



Local Racing Action

By: Carl Vanzura



Bobby Panter added to his points lead with victory Saturday at Tri-County.

Bobby Panter and Danny Ledford duel to a one-two finish

On a super fast Tri-County Race Track, Morganton driver Bobby Panter and Warne's Danny Ledford raced to a one-two Late Model finish Saturday night. Panter and Ledford set the two fastest times and battled each other to the first turn with Panter taking the point and holding it all the way in the 25 lap feature. Following Panter and Ledford across the finish line were Jacob Anderson, Preston Crisp and Doug Sneed in the top five.

Copperhill driver Jason Deal made a quick move in the GM Performance Late Model feature and visited Victory Lane in front of Hiwassee's Kevin Bradshaw, Kevin Sutton, Kurt English, Young Harris's Tony Ledford and Sam Parris.

In what has become the most competitive race of the night, Brasstown's Greg Suderth raced to victory in the 13 car field in front of Murphy's Charles Devine, Brad Thomas, Mike Bryson and Sammy Berong in the top five. Hiwassee drivers Steven Sofield, Brandon Dills and Kenny Barrett also race in the class during the night.

Stock Street saw Robinsville driver Charles Toomey win his first ever feature when he crossed under the checkered flag in front of Harold Garrett, Jason Dye and Josh Roberts.

The Mini Stock feature was a scorer's night mare as Justin Woodard was declared the winner after losing a lap in the pits to change a flat tire cut down on the first lap.

Blairsville's Shannon Jones led 14 laps and took the white flag lap as Woodard had made his way to second while still a lap down to only the Jones car. Jones slipped slightly and Woodard hit Jones with Jones spinning but Woodard was still able to continue, getting his lap back and received the checkered flag as Jones never took the checkered flag. After going over the scorer's sheet, Woodard was awarded the win with Jones, Doug Thompson, Blairsville's Gary Wilkins and Herbert Chinn rounding out the top five.

Racing returns to Tri-County Saturday night with the running of the GM Performance Mid-Season Championship.

Local racing saw a trio of tracks canceling, Boyds Speedway and Westminster to rain and Cleveland Speedway due to illness to track promoter Monte Morrow which prevented him to prep the track. Dale Thurman won at Dixie Speedway. Clayton Turner won at Toccoa Speedway and Young Harris driver Randy Nichols placed sixth. At North Georgia Speedway, Kevin Gibson took a popular victory. Casey Roberts won the Carolina Clash South win at Lavonia Speedway. In the Lucas Oil Series \$20,000 to win 100 lapper in Mississippi, Earl Person Jr held on to the lead to edge out Scott Bloomquist and Ray Cook for victory. TUJul14,F3)SH

Yard sale for 3V3 Soccer Nationals

Yard Sale: On July 17th @ Eller's Garage parking lot. A team of six Towns County U14 Girls Soccer Players qualified for the National 3v3 Soccer Tournament at the ESPN Wide World of Sports Complex in Orlando, FL, July 29-Aug 1. Many of the girls have participated in various fund-raising efforts to pay their fees and expenses. The yard sale will have household items, clothing for the whole family, baked goods, art, tools, toys, books and a variety of other cool stuff.

At the yard sale, to help give back to our community, we will also collect non-perishable food items for the Towns Co. Food Pantry. Come on out! TUJul14,F1)SH



Mountain High Hikers schedules two hikes each Tuesday, occasional specialty hikes, and regular trail maintaining trips - all in the beautiful mountains of Georgia and North Carolina. Check the website www.mountainhighhikers.org for schedule and meeting locations. NJul14-G1)gg

Canoe course at Moccasin Creek

Moccasin Creek State park will be holding a Beginning Canoe Instruction course Saturday, July 24, 2010 from 10 a.m. until 2 p.m. This course is designed for the beginner and will include basic instruction of equipment and canoe handling. All equipment will be provided. The cost is \$15

per person and participants must pre-register. Moccasin Creek State Park is located on Lake Burton, 15 miles west of Clayton via GA Hwy. 76 and GA Hwy. 197. Please call the park office to receive additional information and to register at 706-947-3194. TUJul14,G1)SH

YHC Basketball Camp

Coach Pete Herrmann and Coach Brenda Paul will be holding their first basketball camp together this July. Boys & girls ages - 8-15 years old - July 19th-July 23rd. Contact 706-247-5779 for information on camp registration. Cost \$135 for the week. NTJul14,A6)SH

VFW Golf League news

League play on Thursday, July 8, was our regular format the "A" Scramble. Boy, the weather was hot and hats off to the 10 members who braved the weather. The winning team was J. T. Garrett, Ray Ward, Frank Geddings, and Glenda Geddings with a score of 64, coming in -8 under. TUJul14,F2)SH

Free square dancing lessons

Free square dance and clogging lessons each Monday at 6 p.m. Located at the Hiwassee Senior Center (across from the Towns County Courthouse, 48 River St.). Join us for fun exercise and old fashioned square dance, not Western Sq. Dance but rather Big Circle: shew-fly, grapevine, thread the needle, etc. for info 706-896-1060. TC Historical Society. TUJul14,F2)SH

Trout stocking sites week of July 6 - 9, 2010

FANNIN: Rock Creek; UNION: Cooper Creek. ***NOTE: Information is subject to change. Please call the hatchery at 706-838-4723 for questions. The hatchery also provides trout for the state. Please contact Georgia DNR for information on sites stocked by the state. NJul14-G8)gg

Lucy Mac Sacs handed out at Chemo Center



Lucy McKenzie and Dr. Whaley at the chemo treatment room at Georgia Cancer Specialists at Riverstone with the Lucy Mac Sacs! Photo and story by Mary Lynn Durfee

June 25, 2010, Blue Ridge, GA ~ Lucy McKenzie of Murphy, NC brought some special gifts with her to an appointment with Dr. Whaley at the Georgia Cancer Center at Riverstone. With a little help from her family and friends Lucy McKenzie paid it forward with the "Lucy Mac Sac".

Lucy Mac started chemotherapy back in November 2006. This past February, the disappointing news came that it transitioned to acute myeloid leukemia and she had to stop working for Meridian Behavioral Health in Marble, NC. The cancer may have stopped Lucy Mac from working, but it couldn't stop her from helping people!!! Along with her daughters, Carol Lee and Mary Lynn, Lucy created the "Lucy Mac Sac" to give as gifts to the folks who are starting or continuing chemo treatments. "I feel this would have helped me," Lucy says in the booklet inserted in the "Lucy Mac Sac".

The "Lucy Mac Sac" for the ladies is a cheerful fashionable handbag and for the men a masculine reusable grocery bag. From Lucy's experience she chose some simple, but helpful contents such as a fluffy little pillow she says feels really good right behind your neck for those long chemo treatments, soft hats for the ladies, a roll of LifeSavers, anti-bacterial hand soap, hand lotion, and her booklet with positive quotes and pages to take notes and the cutest, softest little black bear donated by Roundtree's Furniture & Accessories in Blairsville, with their prayers and wishes attached! Lucy Mac's 6-year-old grand daughter, Jayden, put the bags together and is also a contributor on the inside back cover of the booklet.

Lucy's daughter, Mary Lynn Durfee started gathering the contents and found that there are so many others who are touched by cancer themselves or a close family member or friend that it turned into a joint venture with many people! First, the handbags were seriously discounted by a client of Mary Lynn's, Bonnie Wild of "Accessories Gone Wild" who resides in Florida

and has a cabin in Hayesville, NC. Then the pillows and hats came from Jay Otrhalik of Leetsdale, PA for a donation and the shipping was paid for by Lori Glaze, who also suggested that instead of Lucy and her daughters taking all the cost on themselves, that they allow others to participate and that's where the sponsorship began. The Sponsor of each bag is on the front cover of the enclosed booklet. Sponsorship allows this gift to continue by covering costs and others being involved on a personal level.

Several Agents within Mary Lynn's office, Century 21 Scenic Realty in Young Harris, GA sponsored the handbags handed out today - Robbyn Allen, Diane Baggett, Caryl Keister, Lynne Potter, Paul Bundy, Rosalyn Hous-

ley, Mike Stewart and Teresa Newell. Mary Lynn also had clients Bill & Georgianne Hughes, who made a generous contribution to sponsor several bags; and Mark & Karen Trammell, who brought the Bath and Body Hand Lotion for the ladies bags all the way from Florida! Thank you to everyone involved. You should know the smiles and gratitude for the "Lucy Mac Sacs" were beaming and joyful and those are the true gifts returned to you for your compassion and generosity!

Thanks to Dr. Whaley and the Georgia Cancer Specialists for providing advanced treatments (including some that aren't even FDA approved yet) our family members can receive the latest treatments locally instead of having to travel to Atlanta, which is not only easier on the patients, but all of their family members as well!

Lucy Mac continues to see Dr. Whaley (whom she adores) and receive platelets and blood transfusions. Most of all, she continues to inspire and encourage others wherever she goes. She will be handing out the "Lucy Mac Sacs" at Murphy Medical Center on Monday, June 28th. If you would like to be involved in the "Lucy Mac Sac" project, please email her daughter Mary Lynn at marylynn@mountainlifeflow.com. You can also go to www.Facebook.com and search for "Lucy Mac Sac" and blog how the bags have blessed you and any ideas you have to make them better! NJul14,U3)SH

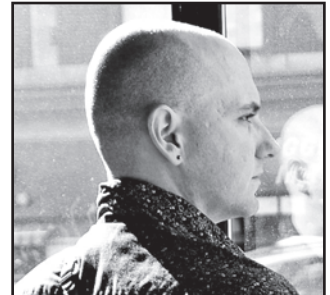
Contra concert at Folk School



David Kaynor

David Kaynor, Sue Songer, Naomi Morse and Peter Siegel will be featured in a free concert of contra dance music at the John C. Campbell Folk School in Brasstown, NC at 7:30 p.m. on Friday, July 16. The concert will be held in the Festival Barn, but those attending are urged to park near Keith House or the Dining Hall and walk to the Festival Barn where there will be only a limited number of handicapped parking spaces available. In the barn there is hay bale seating, so audience members may wish to bring a lawn chair for comfort. Admission is free.

Naomi Morse is known for her driving fiddle-playing with bands, including Night Watch, Houssetop, and Childsplay. She has toured extensively with the world-music ensemble, Northern Harmony, and currently lives in Brooklyn, NY, where she sings professionally. David Kaynor is a fiddler, caller, dance composer, and organizer of the famous Greenfield contra dance in Massachusetts. David has made several influential recordings and has served on the staff of many dance camps and week-



Peter Siegel

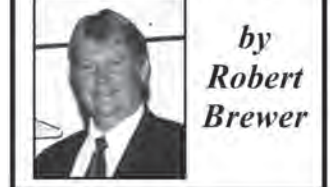
enders, caller, dance composer, and organizer of the famous Greenfield contra dance in Massachusetts. David has made several influential recordings and has served on the staff of many dance camps and week-

Sue Songer is co-author and publisher of the Portland Collection tune books and plays piano on their companion CDs. She organizes and directs the 80-member Portland Megaband, which plays a large annual contra dance in Portland, OR.

Peter Siegel plays guitar, banjo, and mandolin with the Greenfield Dance Band and the Berwyck String Band. He also performs extensively as a folksinger/songwriter and has shared the stage with such performers as Noel Paul Stookey (of Peter, Paul and Mary), Pete Seeger and Tom Chapin.

For further information, call the Folk School at 828-837-2775 or 1-800-FOLK-SCH.

Extension Tips



Plan ahead for home canning

If you are thinking about joining the trend in our communities to can food this summer, start by checking your equipment and supplies. Proper equipment in good condition is essential for safe, high quality home canned food.

A pressure canner is essential for canning low-acid vegetables, meats, fish, and poultry. Two basic types are available. One has a dial gauge to indicate the pressure inside the canner; the other has a metal weighted gauge. Dial gauges must be tested for accuracy before each canning season. For information on testing a dial gauge, call your county Extension agent. Check the rubber gasket; it should be flexible and soft, not brittle, sticky or cracked. Also make sure any small pipes with openings are clean and open all the way through.

A boiling water canner is needed for canning other foods such as fruits, pickles, jellies and jams. The canner should be deep enough to allow at least one inch of water to boil over the tops of the jars. Both types of canners should have a rack in the bottom to keep jars off the bottom of the canner.

Inventory your jars and decide if you need to buy new jars this year. Inspect those you have for nicks, cracks or chips, especially around the top sealing edge. Nicks can prevent lids from sealing. Very old jars can weaken with age and use and break under pressure and heat. Consider investing in new jars if you need to, and watch for specials.

A must@ every canning season is new flat lids. Used lids should be thrown away. The screw bands are reusable if they are not bent, dented or rusted.

A FINAL MUST@ is reliable, UP-TO-DATE canning instructions. Publications and information are available at your county Extension office.

The University of Georgia Cooperative Extension Service also sells SO EASY TO PRESERVE, a comprehensive book with information on all types of home food preservation. Information about that book is also available for order at your county Extension office.

Be sure to look at the instructions for what you want to can before you are ready to prepare the food. You may need time to purchase some ingredients and small equipment needed to prepare food exactly as the directions indicate. Planning ahead can save you time, money, and frustration with home canning. TUJul14,J1)SH

Green beans and more seminar



Have you ever wanted to know more about growing green beans and other vegetables organically? Well you are in luck. In conjunction with the first ever Blairsville Green Bean Festival, the Georgia Mountain Research & Education Center and the Community Council are hosting a seminar for homeowners on growing organic vegetables. Weather permitting, seminar attendees will be able to tour the organic green bean trials at the GMRE Center.

Our speaker is Ms. Amanda Tedrow. Amanda is the current Athens-Clarke County Agriculture and Natural Resources Extension Agent. She received her undergraduate degree in horticulture from UGA. During and after graduating she worked at numerous plant nurseries in the Athens Area. She was then hired as the curator of the Shade and Native Flora gardens at the State Botanical Garden of Georgia. In addition to her work with Extension she is now pursuing her Masters in Plant Protection and Pest Management. She teaches Master Gardener classes, works with local homeowners and farmers, and helps coordinate the Athens Farmers Market.

This free seminar will take place at the Georgia Mountain Research & Education Center. The GMRE Center is located three miles south

of Blairsville, on the east side of Hwy 19/129. There is no cost for this seminar and no pre-registration is necessary. However, seating is limited to the first 100 in attendance.

This seminar is the 77th in a series of seminars sponsored by the Outreach Committee of the Community Council. The Community Council was formed in 2003 to expand the outreach and service of the Georgia Mountain Research & Education Center to the mountain region. To fulfill this purpose, volunteers work through three program committees - Preservation, Education and Outreach. The Outreach Committee began offering free seminars in 2004. Since that first seminar, more than 5,300 adults have benefited from these seminars. The operating budget of the Community Council is funded by gifts from friends through an annual campaign.

If you would like to receive seminar notices by email, send your online request, name and phone number to: gmrec@uga.edu.

Program Details
DATE: Friday, July 30, 2010. TIME: Doors open at 9 a.m. Program 10 to 11:45 a.m. PLACE: Auditorium, GMRE Center.

NO Pre-registration required! Seating is limited to the first 100 in attendance. NTJul14,X3)SH

Day Retreat celebrates fourth anniversary

Day Retreat, Inc., was started in 2006 to serve individuals with developmental disabilities. Our purpose at Day Retreat is to support clients in experiencing meaningful days by assuring that activities are directly related to the clients' interests and preferences. Our program emphasizes on increasing self help, socialization skills and daily living skills. Day Retreat's Mission is to empower individuals to live a meaningful life and to pursue their dreams. We created a program that will enhance lifelong living skills so individuals can live their life to the fullest potential. Our Vision is to see individuals have the ability to make personal choices, express their hopes and dreams, and be active participants in all areas of their lives.

We currently have a waiting list to get into our program. These folks are on a state wait-

ing list for a Medicaid waiver to provide them with Medicaid monies to receive services. There is a concern about students who graduate from high school as it is difficult for them to receive Medicaid waivers due to shortage of state funds. Day Retreat offers individuals the opportunity to continue educational activities after high school. If you are interested in our program please call Kim Szczepanski or George Keep at (706) 379-2318. NJul14,W3)SH

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