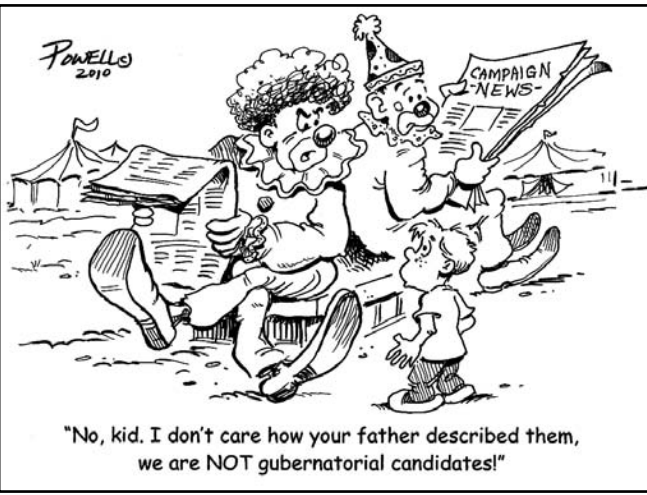


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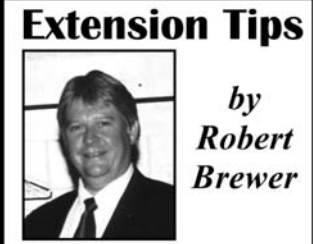


Letters to The Editor

Thank you to Bledsoe's Cafe'
Linda Bledsoe took time out from her busy restaurant, Bledsoe's Corner Cafe', to help Operation PUP put on a yard/rummage sale at a close-by office space across from McConnell Church this past Saturday and Sunday. Her helpers, Rebecca Spain, Diane Donaldson, and Susan Meyers were fabulous organizers for the endless boxes they unloaded and displayed for the sale.

PUP (Prevent Unwanted Pets) also thanks all who generously bought and donated to the goal of PUP--to help Towns County residents spay and neuter pets and animals that have been dropped at their door. PUP is a non-profit 501c3 and all money raised for PUP goes to this cause, all members are volunteers. If you need help or would like to donate, please call 1-888-496-2387, or write P.O. Box 1038, Hiawassee, GA 30546.

Operation PUP



Extension Tips

by
Robert Brewer

Food and safety tips for July 4th

This time of the year there is a potential hazard lurking in your kitchen – food-borne bacteria. Every year there are more than 75 million cases of food-borne illnesses. Luckily, most of those cases are mild, but they are potentially more serious for a young child, whose immune system isn't as strong as an adult's – which is why you need to be extra-careful about food prep (and storage). Here's how:

Wash your hands. It's the simplest food safety tip and the most important. Washing your hands with hot, soapy water before you prepare a meal, snack, or a bottle is your best defense against the spread of bacteria.

Stay a cut above. Keep separate cutting boards for produce and meat, poultry, and fish. Wash them thoroughly after each use (in the dishwasher or with hot, soapy water) and toss them once they get scarred from too much use. Bacteria hide (and multiply) in the little crevices.

Be mindful of raw materials. Never place cooked food on the same plate (or bowl or cutting board) that previously held raw food (especially meat, but also vegetables and fruit). So when you take a plate of hamburger patties to the grill, make sure you bring an extra for the cooked burgers.

Scrub those surfaces. Or at least wipe them down with a disinfectant wipe. Bacteria are fast breeders, especially on kitchen surfaces, so thwart their reproductive efforts with soapy water or disinfectant cleaners often. Pay special attention to counters, the sink, and the dish drainer – and don't forget

about appliance handles and trash-can lids.

Don't overlook the dish towel or sponge. Moist dish towels and sponges are the perfect breeding ground for bacteria. So wash both often. Throw towels and washcloths in the washing machine with a little bleach. Try to replace sponges once a month, and wash them in between uses. You can put them in the dishwasher overnight. Or pop them in the microwave for 30 seconds to kill germs.

Practice safe storage. You want to make sure the meals you are feeding your family are safe as they are nourishing, so follow these food safety tips when you are storing leftovers.

Cold means cold (at or less than 40 degrees F): Refrigerate food that won't be served or eaten immediately. Once you are done eating, wrap those leftovers and place them in the fridge (or freezer). This way those leftovers will be safe to serve again.

Hot means hot (at or above 140 degrees F): When reheating leftovers, zap those germs with plenty of heat. Microwave food until it is hot and steaming. Reheat soups until they begin to boil again.

Don't refreeze foods: If you have thawed out something at room temperature or left it in the fridge overnight, don't stick it back in the freezer.

FIREWORKS
Treat fireworks with respect, read all of the cautions and warnings and use common sense.

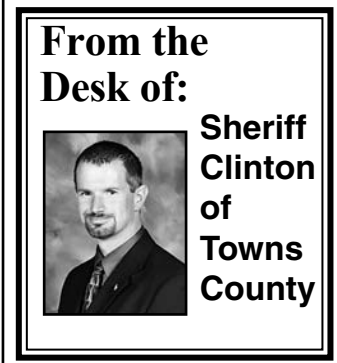
No lighting fireworks indoors, throwing them from automobiles.

Always obey all local laws pertaining to the use of fireworks. If fireworks are not legal where you are, don't use them.

If drought conditions mean a ban on fireworks, follow the law.

Fireworks and alcohol do not mix.

Have A Happy And Safe July 4th From The Towns County Extension Office.



From the Desk of:

Sheriff Clinton of Towns County

As the Fourth of July weekend approaches I would like to take a moment to remind everyone that traffic accidents become more frequent for us this time of year. With all the visitors to our area and all the summertime recreation that people are anticipating it becomes easy to be distracted while driving. I don't have any great words of wisdom or any real information that you haven't already heard many times, but I would like to take the opportunity to ask everyone to be careful. It is easy for us to forget just how dangerous an automobile can be. When you are driving down the roadway with a 2,000 pound-plus vehicle at 55 miles per hour, it is as serious as firing a bullet from a gun. If you are distracted, even for a moment, tragedy can occur.

This weekend we will have deputies patrolling the highways and the lake trying to keep everyone safe. They are there to help and occasionally they may have to remind someone to slow down and be more careful. Our interest is solely in keeping you and your family safe.

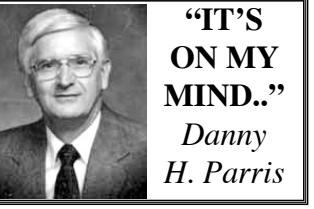
I would also like to ask for your consideration in our high traffic areas such as the Georgia Mountain Fairgrounds. This time of year we receive a lot of visitors as well as a lot of local traffic through the campground and recreation areas. In many of our campgrounds there are areas that share pedestrian and vehicle traffic. I would especially ask your help in keeping these areas safe. Some campgrounds have children playing in the same areas that vehicles may be traveling through, and it is important that we watch closely for these little ones. You may have noticed the extra patrol of our campground areas. Deputies are there to remind us to slow down and watch out for pedestrian traffic.

As you travel this summer, whether on vacation or simply conducting your normal daily business, it is our

hope at the Sheriff's Office that you remain safe. We will do all that we can to protect our community by being visible on the roadways, enforcing DUI laws, and providing extra patrols of high traffic areas. Know that we are here to help you. If you see something that you feel needs to be addressed please let us know.

Many of you have taken advantage of our extra patrol requests while being away from home. We are glad to offer this service to our community. Whenever you may be out of town or simply want deputies to keep a check on your home or business simply let us know at the Sheriff's Office by calling 706-896-4444, and we will be glad to have deputies do extra patrol and keep an eye on things for you. You may also request extra patrol from any deputy directly. They will fill out the request for you and turn it in to a supervisor who will ensure that each shift is made aware of your request. You may also receive a list of dates and times your home or business was checked while you were away.

As always, please share with us any thoughts or concerns you may have. We are here to assist you.



"IT'S ON MY MIND.."

Danny H. Parris

Land of the Free
At the bank an older gentleman unfolded a crumpled government check and handed it to the teller. On the check was written: "Do not fold, spindle, or mutilate." When the teller saw the crumpled check he frowned and said to the old man, "You should not do that, sir. The government does not like it." The old man fired back, "The government does some things I don't like, too." Aren't you grateful for this land of the free! On this holiday celebration I thank my God for the heritage of our nation. At the same time I am concerned at the declining health of our nation. Morally, ethically and spiritually we are sick. You don't have to be a rocket scientist to see the symptoms of our sickness. When an individual or a nation is sick, efforts for healing should be initiated. If symptoms are ignored and neglected death usually follows. Plunder around in the grave yards of history and you will discover many nations who died as a result of ignoring the obvious. The hope of America is in returning to the Great Physician, Jesus Christ. Our health and healing comes from Him. The

French Statesman, Alexis de Tocqueville (1805-1859), studied the workings of democracy in the early part of the 19th century in order to understand America's success. He then wrote:

I sought for the greatness and genius of America in her commodious harbors and her ample rivers, and it was not there.

I sought for the greatness and genius of America in her rich mines and her vast world commerce and it was not there.

I sought for the greatness and genius of America in her public school system and her institutions of learning and it was not there.

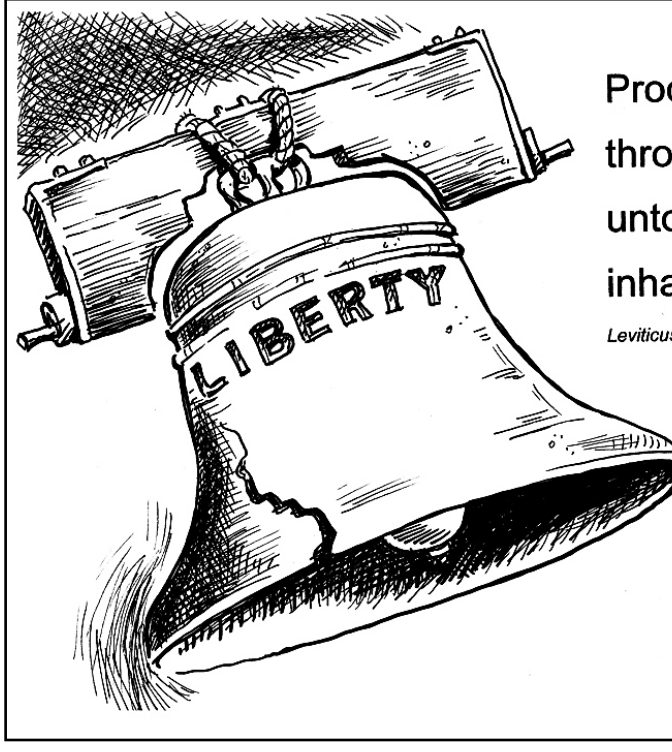
I sought for the greatness and genius of America in her democratic congress and her matchless constitution, and it was not there.

Not until I went into the churches of America and heard her pulpits flame with righteousness did I understand the secret of her genius and power.

America is great because America is good, and if America ever ceases to be good, America will cease to be great."

This land of the free will continue as long as men and women practice eternal vigilance. Wendell Phillips said, "Eternal vigilance is the price of liberty." Another statesman said: "Those who expect to reap the blessings of freedom must undergo the fatigue of supporting it."

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



Proclaim liberty throughout the land unto all the inhabitants thereof.

Leviticus 25:10, Inscription on the Liberty Bell

Powell 2010

Community Calendar

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. Please call Kim Bailey at 706-994-2727 or 706-896-6747 for details.

Towns County Republican Party meets the 1st Tuesday of each month from 5 p.m.-6 p.m. Dinner at Daniels Steak House, 6:30 p.m. - 7:30 p.m. meeting, 896-7281.

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 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.

Board of Voter Registrars meets

the 3rd Wednesday of the month at 4:30 p.m., Courthouse.

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 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 Health Dept. Call Eden at 706-896-6921.

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, mtncraftsguild.org, mtncraftsguild@hotmail.com.

VFW Post #7807 Fish Fry will be 2nd and 4th Friday of the month, 4:30-7 p.m., \$9 a plate, all you can eat.

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/blueridge-mountains.

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.

Old Fashioned Square Dance Lessons each Mon. in Hiawassee, GA. 6 p.m. at the Senior Center (2 blocks south of the town square, beside the Courthouse) Hiawassee, GA 706-896-1060

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.

Mended Hearts Support Group meets the 2nd Monday of each month at Chatuge Regional Hospital Cafeteria from 5:30-7 PM. For information contact 706-994-6988.

We do Family Oral History of all of our residents. If you have not had your family history recorded ad would like to do so, Please call the Towns County Historical Society at 706-896-1060.

Towns County Herald
Dedicated to the promotion of Towns County

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