

DEDICATED TO THE PROMOTION OF TOWNS COUNTY

OPINIONS & COMMENTARY



Letters to The Editor

Letter to the Editor:

Wake up Church! We live in a unique country. A country that has been set apart like no other since the beginning of time. Except for Israel, no other land has been blessed like America. This country was founded "In the name of God and for the advancement of the Christian Religion." We have been greatly blessed by the God of Christianity. Because of Christianity and Christianity's God we have freedom of religion. Religions of themselves do not constitute truth. Only in God's Word, the Bible, can one find absolute truth. Christianity and Christianity only is based on God's absolute truth. We as a country have chosen to ignore God's blessings. We have chosen to ignore where these blessings came from and why our America had become the greatest nation in history.

Since the middle of the nineteenth century we began asking God to leave us alone. First in the media, then the government and worst of all our school systems. God has obeyed our wishes and removed Himself from our land. The result has been failed wars and terrorism. Has removed Himself from our government and the result has been billions of dollars of debt. He has removed Himself from our school systems and the result can be seen at Columbine and other fatal school assaults. The result can be seen in the dumbing down of our adult population and their inability to add or think for themselves. The result can be seen in our willingness to murder each other for our own satisfaction. There are more murders in our inner cities there are in the war. Especially places like Washington, D. C. Which, by the way, has some of the nation's strictest gun laws. We asked God to leave. He answered our request. His blessings on this land went with Him. What will we ask for next? We want to blame everyone and everything except our own decisions. We don't realize that gun control is controlled by those who control the guns. Criminals. Morality is controlled by those who control abortion. The family is controlled by those with no commitment to Biblical standards. Lack of knowledge is controlled by those who refuse God's teachings. The greatest commandment is ignored by those who reject God. What will our decisions cost us next? When, if ever, will we wake up? We as a nation cannot be saved by politics, political parties or government leaders. America's only salvation must come from divine intervention and then only if God's people humble themselves, seek God's face and turn from their wicked ways. Wake up Church!

David Keating



RARE KIDS; WELL DONE

By Don Jacobsen

Q: Would you please tell us what you think about tattoos and maybe it will put to rest an argument in our family.

A: Well I can give you my take on tattoos but I doubt that it will stop any argument you may be having in your family.

First a question: Why would anyone want to put on a shirt they can never take off? I mean, interests change, right? Tomorrow morning when they wake up it will still be there. Next summer when they head for the beach it will still be there. On their wedding night it will still be there. When they interview for that job at the bank it will still be there.

It's not like dyeing your hair orange; that will grow out. It's not even like having your ears pierced; if you choose, you can remove the bangles and by and by the hole will virtually close up. But when that dude injects the ink under your dermis, you'd better really want it because—like a brand on cattle—it's there to stay.

I know, you can have it surgically erased. But have you seen the debris field it leaves? Like I said, you'd better really want to wear that shirt before you put it on.

Why do kids get tattoos anyway? Well, why do they paint zebra patterns on their

finger nails and spread glitter on their eyelids? Generally to "make a statement." I know, for some it is intended as an act of rebellion, but since the 1990's the tattoo has become an increasingly accepted form of "self-expression" in American culture. About a quarter of Americans 19 – 25 have at least one "tat." But here's the deal: What if the way you express yourself today turns out not to be the way you want to express yourself a decade from now? The tat will still be there.

So here's my take: Your kids are unique. Their lives have a purpose. We need them to help change their world. Under 18, while they're still living at home, part of our responsibility is to help them internalize that, and with that kind of dream on the inside they're less likely to need a permanent, artificial pictogram etched on the outside. You've never seen a Rolls-Royce with a bumper sticker.

But mom, dad, I encourage you not to make this into a civil war. Usually a tattoo is not a moral issue. If they're into drugs or porn you have cause for concern. A tattoo? Probably not.

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

Every Green Herb

By Janice Boling

Alfalfa (*Medicago sativa*) is more than just hay for livestock. It is a cooling, sweet astringent. The leaves contain liquid chlorophyll that is almost identical to human hemoglobin! Alfalfa also contains natural steroids called saponins that regulate blood sugar. Alfalfa cleanses the body, fights infection, and is a natural deodorant.

Alfalfa has been used as a medicinal herb for thousands of years. Alfalfa soothes the digestive tract, relieves water retention, fights bladder infections, clears the skin, and is used in the treatment of arthritis. Due to alfalfa's cleansing properties, it also improves liver function, makes a fine spring tonic, and good treatment for jaundice. Alfalfa is also used to fight the negative effects caused by taking prescription antibiotics.

Alfalfa works in several ways to heal the body. Alfalfa lowers cholesterol by blocking absorption and blocking the formation of harmful plaque in the blood vessels. It helps purify the blood, the liver, the bowels, the lymphatic system, and the urinary tract. In the colon and digestive tract, alfalfa neutralizes free radicals and other carcinogens.

Alfalfa contains plant hormones that are very similar to estrogen. Alfalfa can help stimulate lactation in nursing mothers (resulting in more milk). Adding alfalfa supplements to the diet can also lessen menopausal symptoms like hot flashes and dryness. Alfalfa is also used in the treatment of endometriosis.

Alfalfa contains lots of protein, vitamin A, vitamin B1, vitamin B6, vitamin C, vitamin E, vitamin K, calcium, potassium, iron, and zinc. Alfalfa has deep roots (up to 100 foot long) that pull up minerals from the earth's crust.

Due to alfalfa's high vitamin K content, it can be used to encourage blood clotting in people with bleeding disorders.

Alfalfa is a member of the pea family. It originated

in Asia and the Mediterranean region and was brought to the United States by early immigrants.

This deep rooted perennial grows to three feet tall. Alfalfa plants resemble tall clover with lavender, pale blue or yellow flowers in summer months. Alfalfa likes soft, loamy soil, will tolerate clay, but not sand. For medicinal use, harvest when plants are in full bloom, cut back to within 3 inches, tie into small bundles, and hang to dry.

Use dried alfalfa in tea. Add approximately a tablespoon of alfalfa to two cups of boiling water. Steep, strain, and enjoy. Alfalfa supplements are also available in tablets, capsules, extracts, and powders at most health food stores.

Do not consume alfalfa in excess. Taking too much alfalfa internally can damage red blood cells. Ingesting large amounts of alfalfa seeds has been linked to miscarriage. Ingesting large amounts of alfalfa sprouts has been linked to the onset of lupus. Do not eat alfalfa if you have lupus, if you are anemic, if you have estrogen sensitive cancer, if you are taking birth control pills, or if you are pregnant. Always consult with a healthcare professional before using any herbal remedy especially if pregnant, nursing, or taking other medicines. Please visit www.PayneMountainFarms.com for more information.

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"IT'S ON MY MIND.."

Danny H. Parris

Hobbled by habits
At the beginning of this year it would be good for all of us to check our lives to see if we have some habits or weights that hobble us. Is there some habit that you have developed over the years or perhaps developed this past year that hinders you from running a successful race? If there is, you need to deal with it now. None of us need to carry baggage into a new year that might spoil it. We need to cultivate good habits and cast off bad habits. Years ago when gypsies criss-crossed the country in caravans they would seek out grassy areas for their horses to graze in. When they pitched camp, in order to keep their horses from wandering off, they would hobble them. Farmers have also used this method to restrict the movement of their livestock. To hobble an animal they would tie the front legs together with a short rope. This would limit the length of steps, but it would allow the animal to graze. Did you know that a lot of people have hobbled themselves by habits? They are not able to travel very far in life. They have handicapped themselves with habits that prevent them from running the Christian race. When they attempt to run they fall on their faces hobbled by habits. Someone has aptly said that a habit is like a comfortable bed, easy to get into, but hard to get out of. Someone else has said that

the chains of habit are too weak to be felt until they are too strong to be broken. Probably the easiest way to break a habit is to drop it suddenly. One lady was talking to a friend about a sleeping pill she took each night to get relaxed so she could sleep. "It's not habit-forming." She explained. "I know, because I've been taking it for twelve years!"

The following poem entitled I Am Habit speaks to all of us. The author is unknown, but the poem should be clipped and filed for future reference:

I Am Habit
It's mighty hard to shake me – in my brawny arms I take thee –

I can either make or break thee – I'm habit.

Through each day I slowly mold thee – soon my tightening chains enfold thee –

Then it is with ease I hold thee – Thus is habit.

I can be both good and vile – I can even be worth your while –

Or the cause of your bitter cry – I'm habit.

Oft I prove myself a pleasure – prove myself a priceless treasure –

Or a menace past all measure – Thus is habit.

Harmless as I sometimes seem – yet my strange forces like a magnet –

Are like a great and heavy dragnet – I'm habit.

Though you sometimes fear or doubt me – no one has ever lived without me –

I am present all about thee – Thus is habit.

Choose me well when you are starting – seldom is an easy parting –

I'm a devil or a darling – I'm habit.



Community Calendar

American Legion Post 23 meets 1st Tuesday of each month at 4 PM at VFW Post 7807, Sunnyside Rd., Hiawassee. Call 706-896-8387 for details. We need your support!

Towns County Water Board Meeting 3rd Monday of each month at 6 p.m. in the TC Water Office Building.

Mountain Community Seniors meet the second Thursday of each month at the Senior Center in Hiawassee at 2 p.m.

Towns County Democratic Party meets the 2nd Thursday of every month at 5 PM at the Senior Center. Please call Kim Bailey at 706-994-2727 or 706-896-6747 for details.

Towns County Republican Party meets at 6:30 PM the 2nd Thursday of each month at Daniels Steak House. For more info call 706-379-1371.

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

Towns County Commissioners meeting is the 3rd Thursday at 5:30 p.m. 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 p.m., at City Hall.

Young Harris City Council, 1st Tuesday of month at 7 p.m., Young Harris City Hall.

The Hiawassee River Valley Kennel Club meetings are held at 7 p.m. the 1st Monday of each month at Brother's Restaurant in Murphy. Call Kit: 706-492-5253 or Peggy: 828-835-1082.

The Unicoy Masonic Lodge #259 meets on the 2nd Monday of the month at 7:30 p.m.

Stephens Lodge #414 F & AM meets the 1st Thursday of each month at 7:30 PM in Young Harris.

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 5:30 p.m. Annual dues \$15, PO Box 1182, Hiawassee, GA. We do oral family histories of residents. 706-896-1060, www.townshistory.org

Bridge Players intermediate level meets at 12:30 p.m. on Mondays & Fridays at the Towns County Rec Center.

Mountain Regional Arts and Crafts Guild, Inc (MRACG) meets the 2nd Tuesday of each month at ArtWorks Artisan Centre, Hiawassee. Refreshments at 6 p.m., meeting begins at 6:30 p.m. Call us by 706-896-0932 or mtnregartsandcraftsguild.org.

Mountain Computer User Group meets the 2nd Monday of each month at the Goolsby Center at YHC. Q & A at 6 p.m., meeting at 7 p.m.

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. 5 p.m. Fly Tying - 7 p.m. 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/blueridgemountains.

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

Mothers of Preschoolers meets the third Thursday of each month at First Baptist Church of Blairsville from 6 - 8 p.m. Call the church at 706-745-2469.

Chatuge Regional Hospital Auxiliary on the 3rd Monday of each month, except the months of July, October and December, in the hospital cafeteria at 1:30 p.m.

Mountain Magic Table Tennis Club meets 3 p.m. Thursdays at Pine Log Baptist Church Fellowship Hall in Brasstown. Ping Pong players welcome. Call Jerry (828) 837-7658.

Prostate Cancer Support Group meets the 3rd Monday of every

month from 5-6 PM in the Cancer Treatment Center Auditorium in Blairsville. For more info call Steve 706-896-1064.

The Humane Society Mountain Shelter Board of Directors meets the last Thursday of every month at 5:30 p.m. at Cadence Bank in Blairsville.

The Towns County Alzheimer's Support Group meets the first Tuesday of each month at 1:30 PM in the Family Life Center of McConnell Memorial Baptist Church. Caregivers or family members are encouraged to attend. For more info call Carol at 706-896-6407.

The Appalachian Shrine Club meets the 2nd Thursday of each month at 6:30 PM at the Allegheny Lodge in Blairsville. For more info call William 706-994-6177.

Georgia Mountain Writers Club meets at St. Francis of Assisi Church the 2nd Wednesday of every month at 10 AM.

GMREC Garden Tours every Monday 9 a.m.-1 p.m.

Shooting Creek Basket Weavers meets the 2nd Wednesday of every month at 10 a.m. at the Shooting Creek Fire Hall Community Center. For more info www.shootingcreekbasketweavers.com.

Friendship Community Club meets the 3rd Thursday of the month at 6 PM at Clubhouse, 1625 Hwy. 76, 706-896-3637.

Goldwing Road Riders meets the 3rd Saturday of each month at Daniel's Steakhouse in Hiawassee. We eat at 11 and meeting begins at 12.

Narcotics Anonymous (NA) meets every Wednesday evenings at 7 PM at the Red Cross building (up the hill from the chamber office on Jack Dayton Circle).

Caregiver support group meets 2nd Tuesday of each month, 3 p.m. at Brasstown Manor, located at 108 Church St., Hiawassee. Call 706-896-4285 for more info.

Enchanted Valley Square Dance Club. Dances 2nd & 4th Fridays at Hiawassee Senior Ctr. from 7-9 PM. \$5/person to dance. Free to watch. Call 706-379-2191.

Towns County Herald

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OFFICE LOCATED AT 446 NORTH MAIN STREET
"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

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