our political beliefs are, using this simple tool can provide a better chance of communicating with someone who believes differently. It gives us an effective way of framing things that helps avoid unnecessary anger when we realize that we've been hooked.

If we're honest with ourselves, the Karpman triangle can also help us to discover whether a strongly held opinion is something we truly wish to keep, or just a temporary role we're playing. It works because in pausing to think about the three archetypes, we are holding up a mirror to reflect our current state of mind. Sometimes all we need to change our minds is a different point of view.

It would be difficult for the nation to "get off the triangle." Drama causes us to consume media. Billions of dollars in revenue and our entire political system depends on us staying hooked, moving endlessly through our roles.

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.

The Middle Path

By: Don Perry

Yellow Jackets

"The yellow jackets are coming!" may not carry the same historical significance as the Red Coats but yellow jackets can bring fear and pandemonium when you unsuspectingly come across a nest. These underground dwelling insects can cause a great deal of consternation if you accidentally run over a nest with a mower. Let's talk about these insects and what you can do if you find a nest near your home.

Yellow jackets will become the most active during the late summer and fall. I've received a few calls from people saying that they have encountered some around their homes. I have a few around my own house, so I know they're out there! Yellow Jackets can look similar to wasps. Wasps are usually unaggressive unless threatened. Yellow jackets have a thicker waist, shorter legs, and wings that press more flatly against the body when resting than wasps.

Wasps' nests are usually under eaves or beneath porch railings and have hexagonal cells. Yellow jacket nests are usually built in old rodent holes or cavities that have been left behind by a small critter. They can build nests in wall spaces, although this is less common. Yellow jacket nests will die out over the winter and start anew with a new reproducing female each year. This means that yellow jacket nests will be the easiest to eradicate in the spring while the nests are still small. The flipside is that the nests will be harder to find in the spring because they only have a few individuals in them at that time. Nests can grow up to 5000 yellow jackets, and will grow larger in years with a long dry spring.

Solitary yellow jackets can often be seen foraging for food for the colony. Yellow jackets feed on a variety of insects pests. They will also eat meat and like drinking coke. However, since they never offer to bring anything they're not very good guests at the picnic. They will also attack bee hives. Yellow jackets are able to discern at a pheromone level which hives are weak. They'll choose those hives to attack, making them more of opportunistic pests to bees than actual predators. If they are able to get inside past the guards, yellow jackets can take out the entire hive killing bees, eating larvae, eggs, pupae, and honey.

Control of yellow jacket nests this time of year can be very difficult because the nests have reached a large size. Pyrethroid insecticides that you can buy at the store will be effective at killing yellow jackets, but only when you make contact with them when you are actively spraying. If you can block the hole that they use as an entrance you may be able to eradicate them this way too. Yellow jackets aren't diggers, they use holes other critters have made, so they can be trapped inside if there is only one entrance. There are yellow jacket traps that can be effective at controlling them too. Another method of control is to use hot water mixed with dish washing soap and pouring it down the hole. Whenever you are working with yellow jackets the safest time will be at night. They will be more inactive at nighttime, so your chances of being stung decrease. It is still a good idea to wear protective clothing. If you have a serious yellow jacket problem it is best to call a professional to control them.

If you have any questions about yellow jacket identification or control please call your local Extension Office or email me at Jacob.Williams@uga.edu.

UGA extension
Watching and Working
Jacob Williams



Letters to The Editor

Climate Change and Caring for the Poor

Dear Editor,
I would like to thank the author of the recent letter to the editor that was concerned about the poor and struggling people of the world. He felt that more fossil fuels would help them, and he also did not believe that our changing climate was a problem. Again, I would have to disagree. According to the World Health Organization, "Climate change is among the greatest health risks of the twenty-first century. Rising temperatures and more extreme weather events cost lives directly, increase transmission and spread of infectious diseases, and undermine the environmental determinants of health, including clean air and water, and sufficient food." The WHO also went on to say that climate change will be responsible for an estimated 250,000 annual deaths by 2050 if we do not change our course.

Yes, the health of future generations is of great concern for me, and I hope for all people. As Christians, I believe it is our moral duty to do our very best to prevent the incalculable damages that can occur from climate change if we do not act quickly. We can bury our heads and pretend it is not a problem, or we can believe the 97% of climate change experts who say it is a severe threat to humanity. Yes, climate has always changed, but the scientific facts are that the rate of temperature increase now is due to greenhouse gases, it is occurring 10 to 100 times faster than any time in the past, and this poses an extreme threat to humanity.

The good news is that we can solve this problem. A new report by the Centre for Alternative Technology (CAT) says "clean energy could meet all our electricity needs, using only existing technology, at all times of the day, and all year round, by the year 2050." It is now our choice to help decide the future of our planet.

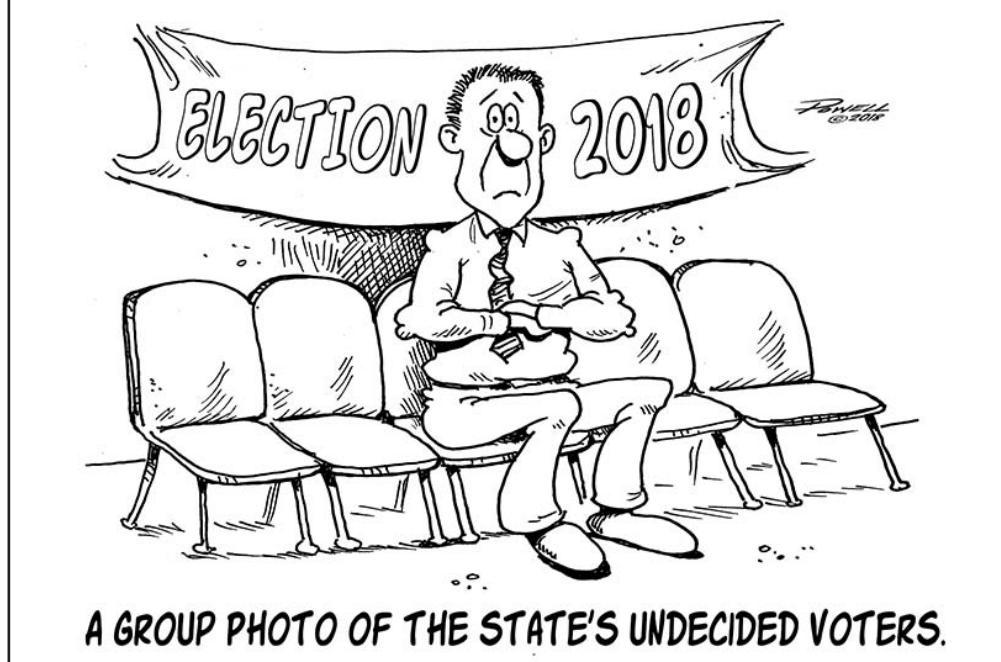
Vernon Dixon, MD

Do You Hate Alzheimer's Too?

Dear Editor,
After suffering with Alzheimer's for over 20 years my mother Virginia Mitchell passed away at the age of 86 on July 26, 2018. As her primary caregiver it was heartbreaking watching Alzheimer's disease ravage her mind and body. There is currently no cure, and no way to delay or prevent Alzheimer's. It is a runaway train heading straight over a cliff. This summer I attended the Alzheimer's Impact Movement Forum in Washington D.C. as a volunteer Ambassador to Sen. David Perdue. I would like to see Sen. Perdue join the 50 other Senate co-sponsors of the BOLD Infrastructure for Alzheimer's Act (S.2076). The bipartisan Building Our Largest Dementia (BOLD) Infrastructure for Alzheimer's Act would strengthen our nation's public health response to Alzheimer's by providing public health officials with the funding and resources necessary to increase early detection and diagnosis, reduce risk, and prevent avoidable hospitalizations. Recent research shows that aggressive lowering of systolic blood pressure significantly reduces the risk of developing cognitive decline and dementia. If you hate Alzheimer's as much as I do please join me in asking Sen. Perdue to co-sponsor BOLD. Take action today by texting BOLDACT to 52886!

Sincerely,
Connie D. Mitchell

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Towns County Community Calendar

	Every Monday:	
Bridge Players	All Saints Lutheran	12:30 pm
Free GED prep.	Old Rec. Center	4 pm
SMART Recovery	Red Cross Building	7 pm
Bridge Players	All Saints Lutheran	12:30 pm
Free GED prep.	Old Rec. Center	4 pm
Movers & Shakers	Sundance Grill	8 am
Alcoholics Anon.	Red Cross Building	7 pm
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Conv./Vis. Bureau	Civic Center	8 am
Gem & Mineral Club	Senior Center	1:30 pm
Arts & Crafts Guild	Calvary Church	4 pm
Lions Club	Daniel's Restaurant	6 pm
Mtn. Coin Club	N. GA Tech	6 pm
Basket Weavers	SC Fire Hall	10 am
Hiaw Writers	Hiaw Pk. Comm. Rm.	10:30
Awake America Prayer	Civic Center	Noon
Mtn. Comm. Seniors	Senior Center	1 pm
Democratic Party	Civic Center	6 pm
Hospital Auxiliary	Cafeteria	1:30 pm
Planning Comm.	Civic Center	6 pm
YH Plan Comm.	YH City Hall	5 pm
Co. Comm. Mtg	Courthouse	5:30 pm
Humane Shelter Bd.	Blairsville store	5:30 pm
Water Board	Water Office	6 pm
Quilting Bee	McConnell Church	10 am
MOAA	Call Joff @ 386-530-0904	
Book Bunch & Lunch	Daniels Steakhouse	11:30 am

Publication No: 635540

Advertising, News deadlines: Friday at 5 p.m.

Towns County (1 Year) \$25. Out of County (1 Year) \$30. Entered as second-class matter on November 8, 1928, at the post office at Hiawasse, Georgia under Act of March 3, 1879. With additional mailing points. The Towns County Herald is not responsible for errors in advertising beyond the cost of the actual space involved. All advertisements are accepted subject to the Publisher's approval of the copy and to the space being available, and the Publisher reserves the right to refuse any advertisement. **Postmaster:** Send change of address to: Towns County Herald, P.O. Box 365, Hiawasse, GA 30546.

Office located at: 518 N. Main St. Suite 7 "The Mall", Hiawasse
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Towns County Herald

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