

DEDICATED TO THE PROMOTION OF TOWNS COUNTY

# OPINIONS & COMMENTARY

## Letters to The Editor

To the Editor:

I cannot describe how the world changes when a person is diagnosed with cancer. Fear, panic, and intense sadness permeate the patient's world. Words and knowledge of procedures that are not normally part of his/her vocabulary become part of the person's world. Many of us embrace faith in hope of miracles and the promise of recovery. Many of us develop a new understanding of how precious life is every second, minute and day. I want to thank so many people the list is endless. People who prayed for me but do not know me and everyone who does know me. My superintendent and board members who worked with me this year and last in returning to work since I was diagnosed in April of 2012. I want to thank all of the staff at Towns County Schools including administration, my family, and friends. I above all want to thank God. Trying to understand the reasons of why things happen is not always easy. Earlier this year the cross country team had worn pink ribbons in my honor at one of their races which was in the middle of the hardest time I was fighting this disease and I want to thank them. So when Ryan Tallent came and asked for his senior project to be able to do a race for me to raise money I was honored and humbled in a way I cannot describe. If in my struggle I can be of inspiration to someone to help others then it helps me to gain a new meaning of why. I want to thank Ryan and all of the runners who participated in this race for me in Young Harris on a very rainy day. I am going to donate the \$730 to a cancer survivor's group started in Blairsville by myself and Lois Taylor, RN. Cancer patients and survivors need support to deal with the trauma of cancer. The closest groups are not in this area. The money will be used to support the group. We hope to be a much needed support for Towns and Union survivors and caregivers of cancer patients. Meetings are scheduled the first Tuesday of each month from 5 to 6 at the Georgia Cancer Center next to the hospital in Blairsville. All are welcome so please stop in if anyone needs a helping hand in dealing with cancer. Although I am cancer free at this time (I finished all treatments in May of this year), the struggle does not end for cancer survivors, we walk with this disease for a long time and hope for the future. True celebrations can take place at the two year and five year markers but ever year counts. Each birthday that a person celebrates do not fret about getting older enjoy the time and celebrate you. So for those still fighting do not give up keep fighting, for those that so many of us have lost may some comfort come knowing they are not suffering anymore, and for those that are surviving the aftermath of cancer may we stay strong and be lights of inspiration and hope to others. To all the caregivers of cancer patients a big thanks. I do not know why but bad things happen to good people every day but what I do know I am blessed in my life for being a cancer survivor. For all of the people who read this article I hope that you stop and take a moment to reflect about what is wonderful and good in your life and say a prayer for all those that are less fortunate.

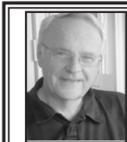
Sabrina King - Cancer Survivor

## Letter to the Editor

A big thank you goes to all the vendors and buyers who came to the opening day of the Towns County Farmers Market Saturday, June 15, 2013. It was a beautiful day and wonderful to see everyone. Thank you also to the Fire Department for sending their new fire truck to the big event. The produce went to the early birds, but there were still a lot of diversified items to buy and everyone loved the alpacas and their many products, scarves, socks, soaps. We encourage folks to come early and expect to see more vendors each week as gardens grow.

We will start our Friday evening opening on this Friday, June 21, 5:30 to 7:30 p.m. We can't guarantee who or what will be there, but come check it out. That will be at the entrance to the beach area on Hwy. 76 across from the entrance to the Georgia Mountain Fairgrounds, just like the Saturday's Farmers Market which is 9 a.m.-1 p.m.

ELS Committee, Towns-Union Master Gardeners, and Hiwassee Garden Club



## RARE KIDS; WELL DONE

By Don Jacobsen

Dear Dr. Don: My 10-year old daughter bad-mouths herself constantly. She'll say things like, "I'm so stupid." Or "I don't know how to do this homework," or something equally demeaning. I've heard her say, "I'm always so clumsy." Should I be worried about that?

Answer: Well, maybe "worried" isn't the right word, but negative self-talk is an easy habit for some kids - and adults, too - to get into, and it is never helpful. That's why I encourage parents to be creative in helping their kids get through it. Here's why it isn't productive:

What we say about ourselves often has a greater effect on us than what others say about us. We tend to believe what our ears hear or our lips say. Even the thoughts we think, if we hear ourselves think them often enough, we begin to believe.

So, what's a mother (or dad) to do? Let me tell you about one mother we know. When it was time for her daughter to get up in the morning, mom would go into her daughter's room, kiss her on the forehead, and say something like, "Good morning, Merry Sunshine. Daddy and I love you and we believe you are going to have a wonderful day!"

Both of the parents worked hard at creating an atmosphere of love and appreciation around this 8-year old.

It isn't generally helpful to challenge the child's statement. When she says, "I'm so stupid," if we respond, "No you're not," she may well think to herself, "They just don't know..." But a statement like, "Well, that's sure not the way daddy and I see you," can help rewrite her internal script. Watch for even small successes and respond with words like, "See, that's the kind of person you really are!"

The mother I mentioned above actually had four children, and she started each child's morning with the forehead kiss ritual. Only took a minute, but it created a morning atmosphere in her home that helped her children discover how valuable they were. Mom and dad helped them understand that they were valued and loved, not for what they could do but for who they are. "God gave you to us," they would assure them, "and we would not be a complete family without you." I don't want to over-simplify here, but it's amazing how, in that kind of atmosphere, the self-doubt talk just kind of goes away.

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

## The Middle Path

by Don Perry

Some of us have short memories and even shorter attention spans. I heard someone recently complaining that we have had too much rain, having apparently forgotten the last couple of years of drought and 90 degree temperatures in May.

"Welcome," I replied, "to the North Georgia Mountains of twenty years ago."

Years before "global warming" became a political football and the widespread encroachment of humans into ecologically sensitive areas heightened our collective awareness that climate is volatile; parts of the southern end of the Appalachian Mountain chain were a thunder shower away from being designated as rainforest.

"Nantahala" is a Cherokee word that means, "Land of the noon-day sun." The weather we have enjoyed this spring, with morning mists and low hanging clouds lingering until late morning, was once common. Several veteran beekeepers have told me that a good crop of sourwood honey depends on those morning mists.

Too much rain? Have we forgotten the fires of just a few years ago, the wells gone dry and the creeks reduced to a trickle? Today the lake is full.

Stream levels are healthy and a hike into the high country will reveal waterfalls rushing and springs flowing that have been dormant for a decade. Everything that can bloom has bloomed or is blooming and my corn and tomatoes are racing for the sky. The forest is glowing green with an astonishing display of foliage.

I suppose that for some, rain can be inconvenient, and we are unaccustomed to being inconvenienced. We expect instant gratification at every turn and would love to have remote control weather if we could get it. Drought, however, is also very inconvenient. Fire is inconvenient. I'll take the rain.

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

### Dangerous to your health

The Preacher in Proverbs states that "He that covereth his sins shall not prosper but who so confesseth and forsaketh them shall have mercy (Proverbs 28:13). Have you ever been driving down the highway and met a police officer or had a patrolman come up behind you and even though you were not violating any law you had guilt feelings? What made you have those guilty feelings? Most likely those feelings were experienced because you had broken the law sometime in your past. Noel Coward, the famous playwright, pulled a prank on twenty of the most famous men in London. He sent each one of them a note which read: "Everybody has found out what you are doing. If I were you I would get out of town as fast as I could." According to the story all twenty of them left town. Because we have a conscience, guilt is a problem. Conscience is the inner awareness and feeling of responsibility for wrong behavior. While conscience reminds us when we have done wrong, it is not adequate to make us do right. You may have a good conscience, but it is possible to have a "defiled" (to dye with a different color or to stain) conscience. A man consulted with his doctor. "I've got this terrible problem." "Lately, I've been misbehaving and it's getting worse. My conscience

is troubling me very deeply and I was wondering if you could prescribe something that would help?" The doctor said, "Oh, I see, you want something to strengthen your will power." "No," said the patient, "You don't understand." "I want something that will weaken my conscience." You can persist in rebellious and corrupt living until your conscience no longer responds to right and wrong. Guilt can be experienced for several reasons. Some people feel guilty about everything. Sick people sometimes feel guilty over the care they receive from others. Some people don't marry and feel guilty they didn't. Some people marry and feel guilty about marrying. Some people feel guilty about poor parenting. Some people who have aging parents feel guilty that they are not caring properly for them. Some people feel guilty that they enjoy good health while others do not. Some feel guilty because they have good houses in which to live while others have no shelter. Guilt may result from some concealment of past sins in one's life. Some people live in constant fear that someone will discover their past sins. They fear the discovery of skeletons in their closet. Unresolved guilt causes emotional tension and robs us of our happiness. It destroys self-confidence. It can result in a variety of physical problems. Guilt may drive a person to a life of reckless abandon in fleeing from the finger of conscience. Guilt is basically a spiritual problem. Concealment brings guilt. Confession brings grace. Repressed guilt is indeed harmful to your physical, mental and emotional health.



### 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

TO: Towns County Herald, Letter to the Editor, PO Box 365, Hiwassee, GA 30546. Our email address: tcherald@windstream.net. Letters should be limited to 200 words or less, signed, dated and include a phone number for verification purposes. This paper reserves the right to edit letters to conform with Editorial page policy or refuse to print letters deemed pointless, potentially defamatory or in poor taste. Letters should address issues of general interest, such as politics, the community, environment, school issues, etc. Letters opposing the views of previous comments are welcomed; however, letters cannot be directed at, nor name or ridicule previous writers. Letters that recognize good deeds of others will be considered for publication.\*  
Note: All letters must be signed, and contain the first and last name and phone number for verification.

## Community Calendar

**American Legion Post 23** meets 1st Tuesday of each month at 4 PM at VFW Post 7807, Sunnyside Rd., Hiwassee. Call 706-896-8387 for details. We need your support!  
**Towns County Water Board Meeting** 3rd Monday of each month at 6 p.m. in the TC Water Office Building.  
**Mountain Community Seniors** meet the second Thursday of each month at the Senior Center in Hiwassee at 2 p.m.  
**Towns County Democratic Party** meets the 2nd Thursday of every month at 5 PM at the Senior Center.  
**Towns County Republican Party** meets at 6:30 PM the 4th Thursday of each month at the new Senior Center. For more info call 706-994-3919.  
**Towns County Planning Commission** is held the 2nd Monday of each month at 7 p.m. in the Courthouse.  
**Towns County Commissioners** meeting is the 3rd Thursday at 5:30 p.m. in the courthouse.  
**School Board Meeting**, 2nd Monday each month at 7 p.m. in the auditorium.  
**Hiwassee City Council** 1st Tuesday of month 4 p.m., at City Hall.  
**Young Harris City Council**, 1st Tuesday of month at 7 p.m., Young Harris City Hall.  
**The Hiwassee River Valley Kennel Club** meetings are held at 7 p.m. the 1st Monday of each month at Brother's Restaurant in Murphy. Call Kit: 706-492-5253 or Peggy: 828-835-1082.  
**The Unicoy Masonic Lodge #259** meets on the 2nd Monday of the month at 7:30 p.m.  
**Stevens Lodge #414 F & AM** meets the 1st Thursday of each month at 7:30 PM in Young Harris.  
**Towns County Board of Elections** holds its monthly meetings on the 2nd Wednesday of each month at 4 p.m. at the Elections Office (Old Rock Jail).  
**Towns County Historical Society** meets the 2nd Monday of each month at the Senior Center in Hiwassee at 5:30 p.m. Annual dues \$15, PO Box 1182, Hiwassee, GA. We do oral family histories of residents. 706-896-1060, www.townshistory.org

**Bridge Players** intermediate level meets at 12:30 p.m. on Mondays & Fridays at the Towns County Rec Center.  
**Mountain Regional Arts and Crafts Guild, Inc (MRACG)** meets the 2nd Tuesday of each month at ArtWorks Artisan Centre, Hiwassee. Refreshments at 6 p.m., meeting begins at 6:30 p.m. Call us by 706-896-0932 or mtngarts-craftsguild.org.  
**Mountain Computer User Group** meets the 2nd Monday of each month at the Goolsby Center at YHC. Q & A at 6 p.m., meeting at 7 p.m.  
**FPL Retirees Breakfast** will meet the 2nd Tuesday of each month at the Hole in the Wall Restaurant on the square in Blairsville at 9 a.m.  
**Chattahoochee-Nantahala Chapter, Trout Unlimited** meets 2nd Thursday of each month at Cadence Bank in Blairsville. 5 p.m. Fly Tying - 7 p.m. General Meeting. Everyone welcome. www.ngatu692.com.  
**Military Officers Association of America (MOAA)** meets the 3rd Monday of each month at various area restaurants. For information call John at 706-896-2430 or visit www.moaa.org/chapter/blueridgemountains.  
**Alcoholics Anonymous:** 24 hour phone line 828-837-4440.  
**Mothers of Preschoolers** meets the third Thursday of each month at First Baptist Church of Blairsville from 6 - 8 p.m. Call the church at 706-745-2469.  
**Chatuge Regional Hospital Auxiliary** on the 3rd Monday of each month, except the months of July, October and December, in the hospital cafeteria at 1:30 p.m.  
**Mountain Magic Table Tennis Club** meets 3 p.m. Thursdays at Pine Log Baptist Church Fellowship Hall in Brasstown. Ping Pong players welcome. Call Jerry (828) 837-7658.  
**Prostate Cancer Support Group** meets the 3rd Monday of every month from 5-6 PM in the Cancer Treatment Center Auditorium in Blairsville. For more info call Steve 706-896-1064.  
**The Humane Society Mountain Shelter** Board of Directors meets the last Thursday of every month at 5:30 p.m. at Cadence Bank in Blairsville.

**The Towns County Alzheimer's Support Group** meets the first Tuesday of each month at 1:30 PM in the Family Life Center of McConnell Memorial Baptist Church. For more info call Carol at 706-896-6407.  
**The Appalachian Shrine Club** meets the 2nd Thursday of each month at 6:30 PM at the Allegheny Lodge in Blairsville. For more info call William 706-994-6177.  
**Georgia Mountain Writers Club** meets at St. Francis of Assisi Church the 2nd Wednesday of every month at 10 AM.  
**GMREC Garden Tours** every Monday 9 a.m.-1 p.m.  
**Shooting Creek Basket Weavers** meets the 2nd Wednesday of every month at 10 a.m. at the Shooting Creek Fire Hall Community Center. For more info www.shootingcreek-basketweavers.com.  
**Friendship Community Club** meets the 3rd Thursday of the month at 6 PM at Clubhouse, 1625 Hwy. 76. 706-896-3637.  
**Goldwing Road Riders** meets the 3rd Saturday of each month at Daniel's Steakhouse in Hiwassee. We eat at 11 and meeting begins at 12.  
**Narcotics Anonymous (NA)** meets every Wednesday evenings at 7 PM at the Red Cross building (up the hill from the chamber office on Jack Dayton Circle).  
**Caregiver support group** meets 2nd Tuesday of each month, 3 p.m. at Brasstown Manor, located at 108 Church St., Hiwassee. Call 706-896-4285 for more info.  
**Enchanted Valley Square Dance Club.** Dances 2nd & 4th Fridays at Hiwassee Senior Ctr. from 7-9 PM. \$5/person to dance. Free to watch. Call 706-379-2191.  
**Brasstown Woodturners Guild** meets 1st Saturday of month at 9:30 AM in HHS shop. For more info call J. C. at 706-896-5711.  
**VFW Post #7807** will be hosting a fish fry their 2nd & 4th Fridays of each month April - October. \$9. all you can eat from 4:30 - 7 PM.  
**Mountain Amateur Radio Club (MARC)** meets 6:30 PM the 1st Monday of month at 1298 Jack Dayton Cir. (next to EMS), Hiwassee. For info call Al 706-896-9614 after 6 PM.

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