

DEDICATED TO THE PROMOTION OF TOWNS COUNTY

OPINIONS & COMMENTARY



Every Green Herb
By Janice Boling

From pulse rate to royal jelly

Pulse rate is a measurement of how many times the heart beats in a minute. Pulse rate in a healthy person is usually 50 to 70 beats with stress and allergies causing the rate to increase by 20 or more. To establish a base rate, pulse should be taken upon waking in the morning. To test for allergies, take pulse rate right after eating a suspected food. Wait 15-20 minutes and take pulse again. If the rate has increased more than 15 beats per minute, consider omitting the food from the diet.

Pycnogenol is an antioxidant that is 50 times stronger than vitamin E and 20 times stronger than vitamin C (when it comes to mopping up damaging free radicals from the body). Pycnogenol is a highly active bioflavonoid extracted from pine bark. It can cross the blood brain barrier to help protect brain cells.

Quercetin is also a powerful antioxidant and bioflavonoid. It is derived from blue green algae and is used in controlling allergies and asthma. For extra strength, take quercetin with fresh pineapple or a bromelain enzyme supplement. Quercetin is found in red wine, red grapes, and other dark colored fruits. Some scientists consider quercetin to be one of the most powerful anti-cancer agents ever discovered. It is shown to reverse tumor development in some patients. Quercetin's activity is increased by wine fermentation and by the activity of naturally occurring "friendly" bacteria in the intestines.

Resveratrol is a natural compound found in grape skins, peanuts, and cocoa powder. It fights fungal disease, lowers cholesterol, normalizes blood sugar levels,

and reduces blood clots in arteries narrowed by years of heavy fat consumption. Resveratrol helps reduce inflammation and hinders the replication of the herpes virus. Studies are currently underway to see if resveratrol may be helpful in the treatment of esophagus, intestinal, colon, skin, and other cancers. Resveratrol may also increase testosterone production in some cases so should not be taken by pregnant women, babies, children, or anyone trying to get pregnant.

Retin-A is a prescription drug for treating acne, fine lines, and other skin problems. It is derived from vitamin A. Retin-A is available in varying strengths and works by causing the skin to peel. It is an irritant so always avoid bright sunshine, extreme weather conditions, wind, dry heat, heavy cosmetics, and strong soaps when using this medicine.

Royal Jelly is a milk-like substance produced by the queen bee's nurse workers. Royal jelly contains large amounts of the B vitamins, calcium, iron, potassium, and silicon. It contains other minerals, enzymes, hormones, and eight essential amino acids necessary for life. Royal jelly combats the effects of stress, fatigue, and insomnia while promoting healthy skin and hair. The highest quality royal jelly is raw and unprocessed. Raw royal jelly is readily absorbed by the body and it only takes one drop per day to do the job.

Always consult with a healthcare professional before using any herbal remedy or supplement as a medicine especially if pregnant, nursing, or taking other medications. Visit EveryGreenHerb.com for more information.



Ask Consumer Ed

Dear Consumer Ed:

My husband and I purchased a latex mattress largely based on the recommendation of the store manager. I had never heard of the brand, but the next morning I read some very disturbing reviews about the mattress breaking down in six months. I called the store manager that same day and told him we wanted to cancel the order. Even though the mattress had not even left the warehouse yet, the manager flat out said, "No. All sales are final." My husband and I did not notice that policy written on the sales order or on the charge slip. Do you think a credit card chargeback would go through on something like this?

A: If you can provide documentation that the retailer was deceptive in some manner about the mattresses or that the retailer failed to honor its own explicit return policies, you may be able to successfully waive the chargeback through a credit card chargeback. Unfortunately, in the circumstances you describe, you may not have a valid claim against the retailer, especially if its no-return policies were written on the sales order/charge slip. In any case, you should check with your credit card provider to see what is needed to support a claim and request for chargeback.

When a retail sale is made at the retailer's regular place of business, Georgia law does not require the retailer to provide a refund or accept returns or exchanges. A business may set its own return policy and may offer consumers cash, in-store credit, exchanges or no adjustment at all. While businesses are not required to post their policies, they must honor any posted refund or return policy. Except in very limited circumstances, the law generally does not guarantee you the right to a refund or a three-day cancellation.

Prior to making any major purchases, you should ask questions, compare prices, and read ads, product reviews and the manufacturer's warranty. Whenever you purchase big-ticket items (especially things like mattresses), you should always get everything in writing, including all warranties, promises and return policies. Always keep copies of contracts, receipts and warranties. A manufacturer's warranty may provide you with recourse if the mattress turns out to be defective.

Finally, if the retailer

misrepresented the quality of the mattress, or stated that the mattress was new when in fact it was actually used (or made with used materials), the retailer may be in violation of the Fair Business Practices Act. In these circumstances, you can file a complaint with the Governor's Office of Consumer Protection by calling 404-651-8600 or visiting www.consumer.ga.gov.

Dear Consumer Ed: Can a real estate auction company refuse to sell a property in an online "absolute auction" after the hammer falls, even though the contract was signed by the buyer and funds and contracts were sent by the specified time frame?

A: Typically, an auction suggests that the seller is inviting bidders to make offers, which may be accepted or rejected. Usually the seller has reserved the right to accept or reject the bid, or set a minimum price the bidder must meet. Unless otherwise specified, all auctions are presumed to be like this.

However, a seller can announce the sale is to be "without reserve", which means the auction is an offer to sell to the highest bidder regardless of price. This is also referred to as an "absolute auction." In this case, once the auction has opened to bids, the seller cannot withdraw the property nor reject the highest bid, because the seller is essentially promising to sell the property to the highest bidder once a bid has been made. Unless there were special terms of acceptance that were clearly disclosed before the start of the auction, the seller cannot withdraw the property from the sale after a bid.

In any event, precise facts need to be nailed down, and you should contact an attorney to discuss your rights and options against the real estate auction company.

Go to ConsumerEd.com to submit your question and read additional consumer tips. Remember... we do not give legal advice. Always consult a lawyer about legal issues.



"IT'S ON MY MIND.."
Danny H. Parris

Read and laugh

I don't usually do emails in my column, but I thought the following email might brighten your day. I don't know its origination but read and laugh.

Where I have and have not been

I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone.

I've also never been in Cognito. I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there,

thanks to my friends, family and work.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.

I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.

I've been in Flexible, but only when it was very important to stand firm.

Sometimes I'm in Capable, and I go there more often as I'm getting older.

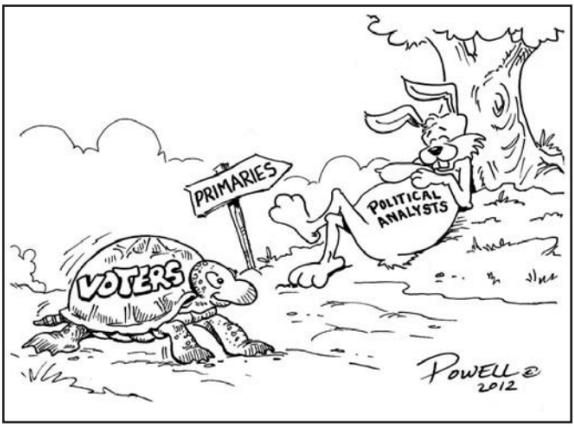
One of my favorite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get.

**OWN A BUSINESS?
NEED TO ADVERTISE?
Contact the
Towns County Herald
706-896-4454**

Have something to sell?

**Let the Herald work for you!
Contact us at
706-896-4454**

Deadline for the Towns County Herald is Friday by 5 PM




ASK DR. DON
By Don Jacobsen

Dr. Don, when I was growing up my parents called me all sorts of names and it always hurt. Now I find myself falling into those habits with my own kids that I vowed I would never do. Can you give me some ideas?

I'm not sure what kind of ideas you'd like, but let me respond to the issue you raise. In brief, it's this: Kids tend to live up to the reputation we give them. We don't have to tell Sean very many times that he is selfish before he begins to believe it. Then when he has a decision to make he tends to make it from the standpoint of what he believes himself to be. It's not a conscious decision. Sean doesn't say, "Well, Dad says I'm selfish so I'm going to demonstrate that he's right and act selfish." Rather, if the important people in a child's life describe him or her as selfish and caring the child is more apt to act in harmony with how they have learned to

see themselves.

Example: Mom walks into the bedroom and finds Angie taking some money off the dresser. Mom can say, "Shame on you Angie, you little thief. You just wait till your father comes home and finds out what you've done!" Or she can say something like, "Angie, that really surprises me because I know that's not the kind of girl you are." Mom may follow up with an appropriate consequence to help Angie remember how honest kids act, but her words have not backfired to convince Angie that she is a dishonest child. And, depending on how old Angie is, at bedtime Mom may read her a story about a youngster who made the right decision and it paid off. It can be a teachable moment.

But to get back to your question, I often hear it, too... parents calling their kids whiny, or selfish, or sassy, or naughty. Remember, our kids tend to live up to the reputation we give them. So here's a question: If your kids were asked how their parents would describe them, what would they say? Ask 'em.

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

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 EDITOR SHOULD BE EMAILED 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 Water Board Meeting

3rd Monday of each month at 7 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 Hiwassee River Valley Kennel Club

meetings are held at 7 p.m. the 1st Monday of each month at Brother's Restaurant on Hwy 64 in Murphy, NC. Call President Kit Miracle: 706-492-5253 or Peggy Moorman: 828-835-1082.

The Unicorn 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.

Office (Old Rock Jail).

Towns County Historical Society

meets the 2nd Monday of each month at the Senior Center in Hiawassee at 5 p.m. Annual dues \$15. PO Box 1182, Hiawassee, GA 706-896-1060, www.townshistory.org

Bridge Players

intermediate level meets at 12:45 p.m. on Mondays & Fridays at the Towns County Recreational Dept.

Mountain Regional Arts and Crafts Guild, Inc (MRACG)

meets the 2nd Tuesday of each month at ArtWorks Artisan Centre, located at 308 Big Sky Drive (behind the Holiday Inn), Hiawassee. Refreshments at 6 p.m. & the meeting begins at 6:30 p.m. Contact us by calling 706-896-0932, mtnregartsandcraftsguild.org. mtnregartsandcraftsguild@hotmail.com.

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 on the third Thursday of each month at First Baptist Church of Blairsville from 6 - 8 p.m. Call

the church office at 706-745-2469 for more information.

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 6 p.m. Thursdays at Pine Log Baptist Church Fellowship Hall in Brasstown. Ping Pong players welcome. Call Lee (828) 389-0924.

We do Family Oral History

of all of our residents. If you have not had your family history recorded and would like to do so, please call the Towns County Historical Society at 706-896-1060.

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.

GMREC Native Plant Garden Tours

Mondays 9 AM-1 PM. May-Sept. (except holidays). 706-745-2655.

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 of those with dementia are encouraged to attend. For further information, 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.

Towns County Herald
Dedicated to the promotion of Towns County

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JAMES REESE.....SPORTS WRITER, PHOTOGRAPHER
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