

DEDICATED TO THE PROMOTION OF TOWNS COUNTY OPINIONS & COMMENTARY



Letters to The Editor

Letter to the Editor:

I am so grateful for the letter to the editor last week about the census, pointing out that post office box holders will not receive a census form; and that the forms can be picked up at our public libraries. This information needs to get to everyone in the county.

Some days a census worker will be present at the libraries to give you a form and assistance if you need it; other days you can ask one of the library staff to give you one. It is VERY IMPORTANT that we all get counted. If you do not send in a form, the census bureau will send a worker to your home. The cost of that is between \$20 and \$30 per visit. There are over 2,000 post office boxes in our county. Do the math -- and then realize who is paying for that!

Please be counted by picking up a census form.
Anne Mitchell

Public invited to share thoughts on public education in Georgia

Are you interested in learning more about public education in Georgia? Do you have suggestions that may help Georgia lead the nation in improving student achievement? If so, you may want to take advantage of this wonderful opportunity to speak directly to State Board of Education Member Larry Winter representing your area -- the Ninth Congressional District. Mr. Winter welcomes you to an open public hearing taking place on Tuesday, April 27, 2010, 7 - 8:30 p.m. at the Lanier Career Charter Academy, 2723 Tumbling Creek Road, Gainesville, 30504.

Whether you're a teacher, parent, student, or simply a concerned citizen -- you are encouraged to take part in this important event. Your feedback is critical as the State Board of Education and the State Superintendent of Schools work together to insure that all Georgia students are receiving an excellent education.

Those wishing to speak at the meeting are asked to sign in when they arrive. For more information contact Mrs. Jacqueline Clarke Dodd at 404-657-7410 or by e-mail: jclarkedodd@doe.k12.ga.us.

The Georgia Department of Education does not discriminate on the basis of disability in admission to, access to, or operations of its programs, services or activities. Individuals who need assistance or auxiliary aids for participation in this public forum are invited to make their needs known to Mrs. Jackie Clarke Dodd, Georgia Department of Education at (404) 657-7410.

Healthy Living

Submitted by Kerry Wilson

With today's busy lifestyle, healthy living is not something that comes easily. With a little planning, living a healthy lifestyle can become a part of your daily routine. Here are 10 quick tips to get you started:

1. Eat breakfast every morning. Studies have shown that breakfast eaters have leaner bodies and a lower cholesterol count.
2. Drink plenty of water. It is suggested that you drink eight 8 oz. glasses of water per day.
3. Exercise often. Exercise at least 30 minutes a day, 5 days a week.
4. Get plenty of sleep. Sleep is vital to good health, as well as mental and emotional well-being.
5. Protect your skin. Use sunscreen with SPF 15 or higher, and avoid sun exposure between 10 a.m. to 4 p.m.
6. Practice good oral hygiene. Brush at least twice daily, and floss every day.
7. Maintain good mental health. Take up new hobbies, volunteer and be social.
8. Eat healthy. Eat a variety of foods and limit sugars, salt and trans fat.
9. Be a smart snacker. Choose healthy alternatives such as yogurt, carrot sticks and nuts.
10. Maintain a healthy weight. Remove skin from poultry, cook with egg whites and drink skim milk.

To set healthy goals, consult with your doctor and Kerry Wilson, your Medicine Shoppe Pharmacist. We're always glad to help. The Medicine Shoppe is located at 579 N. Main Street in Hiawassee. Phone 706-896-4686.

This article is intended to provide information on health-related matters. The ideas expressed in this article cannot be used to diagnose or treat individual health problems and should not be taken as medical advice or instructions. We urge you to consult a health professional before taking any action based upon the information in this article.

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The Middle Path

by Don Perry

Polonius' advice to his son in Shakespeare's Hamlet would serve us well today: "Neither a borrower nor a lender be; For loan oft loses both itself and friend, And borrowing dulls the edge of husbandry."

The news is old. The numbers are staggering when we can begin to comprehend them, but otherwise a meaningless line of zeros stretching out to a future that our children may not even live to see. Sixty trillion dollars in liabilities is what the government and the people of the United States are committed to spending. This is what we now owe for National Debt, personal debt, Medicaid and Social Security.

Some politicians and pundits give lip service to the problem but the voting records of a majority of our elected officials indicate little intention to address the problem. Politicians say what we want to hear and depend on our short attention spans to conduct the real business of government, which increasingly seems to be to service the needs of banks, corporations and Wall Street. Some economists shilling for the corporate interest have even had the audacity to suggest that deficit spending is a tried and true way to create economic prosperity, comparing the current regime's efforts to the deficit spending that followed World War II. Ron Paul, a sorely needed thorn in the side of the Republican Party, has correctly observed that Obama is certainly not a socialist -- he is in fact a corporatist.

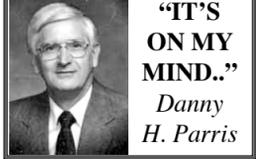
As to "prosperity," it all depends, I suppose, on how you define the word and for whom. Defense contractors have prospered from the perpetual state of war to ensure the peace which has existed almost without interruption since Truman. As warfare moves from the battlefield into the realm of electrons transferring phantom sums from one country to another, a perpetual state of debt to ensure prosperity would seem a logical consequence, and as you might expect, the prosperity which has resulted from our increase in productivity is increasingly concentrated in board rooms.

In keeping with our pledge to attempt to offer some idea of hope in the face of perpetual problems, we have examined the question

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 E-MAILED OR MAILED TO: Towns County Herald, Letter to the Editor, PO Box 365, Hiawassee, GA 30546. Our email address: tcherald@brmeme.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.



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

Watch Your Mouth

Recently, my wife and I were in the parking lot of one of our larger stores and witnessed two children nearly backed over by the driver of a van. (Vans and SUVs do not allow you to see small children behind you.) That scared me and shocked me, but the language the mother used shocked me almost as much. I know she was scared and upset but I wish she had chosen her words more discreetly. We proceeded to get into our car and I was being cautious, backing out very slowly when the driver next to me suddenly shot out of his parking place using a few choice words to describe what a stupid driver I was. We experienced this parking lot profanity the same week that our vice-president made his so-called big "gaff" that most of the media just laughed about. Personally, I don't think vulgarity, profanity, cursing and gutter language is something to laugh about. Supposedly, we are a civilized and educated nation, but our ability to communicate says otherwise! It seems to me in the last few years the vocabulary of our nation has suffered greatly. If we have to resort to barn-yard language to express our selves I don't think we are very educated. The Psalmist said, "Set a watch, O Lord, before my mouth; Keep the door of my lips" (Psalm 141:3). One of the great needs for some of us is to recall the words of our parents when they said, "Watch your mouth." Jesus said, "...For out of the abundance of the heart the mouth speaketh" (Matthew 12:34). Some of our mountain folk used to translate that into the local vernacular and say, "Whatever is in the well comes up in the bucket." Hear it from the horse's mouth; we must live in one of the most foul-mouthed, dirty-mouthed generations that have ever lived on the face of the earth. The media, with books, magazines, newspapers, TV programs, movies, videos and the in-

ternet is busy supplying our population with cesspool language. Have we lost the ability to be embarrassed and to blush? Does it bother you that some of the greatest baseball players, football players, basketball players, race car drivers - a lot of our greatest athletes, coaches, Hollywood celebrities and high ranking leaders of our nation, people who help to mold the lives of our youth -- are filthy-mouthed? Sometimes I get down in the mouth because we have so many closed-mouthed leaders who are afraid to open their mouth in opposition to gutter language. Do we not know that by our words we shall be judged? Too many of us are meal-y-mouthed in a loud-mouthed generation.

The writer of Proverbs said, "He that keepeth his mouth keepeth his life; but he that openeth wide his lips shall have destruction" (Proverbs 13:3). Every day in America we use enough mouthwash to float thousands of sea-going vessels. This may keep us from having offensive breath, but all the mouthwash in the world won't keep you from offending with the mouth if the heart is not right. Jesus said, "This people draweth nigh unto me with their mouth and honoreth me with their lips; but their heart is far from me" (Matthew 15:8). He continued, "...Hear and understand: not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man" (Matthew 15:10-11). Paul said, "The word is nigh thee, even in thy mouth, and in thine heart... That if thou shalt confess with thy mouth the Lord Jesus and shalt believe in thine heart that God has raised Him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation" (Romans 10:8-10).

Let Jesus clean up your mouth by washing your heart. My prayer is that of David, "Let the words of my mouth, and the meditation of my heart be acceptable in thy sight, O Lord, my strength, and my redeemer." (Ps. 19:14) Selah



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