

DEDICATED TO THE PROMOTION OF TOWNS COUNTY

OPINIONS & COMMENTARY



Letters to The Editor

Letter to the Editor:

It is my privilege to provide you with a brief report of the activities of the Blairsville field office of the Georgia Department of Veterans Service. This office covers Fannin, Rabun, Towns, and Union counties with an estimated veteran population of 8,476.

It has been a very busy and exciting year with over 7,300 veteran related contacts. The necessity for personal assistance to eligible beneficiaries filing and pursuing claims with the U.S. Department of Veterans Affairs (VA) results from the legal principle that no veteran benefits are awarded automatically. All benefits to which a veteran may be entitled must be applied for!

The Blairsville field office is located in the VA Outpatient Clinic building at 1294 Hwy 515 East. The phone number is 706-745-6341. The fax number is 706-745-6801. The undersigned and Mr. Jonathan Ledford, a Veterans' Field Service Officer, staff the office. Itinerant service is provided each month to Fannin County at the Blue Ridge Social Security office on the 1st and 3rd Tuesdays and to Rabun County at the Probate Judge office on the 2nd Tuesday.

Our veterans gave much in the defense of our great nation and we must continue to work together to make sure their sacrifices are not forgotten. I look forward to continuing this partnership in 2012 and beyond.

Respectfully,
Bob Spaulding
Manager, Blairsville Office
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RARE KIDS; WELL DONE

By Don Jacobsen

Here's an interesting comparison you might want to make between your kids and the neighbor kids. The average teenager in the U.S. gets about seven hours of sleep per night. About a fourth of them get six and a half hours or less. So, how do your kids measure up?

Here's why the question is an important one: The American Academy of Pediatrics - the docs who specialize in keeping our kids healthy - recommends nine hours and 15 minutes of sleep per night as ideal. And the reason we need to know that is what happens to them if they don't get it. Let me explain.

When a teen is sleep-deprived - that is, sleeps less than the recommended amount - they are more apt to be irritable, they are more likely to experience memory loss, there is less brain rejuvenation for the next day's duties, their judgment suffers, their creativity lags, they are less motivated, and more inclined to depression, and more apt to demonstrate ADHD-like symptoms. Any one of those is reason enough to work toward the goal of nine hours minimum.

Television viewing patterns, social media, and cell phones are some of the most conspicuous culprits in robbing teens of sleep. Excess

homework is another. Recent studies indicate that the optimum amount of learning takes place when teens have no more than an hour of homework assignments nightly. If your student is spending more time than that on a regular basis, either he/she may need some extra help, or the assignments may be excessive. You may want to check with the teacher or with other parents you know. And speaking of optimum, the most restorative sleep happens before midnight.

A regular bedtime schedule is often helpful in kids getting to sleep quickly. Late night caffeinated beverages or heavy physical work-out late in the evening are a couple of other issues that can affect sleep.

A strategy parents tell me they use is to encourage their teen to try a new, healthy sleep schedule for one grading period and see if it makes a difference. The thing we don't want to have happen is for the issue of sleep to become just another area where mom and dad come across as nagging their teen. Kids need to know that mom and dad are on their side and are interested only in their max success, in school and in life.

Send your parenting questions to: DrDon@RareKids.net.

Every Green Herb

By Janice Boling

Onions in herbal medicine

Onions have many beneficial properties and should be eaten on a regular basis. Onions are used in herbal medicine both internally and externally. Like garlic, onions increase circulation, kill harmful bacteria, fight fungal infections, help cleanse the digestive system, lower high cholesterol levels, and help regulate blood pressure.

Onions contain sulphur, chromium, B6, and strong flavonoids which work together to protect the heart and prevent cardiovascular disease. Adding onions to the diet can also help keep the colon healthy and reduce the risk of colon cancers. Onions contain quercetin which has been shown to slow tumor growth.

In central Georgia where Vidalia onions are grown, mortality rates from colon and stomach cancers are much less than the rest of the United States!

Eating onions on a regular basis can help prevent gastric ulcers by preventing growth of ulcer forming microorganisms. Onions work in the digestive system to stimulate quick passage of matter through the bowels.

Onions are also used in the treatment of respiratory disorders including colds, coughs, bronchitis, and the flu. They help loosen mucus, reduce nasal congestion, and clear the lungs.

Studies show that eating onions can also help reduce the inflammation that comes with arthritis and asthma. The only side effect is bad breath!

Onions are a very good source of chromium, a mineral that helps cells respond to insulin. Chromium can decrease blood glucose levels, improve glucose tolerance, lower insulin levels, and decrease total cholesterol and triglyceride levels, while increasing good HDL-cholesterol levels. Chromium deficiency is common in the United States due to over consumption of refined sugars and white flour products. Having fast

food for lunch? Remember to always request extra onions on hamburgers, sandwiches, and salads.

Onions help maintain healthy bones and are especially beneficial for women who are at increased risk for osteoporosis as they go through menopause. Onions also contain lots of iron. Anyone with anemia should be adding extra onions to the diet.

Onions help protect against tooth decay and gum disease. For best results, chew onions well and hold in the mouth for a few minutes.

Onions may also be used to help heal skin infections. Apply warm, cooked onions as a poultice. Fresh onion juice can be used to help bee stings, soothe earache, and fight fungal infections like athlete's foot.

Many societies believe that peeled onions absorb germs from the air! Maybe the organisms are attracted to the smell, maybe it's the moisture content, but whatever the reason, germs are said to flock to sliced, raw onions.

Never eat onions that have set out in a public place (like a hotdog stand). A cut onion can be placed in the sick room to cleanse and purify the air (be sure to replace every 24 hours.) Discard used onion in the trash - do not eat it.

Always consult with a healthcare professional before using any herbal remedy especially if pregnant, nursing, or taking other medicines.

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"IT'S ON MY MIND.."

Danny H. Parris

Let us join hands

Well, the polls have closed and the votes have been counted (some are still being counted). This reminds us that the results have always been "in the hands" of the voters. Politicians, who have been getting plenty of exercise by "handshaking", are now getting exercise by "hand wringing." It is sad to say, but it is true, that many eligible voters didn't "lift a hand to vote." Excuses from eligible voters indicate that they think everything is "out of hand" and they have just "washed their hands" of the whole matter. They prefer "no hand" in the selection process. This is definitely no time "to throw up our hands" and quit. Many offices will be "changing hands" and those fortunate (or unfortunate) enough to have been voted into office will find that they have their "hands full." Some warning is in order for those taking office. Don't "sit on your hands" lest you be caught "red-handed." Remember all of those voters you had "eating out of your hand" will be "on hand" looking for the "hand-outs." Be careful that the "hand that fed you" doesn't bite off your hand. Don't be surprised that some supporters will now want you to "wait on them hand and foot." Some self-seeking supporters will seek to "tie

your hands" until you feel like you're "hand-cuffed," and sitting on a "hand grenade." Many good, fine, upstanding citizens who ran for office will be disappointed; you won't get the "big-hand of applause." In fact, some of you who thought you would win "hands down" will wonder if anyone "lent you a hand." "On the other hand" those who ran successfully will look forward to getting the "glad-hand." Some candidates have found out that their "bird in hand" has turned into a "handful" of campaigning debt.

This has been no "hand-me-down" or "second-hand" article. It is "first hand," from "my own hand," and some of you would like to "lay hands" on me. Before you do let me tell you about the "handwriting on the wall." The Bible tells us that as citizens we need to "join hands" and hearts in praying for those who are in authority and have the leadership over us (Titus 3:1-2, I Tim. 2:1-2; Rom. 13:1-4). For those who are serving, are serving under the "hand of God" (I Peter 5:6). Whatever your "hand" findeth to do; the Bible says you are to do it with all your might (Ecc. 9:10). If you have ever wondered what Jesus' hands looked like, look at the end of your arms. The "hands" with which Jesus continues His ministry to the world are the "hands" of His people, Christians like you and me.

Let us "join hands" as "many hands make light work." What we need is "showing of hands."

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