

Local recipe contest needs you!

It is the first recipe contest to be held at the Georgia Mountain Fair so come be a part of this "tasty" event with

a range of participants from the children, their parents, to grandma and grandpa. Judging will be at the screened-in

Dining Hall above the Trout Booth and contestants will be allowed in free to the Fair on their day of judging with covered dish in hand. Lots of prizes will be given out to winners, from monetary prizes to gift certificates.

The Adult and Youth Divisions are sponsored by Ingles Supermarket and each entry must contain at least one Laura Lynn and/or Harvest Farms canned/packaged fruit, applesauce or dried fruit ingredient (specify which ingredient(s) on Recipe Format Sheet). This contest will be held Thursday, July 22, from 4 to 4:30 p.m. Adult Division ages - 18 or older; Youth Division ages - 9 to 17.

The Heritage Recipe Contest is sponsored by Susan DeVries, State Farm Insurance, and will be held on Wednesday, July 28, 12 noon to 1 p.m. Age is 70 or older with your traditional, old family favorite recipes.

The contest is open to amateurs only, but you may enter more than one recipe. Entries should be prepared at home and brought to the Fair on your special day with a typed or legibly written recipe with measurements, pan size, cooking temperature and number of servings.

For the rules and to get an entry form, go to the Georgia Mountain Fair office on Hwy. 76 (706-896-6191) or www.GeorgiaMountainFairgrounds.com and click on "Events 2010." Have fun baking and you just may have a winning entry! TU0114,F2)SH

Early Voting...continued from page 1A

win Carter make up the GOP ballot.

In the race to replace Oxendine as Insurance Commissioner, GOP voters must choose from a wide open field: Dennis Cain, Rick Collum, Seth Harp, Ralph Hudgens, Tom Knox, John Mamalakis, Stephen Dale Northington, Gerry Purcell and Maria Sheffield.

For State School Superintendent, GOP voters must decide if John Barge or Richard Woods is the best candidate.

Incumbent Kathy Cox has taken a job with an educational think tank, but her name remains on the ballot. If you cast a ballot for her, you've wasted your vote.

GOP Labor Commissioner candidates are Mark Butler and Melvin Everson.

For Public Service Commissioner to replace Robert B. Baker Jr., GOP candidates are B. Joseph "Joey" Brush, John Douglas, Tim Echols and Jeff May.

U.S. Rep. Paul Broun is unopposed on the GOP ballot, as is State House District 8 State Rep. Stephen Allison.

The GOP ballot has one question: "Do you sup-



Irma Nichols

port an amendment to the Georgia State Constitution so as to provide that the paramount right to life is vested in each human being from the earliest biological beginning until natural death?"

On the Democratic ballot, voters must decide between R.J. Hadley and Michael Thurmond for U.S. Senate with the winner to face Sen. Isakson in November.

For governor, Democrats must choose between Thurbert Baker, Roy Barnes, Bill Bolton, Carl Camon, Randal Mangham, Dubose Porter or David Poythress.

In the race to face Lt. Gov. Cagle, Democrats must choose between Tricia Carpenter McCracken and

Carol Porter.

For Secretary of State, Gail Buckner, Gary Horlacher, Michael Mills, Angela Moore and Georganna Sinkfield square off for the Democratic nod.

In the Attorney General's race, Democrats Ken Hodges and Rob Teilhet hope for the nod.

J.B. Powell is the lone Democrat vying for the Commissioner of Agriculture seat.

Mary Squires hopes to become the Democratic nominee for Insurance Commissioner.

Beth Farokh, Joe Martin and Brian Westlake are in contention for the Democratic nod for State School Superintendent.

Terry Coleman and Darryl Hicks are in a tight race to earn the Democratic nod for Labor Commissioner.

PSC candidate Keith Moffett, 10th Congressional District candidate Russell Edwards and State House District 8 candidate Jack Lance are all unopposed in the Democratic Primary.

Lady Indians... continued from page 1A

faced with the reality of a District 7 Fast Pitch Softball Championship and a trip to state.

With limited funds and a long way to travel, the Lady Indians found out what community really means as businesses and civic groups rallied to help pay the way for the team to travel and lodge in Appling County.

The girls worked hard in practice and harder in their spare time as they sold doughnuts on the street corners of Hiawassee to help defray the expenses of their state tournament trip.

Local businesses put up donation jars and some businesses and civic organizations took money out of their own pockets to make sure the girls' trip to state became a reality.

On the night before they traveled to the southern portion of the state, Coach Penny Ledford and Lady Indian Jasmine Forrester accepted a \$200 check from the Towns County Republican Party



Rob Murray presents Coach Ledford and Jasmine with a check from the Towns County Republican Party. Photo/Lowell Nicholson

during its monthly meeting.

"I can't tell you how much this means to the girls," she said. "Thank you from the bottom of all of our hearts."

All-in-all, the Lady Indians learned a valuable lesson: their local community had their backs.

"Other than church, athletics is the most important venue to instill values and lessons that will allow young people to learn the

challenges of life," said Towns County Sole Commissioner Bill Kendall.

Coach Ledford said she was proud of the young ladies for playing their hearts out, mostly in triple-digit heat and against top-notch competition.

"They played with heart in sweltering heat and against some real good competition," she said. "We are proud of them and look forward to great things from them in the future."

North Georgia lawmen attend Domestic Violence seminar



Kit Gruelle explains the dynamics of domestic violence and child abuse

On July 6, Police Officers and Sheriff's Deputies from 4 jurisdictions, along with members of S.A.F.E. from Towns and Union Counties attended a seminar on Domestic Violence at the Holiday Inn in Hiawassee.

For 8 hours class instructors Rob Stoneham and Kit Gruelle spoke on the dynamics and officer response to in-progress 911 Domestic Violence calls.

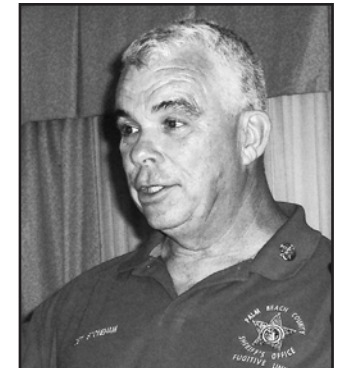
Kit Gruelle, who flew in from California to assist with the class has been an advocate

for Domestic Violence and Sexual Assault for 18 years. She has worked in both urban and rural programs and has also been involved with community based Domestic Violence and Sexual Assault education programs for a variety of disciplines including the Criminal Justice Community, Health Care professionals and Clergy Members. She is a California P.O.S.T. (Police Officer Standards Training) consultant and subject matter Expert for Domestic Violence and Sexual Assault. She is on staff at the San Diego Police Dept. Domestic Violence Unit.

Rob Stoneham, a retired 26-yr Veteran Sheriff's Detective from PBSO, has extensive patrol and street experience including SWAT and tactical operations along with Narcotic and Fugitive investigations along with having attended Law Enforcement schools and Academies and Seminars across the United States during his 26 years. Stoneham spent the afternoon reviewing the dangers to uniformed police officers answering 911 in-progress Domestic Violence Calls.

Towns County Fire Chief Mitch Floyd addressed the safety concerns for uniformed officers regarding injuries to officers from being bitten, scratched and the inherent dangers from blood pathogens from Hepatitis B&C and Aids. The seminar was sponsored by the Hiawassee Police Dept. and Stoneham wishes to thank

Howard Smrz for his assistance along with the management at the Holiday Inn in Hiawassee who went out of their way for the class. Police Officers from Hiawassee P.D. and Blairsville P.D., along with Sheriff's Deputies from Rabun Co. and Union Co. attended the class. NT0114,Y3)SH



Retired Sheriff's Detective Rob Stoneham reviews the dangers to uniformed officers answering 911 Domestic Violence Calls

TCHS Class of 1955 reunion

On Sunday, August 8, the TCHS class of 1955 is having a reunion. It has now been 55 years since that memorable year. We liked to talk then and we still like to talk and keep up with what everyone is doing. This time we will gather in the neighborhood of 1 p.m. at the Towns County Senior Center.

We will talk, eat finger foods, and talk some more. And those who are not there we will talk about. So please plan on being there. TU0114,F2)SH