

DEDICATED TO THE PROMOTION OF TOWNS COUNTY

OPINIONS & COMMENTARY

Letters to The Editor

Dear Editor:
 On behalf of the users, visitors, and staff of the Mountain Regional Library Headquarters in Young Harris, I would like to offer sincere thanks to Commissioner Bill Kendall and to the Towns County Road Crew. We have been dealing with several areas of broken pavement and some potholes in our driveways and parking areas that were hazards to drivers. I mentioned this to Commissioner Kendall and asked if the next time he had a crew in the area they could come by and do some patching. Well yesterday they came! And they were back this morning finishing some areas that were inaccessible yesterday. The parking lots and driveways are once again smooth and pot-hole free. Our users have been very complimentary of the job the crews did and their courtesy while doing the work.
 We are truly blessed to have leaders and workers in our county who genuinely care and work hard to make sure that Towns County Citizens have the services and facilities they need. Once again, my thanks to Commissioner Kendall for his strong and ongoing support for the Libraries of Towns County and to the Towns County Road Crew for a job well done!
Sincerely,
Donna W. Howell, Director
Mountain Regional Library System

Dear Editor:
 Seeing that a cat had been hit by a car on Hwy. 76 in Young Harris, we turned around to go back and try to help. By the time we did there were 2 other cars that had stopped to help, one being the person who hit the cat. Finally a young man was able to grab the cat with the help of a friend. We wrapped the cat in a quilt and took off with the lady who hit him to get him to the vet's office. A neighbor called the vet to tell them we were coming because they were about to close.
 Meanwhile a Sheriff went by, stopped and turned on his flashing lights stopping traffic both ways so we did not have to worry about the cat being hit again.
 This letter is meant as a Thank You to all that assisted in that act of kindness to save a cat.
 He is still in the vet's for observation and he is doing well, with only minor injuries. We named him Michael. He is 2 to 4 years old and loves to be petted. He is receiving all regular shots in addition to medications because the person who hit him is taking care of it. This cat was meant to live; he definitely has the will to live, which means SOMEONE out there needs him as badly as he needs them.
 Most people do not stop when they hit an animal, but this lady is an angel and since we both have cats already, we are trying to find a home for this beautiful tiger cat. If you know of anyone who would give a cat a good home (and I stress GOOD), please call 706-896-8684.
Barbara TeCrony

RARE KIDS; WELL DONE

By Don Jacobsen

Q: Dr. Don, recently I got disgusted with my 4-year old and swatted her on the behind. Then I got to feeling really guilty because I think the parenting experts tell us not to do that anymore. What do you say?
A: As you might guess if you read this column regularly, I don't agree with "the parenting experts" who say that. From Bible times spanking has been recognized as a useful form of training. Grandma believed that, too. There is no research indicating that spanking makes kids violent - would anyone suggest that there was more violent behavior among kids in the days when spanking was more common than there is today? Nor do studies suggest that, done in the right way, spanking teaches children to fear their parents' hands.
 However, I believe there are five caveats that need to be part of a parents' thinking before they spank a child:
 1. Spanking should be reserved for those infrequent incidents of outright rebellion or defiance, not the normal childhood foibles.
 2. Spanking should never be done in anger, but only after the parent has thoughtfully and calmly explained why the behavior was unacceptable.
 3. Spanking should be done only with the hand, not with a switch or paddle. That enables the parent to know how hard the punishment is being administered.
 4. Three swats maximum, and only to the bottom.
 5. Never if the parent was a victim of physical abuse as a child.
 The purpose of a spanking is not to "beat the rebellion out of the child," as some would describe who are opposed to corporeal punishment. But rather it is useful to get the attention of the child and send an unmistakable message about the serious nature of the conduct. By the age of 8 - 10 other means of discipline should replace spanking, such as removing privileges. Spanking is a temporary response to character traits Mom and Dad do not want to see become permanent.
 One other comment about your question: You say that you got disgusted with your daughter and it was then that you swatted her. Please remember that discipline is not an occasion for parents to express their annoyance or anger. Discipline is not about us, it's about the child, not to vent our frustration, but to help us build character in the child.
 Send your parenting questions to: DrDon@RareKids.net.

From the Desk of:



The following information was gathered from various sources and compiled in the hope that it might be helpful to parents.
 In a 2005 survey, the Partnership for a Drug-Free America found that 19% of U.S. teenagers reported taking prescription drugs "to get high".
 Opiate-based narcotics are particularly popular. University of Michigan in 2005 found that nearly ten percent of 12th-graders had used Vicodin, while more than five percent said they had used OxyContin, in the previous year. Prescription drugs are now more popular among high school seniors than Ecstasy and cocaine, they being abused at an alarming rate. Even drugs you might not associate with "getting high," such as those used to treat anxiety disorders, such as Xanax and Valium.
 Often prescription pills are seen as less dangerous, sometimes they are just easier to get. Studies show that many teens get prescription drugs from their very own parents' medicine cabinets. These prescription drugs are also worth a lot of money to drug abusers. The estimated street value of just one OxyContin pill is about \$40.
 In May 2002 the Associated Press reported that authorities at a high school in Mahomet, Illinois discovered 16 students distributing Ritalin, OxyContin, and hydrocodone to other students. The school principal was alerted to the students' activities after he received a phone call from a parent who believed his son might have taken OxyContin from the parent's medicine cabinet. According to the school superintendent, the students were selling their own medication or medication belonging to their parents or siblings.
 The most important thing we as parents can do to prevent our children from misusing prescription medications is to educate ourselves. Be aware of the medications kids are abusing and share this with other parents, specifically your school administrators, coaches and counselors. Then, talk to your kids to find out if they are aware of their peers using medications without doctors' orders. Make sure they understand the dangers of misusing prescription medications. Finally, safeguard medications at home. Pay attention to quantities of medications you have, specifically those with epinephrine, including cough syrups and allergy medications. Epinephrine is used to treat cardiac arrest and is a bronchodilator for asthma. The "high" teens get from epinephrine is similar to an adrenaline rush.
 Pharmaceutical drugs can be just as dangerous as illicit street drugs. It's not just a matter of over-dosing, but mixing different drugs, or combining drugs and alcohol; this can be deadly. Teenagers need to know that it is illegal to use, or to provide someone else with, a prescription drug that has not been prescribed specifically for them.
 By working together we can better keep our children safe from the dangers of drug abuse. I have a deep concern for the young people of Towns County and our sheriff's office is committed to doing all we can to safeguard our children. If you have any information about those involved in the distribution of drugs, or you have questions about keeping your child safe, please call us at 706-896-4444. You may also leave an anonymous message on our tip line at 706-896-3697.
 For more information about the Towns County Sheriff's Office, you can visit online at www.town-countysheriffsoffice.com.

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 EMAILED OR MAILED

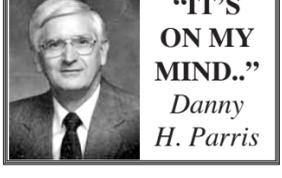
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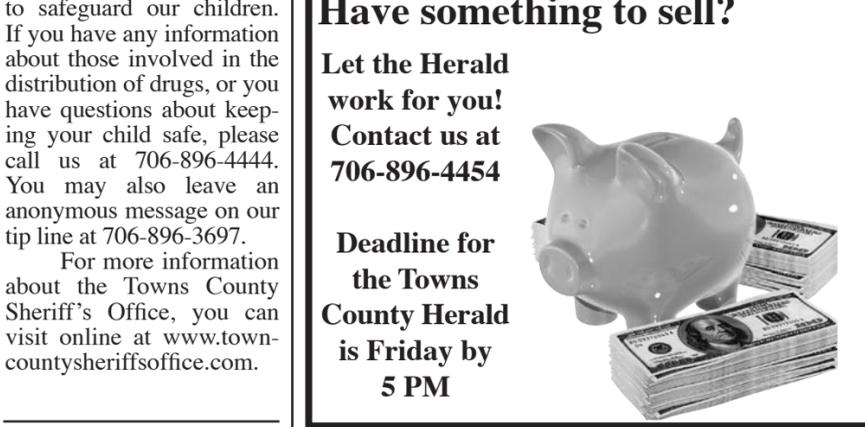
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"IT'S ON MY MIND.."
Danny H. Parris

Are you an artist?
 I read somewhere that if you only work with your hands, you're a laborer. But if you work with your head and your hands, you are a craftsman. If you work with your head, your hands and your heart you become an artist. All of us ought to be artists. I don't mean that we should all be painters but each one of us should work with our head, our hands and our heart. If we have the unity of the trinity (head, hands and heart) in our work we will be blest. God will be honored and mankind will benefit. Work should be done with a high calling in mind. It is tragic that masses of the work force reluctantly travel to work each day, do their work drudgingly and grudgingly, and return home at the end of the day with far less enthusiasm than at the beginning of the day because they have no sense of accomplishment. For many, the bumper sticker is true: "I owe, I owe, so off to work I go." The only reason some people have for getting up in the morning is because they owe, and they work only for a check to pay what they owe. That, my friend, is a sad and miserable existence. When work is done only for a pay check it is no longer a blessing. A man told his wife he no longer had a reason for living. She flew into a rage; "What do you mean?" she said. "The house is not paid for, we still owe for the car and the furniture is not paid for. You have plenty of reasons for living." The comedian, Milton Berle was right when he said, "Work is the most unpopular way in all the world to make money." If you are only working to earn money, you could possibly turn to some other method to acquire wealth such as cheating, stealing, embezzling, robbing, selling drugs, etc. However, if you see work as an offering of worship presented to God you are no longer working to earn money to pay bills, or to accumulate wealth, but to honor God with the fruits of your labor. Therefore, the end of work is not money (paycheck) but to honor God with your life and living. Paul said, "Whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by Him. Servants, obey in all things your masters according to the flesh; not with eye-service, as men pleasers, but in singleness of heart, fearing God: And whatsoever ye do, do it heartily, as to the Lord, and not unto men; knowing that of the Lord ye shall receive the reward of the inheritance: For ye serve the Lord Christ" (Col. 3:17, 22-24 KJV). The Preacher in Ecclesiastes urged, "Whatsoever they hand findeth to do, do it with all thy might..." (Ecc.9:10 KJV).
 Leonard E. Read once said, "Reflect on your work until you discover reasons for enjoying it; learn to love whatever your engagement with life might be. If you cannot do this - change jobs! For pride in your work is the first step toward joy in your life. In a word, find out what your uniqueness is and go to it. Excell!"
 Put your head into your work. Put your hands into your work. Put your heart into your work. Be an artist!



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