

Enotah Circuit...from page 1A

Gunter, whose father once presided over the Mountains bench, was unavailable for comment regarding this story.

Stancil, who also has served as City Attorney for the city of Hiawasse, is humbled by the Governor's selection of him as a finalist for one of the Circuit's judgeships.

"I still have to let this soak in," Stancil said. "It's an honor to have been named to a short list of anything appointed by the Governor."

Stancil, a native of Lumpkin County and graduate

of Lumpkin County High School, said that he met with Gov. Deal on Monday to discuss the judgeship.

"I've had a lot of folks in Towns and Lumpkin counties that are excited about this," he said. "I've had a lot of calls of support from local attorneys. I can't read the Governor's mind, but I think he's giving the mountain candidates a lot of consideration."

"Whatever works out in either scenario will be fine," Stancil said. "I'm happy where I am, but I'd be honored to serve."

Trap Shoot...continued from page 1A

House. He has been very generous, has made personal donations, and sold more raffle tickets than anybody."

All of the people involved in the Youth Homes are quick to tell you what a wonderful organization it is and how proud they are to be a part of it.

Sid Roberts, a retired Gordon County Sheriff, has been affiliated with the Georgia Sheriff's Association Youth Homes for the past 12 years.

"A lot of folks think we have delinquent children, but we have kids just needing a home," he said. "We have some of the finest kids ever. We have a great success with our kids. A lot of kids stay with us throughout their school years, and if they graduate with honors, we see that they go to college at our expense. This year we have nine in college."

Sheriff Clinton seconded Roberts' testimony.

"Most of these kids have never been in trouble," he said. "They are just innocent victims who for whatever reason have had to be taken out of their homes."

There were a total of 12 teams participating and revenue generated came in at more than \$6,000. Overall, it was a very good day for the Fourth Annual Sheriff's Trap Shoot; it was an even better day for the children who will be the recipients of these funds.

Since the cost associated with these homes is great, the public's assistance is continuously needed. Charitable contributions are welcomed at all times and are greatly appreciated.

If you would like to make a difference in a young person's life, please donate to the Georgia Sheriff's Youth Homes. Stop by or call Sheriff Clinton at (706) 896-4444 for more details.



Towns County Sheriff Chris Clinton poses with the hot-shooting Union County 4-H team. Photo/Libby Shook

Defenders...continued from page 1A

Armed Services, both fallen and living, to be recognized and honored as this country's "Defenders of Freedom."

Chad Hooper, general manager of The Ridges, welcomed everyone "for helping celebrate this special day."

"We want to be community oriented and help out all that we can," Hooper said. "Please stand for the Pledge of Allegiance."

Everyone stood at attention, saluting or covering their heart with their right hand, in grave respect for our country's flag and those who fought so valiantly to protect it. The Pledge of Allegiance was followed by the lowering of the American Flag to half-staff in honor of fallen veterans.

"The Ridges Resort is proud to honor the Armed Forces who have given us the freedoms that we live in today. It is an honor to have you here today. We want to thank you for your service to this great country," said Hooper.

Hooper then introduced Commissioner Kendall who opened with a poem, "That I see as fitting for this occasion," which left most teary-eyed and reminded of the freedoms that these Veterans have fought and died to preserve.

"It was an honor when Chad asked me to be here to read this proclamation and honor those here today who have served," Commissioner Kendall said.

The ceremony closed with the playing of Taps by National Honor Guardsman and Bugler Grant Ingersoll. The Flag was then returned to full-staff. Walter Scott, representing the Marine Corp League and National Honor Guard, was present for the lowering

and raising of the flag.

There were many veterans present for this ceremony, each worthy of recognition and great honors, but the four that seemed to draw the most attention were World War II Veterans Vaughn Barrett, Bud Johnson, Leon West, and Todd Kimsey.

Barrett, the oldest WWII Veteran in attendance, is 91 years young and Johnson is a close runner-up at the age of 90.

"If there is something you want to know about WWII ask the ones who know. We were there until they shot the first shells and until they pulled out," said Kimsey.

One Veteran that was recognized, even though he was not in uniform, was Jimmy Carbello. "He's getting married here today after this ceremony," announced Hooper.

Carbello was staying at The Resort and learned of the Defenders of Freedom program and showed up to pay his respect with no thoughts of being recognized himself.

Command Sergeant Major Carbello, who returned home March 22, 2012, has completed four tours in Afghanistan and two in Iraq. After his marriage to Christina Winders, he is headed to Fort Benning where he will serve as Maneuvers General of Excellence.

Hooper invited all Veterans and guests to stay and enjoy hors d'oeuvres at the lodge following the ceremony. "Thank you folks for coming out. It's been an honor. Thank you for each individual person here today," he said.

He also extended an invitation "in honor of all veterans here today to have dinner at the Ridges tonight at a 20 discount off your meal."

Qualifying...from page 1A

the list, is Probate Judge.

The election is being held on July 31. Candidates seeking to qualify as an independent must qualify with the Towns County Election Board and meet certain requirements.

Candidates seeking office either as a Democrat or Republican in the July 31st Primary

must qualify with the local political party.

Seats in Georgia House District 8 and in District 50 State Senate are up for grabs. Also, qualifying will be held for the vacant 9th Congressional District seat.

Qualifying takes place on Wednesday, Thursday and Friday.

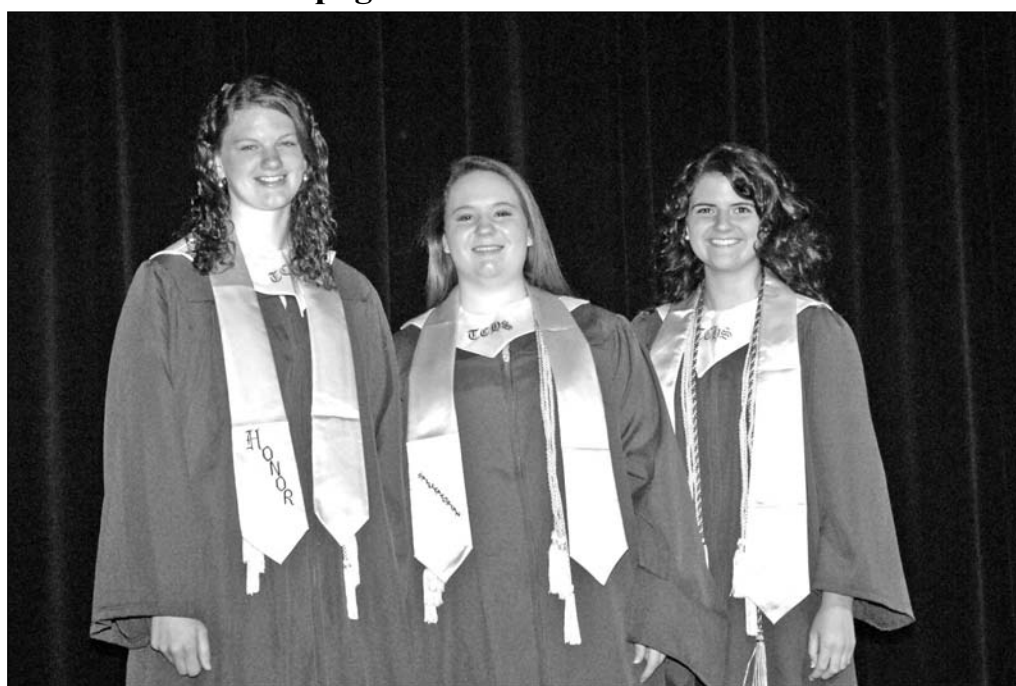
Graduates...continued from page 1A

Kids can certainly grow on you when you're a superintendent in a small town, especially on a campus as tightly woven as TCHS.

"Your challenge is to continue to develop these leadership abilities and step above the ordinary to become a leader of greatness," Williams said. "To reach this level of excellence, I want to challenge you to remember three traits that establish great leaders."

"First, great leaders are facilitators, they realize that nobody will ever be what they ought to be until they're first doing what they ought to be doing. They are also aware that the way to fulfill their calling is to help others discover and fulfill theirs," Williams said.

"Second, great leaders are courteous, they never look down or talk down. They don't have one set of manners for important people and another set for



Historian Kristie McConnell, Salutatorian Jessica Rogers and Valedictorian Jeannie Bradley celebrate Honors Day at Towns County High School on Friday. Photo by James Reese

those less important. To them everyone is important because everyone has God-given potential; they just work to bring it out," Williams said.

"Third, great leaders are decisive, as a leader you

will be remembered for two things: the problems you created and the ones you helped solve," Williams said. "Yes you will make mistakes. Learn humility, hunger for personal growth,

draw strength from God and do it better the next time."

"It is my hope that you will continue to develop the leadership abilities you possess," she said. "Good luck and God bless."

Green Egg...continued from page 1A

people in attendance.

Big Green Eggs lined the concrete area outside the Anderson Music Hall and tables loaded with covered dishes, provided by the participants, lined the inside. It was a virtual smorgasbord.

The air outside was filled with smoke and the aromatic fragrance of beef roasts, pork roasts, barbecue of all varieties, chicken, shrimp, pizza, homemade bread, and almost anything else you could imagine.

Folks were lined up with plates in hand to sample the homemade sauces and exquisite foods which had one common theme; they were all prepared on a Big Green Egg.

There were more than 100 cooks, from all across the country and Canada, registered for this weekend's event. Sixteen states and two Canadian provinces were represented with the most distant travelers from the United States and Canada coming in from California and Alberta, respectively.

"These cooks come in at their own expense, buy all the food they're going to cook, cook it, and give it away as samples. They do all this for the love of

the Big Green Egg and the getting together with their fellow eggheads, most of which have become some of their closest friends," said John Hall, event organizer.

Saturday morning the gates opened and the event was on. People strolled leisurely through the vendors area taking pictures, talking with the various vendors, sampling the foods, and stopping to enjoy the music of The Blue Grass Band made up of Chuck and Susan Nations, Tom Hicks, Wally Alford, and Barry Palmer.

Palmer has been performing at the Georgia Mountain Fair for more than 30 years. Many participants took the time to walk through Hamilton Gardens and view the beautiful foliage in bloom, including the famous rhododendrons.

Hiawasse Hardware was the authorized Green Egg dealer and offered pre-buy Egg specials. Customers could purchase the Green Eggs at a discounted price and allow them to be used by the registered cooks during the Eggfest.

When the event was over, the "eggs" went home with the purchasers. This offer is only available during a limited time frame prior to the Georgia Mountain

Eggfest.

Those interested in learning more about Green Egg cooking had that opportunity as many classes were available: Big Green Egg 101; Great Balls of Sausage; Seared Breast of Duck; and Basics of Barbecue.

Before this event can take place, a great deal of behind the scenes work has to be done. The committee starts the planning phase in December and there are numerous collective meetings, as well as many one-on-one meetings, to ensure that Eggfest is a success.

"We talk about what we need to do and go out and do it. The Towns County Tourism Board has done a lot of promotions for this event," Hall said.

Committee members include: Hall, event organizer; Jane Holland, director of the Towns County Tourism Association; Hilda Thomason, general manager of the Georgia Mountain Fairgrounds; Daniel Nichols, Georgia Mountain Fair; Candace Lee, president of the Towns County Chamber of Commerce; Brenda McKinney, Hiawasse Hardware; and Katie Polstra, Ramada Lake Chatuge Lodge

"Last year there were 46 Eggfests around the country and Canada," Hall said. "Our Eggfest was the second one ever staged in Georgia and was the largest ever held, not counting the huge Eggfest in Atlanta that is put on by Big Green Egg's World Headquarters."

"They have been conducting their yearly Eggtoberfest for 16 years and it took them 12 of those years to equal the numbers we saw May 19th," Hall said. "Last year at our inaugural Eggfest, we had more than 800 attendees and this year we had more than 1,200."

The local economy got a big boost from the Eggfest. Hiawasse Hardware sold 74 Big Green Eggs and practically every accessory they had in stock. The Ramada Lake Chatuge Lodge was booked solid all weekend, and the campground at the Georgia Mountain Fairgrounds had 21 sites reserved for those attending the event. Many of the other hotels, restaurants, gas stations, and local businesses also benefited from this influx of visitors.

"We're already looking forward to the 3rd Annual Georgia Mountain Eggfest, which will be held May 17-18, 2013," Hall said.

Honors...continued from page 1A

watched their child walk out on stage in anticipation of an award, or possibly even a much deserved scholarship.

Courtney Farmer opened the Honor's Day Program with a flawless performance of "The National Anthem."

"It's good to honor our seniors. We're going to miss them," said Counselor Duncan Weekley.

If there was a surprise of the day, the names of the Class Historian, Salutatorian and Valedictorian were revealed.

Kristie McConnell is the Class of 2012 Historian, Jessica Rogers is the Salutatorian and Jeannie Bradley is the Valedictorian.

State Representative Stephen Allison was on hand to present the STAR Student and STAR Teacher. Of course, the crowd already knew who the winners were. Bradley and her STAR Teacher Sabrina Garrett were announced in February at the Towns County Lions Club Honors night as STAR Student and STAR Teacher.

"This is one of the best parts of my job," Allison said. "The 2011-2012 Towns County High School's STAR Student is Jeannie Bradley and STAR Teacher, Sabrina Garrett. Congratulations to Jeannie and Ms. Garrett, as well as the entire Senior Class of 2012."

Just when you think it can't get any better, it was Yearbook time. Irma Flanagan, beloved English teacher of many years and loyal Yearbook Advisor, recognized the following 2012 Yearbook Staff members: Bradley, Lindsay Patton, Kindle Moss, Courtney Farmer, Lexi Via, Walker Guss, Noah Calhoun, Dakota Barrett, Jordan Woodard, Brittany Ledford, Ryan Tallent, Austin Wood, and Claire Wilson.

"These students are self-motivated, creative, and dedicated; I almost didn't have to be there. They have done a tremendous yearbook," said Flanagan.

Patton read the "Teacher

Dedication" page from the yearbook, and closed with, "The 2011-2012 Indian Yearbook Staff affectionately dedicates the 2012 "Indian" to a well-deserving, devoted, staff member, Quilla Thomas-Bradley."

Bradley presented a framed photo of Flanagan's "staffers."

Perren once again thanked everyone for coming to Towns County High School's 2012 Senior Awards Day Program and congratulated the seniors on their recognition and achievements.

"What an honor it is to have served as your principal for the past four years," he said. "I am looking forward to Friday night."

Fire Truck

From Page 1A

doors. It didn't take long for the meeting to move indoors to the courtroom.

Fire Chief Mitch Floyd was on hand to go over the extensive features of the newly acquired truck.

"We are very proud to have a fire truck like this and we certainly appreciate Commissioner Kendall's helping us get it," said Floyd.

Chief Floyd emphasized that the new truck "has a stainless steel body with modular construction and a long life expectancy of about 25 years as long as it is properly maintained."

The new fire truck has many safety features including an enclosed cab with 5 of the 6 seats fitted with breathing apparatuses.

The intercom system is complete with headsets interfaced into the radio system. It is designed with a voice-activated system so that everyone in the truck can hear what's being said when the driver and front seat passenger are speaking.

Another important safety feature is the LED spotlight/lighting which makes the truck brighter and more visible. All ladders are easily accessed and retrieved from the back of the truck.

It has a 1,200-foot, large diameter five-inch hose with a three-inch supply line.

"Getting close to the fire is not an issue for us," Chief Floyd said. He commended Commissioner Kendall for the added hydrants to the county. "They have shortened turnaround time significantly."



Protein for a healthy body

Proteins are essential nutrients for the human body. They serve as building blocks for the cells and supply energy. Proteins are made up of amino acids that are broken down during digestion.

Proteins are found in animal sources such as meats, milk, fish and eggs. They are also obtained from whole grains, legumes, soy, nuts, and seeds. Aside from water, protein is the most abundant molecule in the body. Proteins contain amino acids like sulphur, taurine, tryptophan, and tyrosine.

Sulphur is essential for protein absorption in the body. It is also necessary for smooth skin, glossy hair, hard nails, and collagen production. Sulphur is known as the mineral of beauty. Meat, eggs, fish, seafood, cheese, cabbage, nuts, onions, garlic, hot peppers, dried fruit, and mustard are good sources of this necessary mineral.

Taurine is an amino acid that is produced by the body. Taurine supplements can help control hyperactivity, nervous system imbalances, and epilepsy seizures. Studies suggest that taurine can help relieve hangover and help normalize irregular heartbeat. Taurine helps prevent hypoglycemia, hypothyroidism, water retention, and hypertension. Taurine also aids in lowering cholesterol levels.

High concentrations of taurine are found in meat, seafood, and human breast milk. Taurine is an essential dietary

requirement for feline health, since cats cannot synthesize the compound. The absence of taurine causes a cat's retina to degenerate, causing eye problems, blindness, hair loss, and tooth decay. Songbirds also require a dietary source of taurine (especially young hatchlings).

Tryptophan is an essential amino acid. It is involved in mood and metabolism regulation. Tryptophan is a natural tranquilizer that helps promote a restful sleep. It is used to decrease aggressive behavior, migraine headaches, and schizophrenia episodes. Tryptophan can counteract compulsive overeating by raising serotonin levels. It is also used to lessen withdrawal symptoms.

Tryptophan is not produced by the body and must be obtained from the diet. Good food sources include meat, poultry, fish, chocolate, oats, dried fruit, dairy products, eggs, seeds, nuts, corn, and bananas.

Tyrosine is a semi-essential amino acid, antioxidant, and growth hormone stimulant. It helps build up the body's store of adrenaline. Tyrosine gives quick energy and boosts brain function. It is used to treat mild depression, hypertension, Parkinson's disease, and drug withdrawal symptoms. Tyrosine increases libido, helps reduce appetite, and helps rid the body of excess fat.

Studies show that reducing tyrosine in the diet may help slow the growth of tumors



Grass fed beef is a good source of protein

and cancerous melanomas. Reduction of tyrosine levels may help in the treatment of manic depression. Like tryptophan and taurine, tyrosine is found in high protein foods.

Extra protein is needed during childhood (for growth and development), during pregnancy, when breast-feeding, and when the body needs to recover from malnutrition or trauma. If enough protein is not supplied by diet, the body will use protein from the muscle mass to meet its energy needs.

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 www.EveryGreenHerb.com for more information.

NT(May23/21)CA

Blairsville Cruisers event schedule

Club meetings are held on the 4th Thursday evening of each month, at the pavilion at the Senior Center, 6 p.m.

Block Parties are held the 1st Friday of each month, at the parking lot of Blairsville Wal-Mart, just off Hwy 515, 5 p.m. - dusk.

Cruise-Ins are held on the Town Square, 3rd Saturdays of the month, 4 p.m. - dusk.

All events are April - October. NT(May23/22)CA

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