

Editorial page

Nolia's Notes

Lesson for Then and Now!

by NOLIA BIGGERSTAFF



I wish I had written the following story from my high school classroom. I saw this on Facebook and there was no author, but I did not write it.

I have been thinking about this story for days and I feel it is worth sharing. The story goes like this: We were watching a film in class and the teacher told us to take notes on the film as we watched.

Afterward, the teacher went up to one fellow student and claimed he did not take notes. He was a great student and we all knew that he had been taking notes like the rest of us. We saw him taking notes, yet, the teacher was adamant that he had not done as she had directed.

Several of us tried to speak up, but the teacher was getting more agitated and told him to get out of his desk. She marched him down the hall to the principal's office. We sat there in the classroom stunned at what had just taken place!

A few minutes later, our teacher came back into the classroom, with the student she supposedly sent to the principal. The teacher faced the

class and said, "You see how fast things can happen? You all knew your fellow student had been taking notes. You all saw him, and yet, you were all just sitting there allowing him to be unjustly accused and punished. You know, next time, you might be the one falsely accused or attacked. Never, never, never, allow someone to convince you that what you see with your own eyes is not true!!!"

The film we were watching was the Diary of Anne Frank!

As I was reading this on FB it gave me chills. Our young people of today, have no idea about World War II, families that just disappeared from neighborhoods, people being persecuted for their religious and political beliefs, propaganda in schools, etc.

I see a lot of that happening in our country, today. Little by little, behaviors are creeping into our society that are un-American. Seeing is believing and when you see something, you should believe it, no matter whom or what tries to convince you, otherwise!

This weeks tips from the BBB

If you're standing in line at the jewelry store or florist this weekend, consider this thought: are you a good customer? As consumers, we typically have high expectations of a business during a transaction. Whether it be hiring a carpet cleaner or going out for a nice meal, we want good service at a fair value. But are we doing our part to help this happen? Most business transactions start with the customer making the first contact, so be sure to bring your A-game and help the transaction to be successful and pleasant for all.

BBB offers the following tips on how to be a great customer:

- Be ready. Do your research before contacting the business. Know your desired measurements, colors, dates, special requests, times, preferences, pictures, etc. Having a business wait for you to find the information can make for a rough start and a longer process.

- Be in the know. Not all businesses give refunds or offer exchanges. Some businesses have limited hours or means of communication. Be sure to review all paperwork and policies so you know what to expect; if you are unsure, ask questions. This is especially important during the pandemic, as businesses adjust their normal policies in efforts to protect their employees and customers.

- Be flexible. Remember there is an entire process before a service or product is delivered, which can include glitches and errors. People are not perfect, and machines and technology can fail. If something is delayed or is not as requested, it's acceptable to make your concern known, but understand that most businesses are doing their best given the circumstances and appreciate your patience.

- Be kind. Everyone appreciates a warm tone and a smile. You never know what the other person is going through or just experienced. Try to be the bright point of their day. "Please" and "thank you" really are magic words.

- Be attentive. When the business is giving you their full attention, be sure to give it right back. Looking away or talking on the

phone while someone is trying to talk can be frustrating for the person trying to help you.

- Be understanding. Many people think the business can afford to take the hit when asking for refunds or extras. However, profit margins for businesses are often very slim, especially during the pandemic. Businesses have a lot of expenses that most people don't realize.

- Be patient. Don't let filing a negative customer review or a complaint be the first time a business hears about a problem. Addressing your dissatisfaction directly is appreciated by most businesses and allows them the opportunity to correct it for you.

- Be thankful. We are all busy but taking just a moment to say "good job" is time well spent. Go the extra step by sharing your experience to a manager or owner and to really make it known, file a BBB Customer Review.

Find more consumer tips on BBB.org. You can also go to BBB.org to look up online marketplace business profiles, file a complaint, or write a customer review. Visit BBB Scam Tracker to research and report scams.

Bailey, Radford, Smith named to President's List at Georgia Southern Univ.

Georgia Southern University recently recognized approximately 2,420 students for excellence in academics on the Fall 2020 President's List. Joseph Bailey, Hudson Radford, and Carson Smith of Lincolnton, were among those students.

To be eligible for the President's List, a student must have at least a 4.0 grade point average and carry a minimum of 12 hours for the semester.

Georgia Southern University, a public Carnegie Doctoral/R2 institution founded in 1906, offers approximately 140 different degree programs serving almost 27,000 students through 10 colleges on three campuses in Statesboro, Savannah, Hinesville and online instruction.

A leader in higher education in southeast Georgia, the University provides a diverse student population with expert faculty, world-class scholarship and hands-on learning opportunities.

Georgia Southern creates lifelong learners who serve as responsible scholars, leaders and stewards in their communities. Visit GeorgiaSouthern.edu.



Consumers get answers from Ga. Department of Agriculture

Consumer Q's is a weekly question-and-answer column by Arty Schronce at the Georgia Department of Agriculture. Please share your thoughts, questions and suggestions with him by phone, mail or email.

Q: How much sunlight do roses need?

A: Roses require at least six hours of sunlight each day. It is especially beneficial that the roses get sun as early in the day as possible. Morning sun will help dry dew from the foliage and reduce fungal leaf diseases.

Q: I am concerned about lightning striking a large (and beloved) tree on my property. I have seen a lightning protection system using metal cables on trees at an old garden. Do you have any information about how to install such a system?

A: Contact a certified arborist to do this for you. There are three reasons why you should leave this to a trained professional: First, is your personal safety. Climbing into the top of a tall or (not so tall) tree can be dangerous. Trying to work in such a location when you have no training or experience is even more dangerous. Second, is the health of the tree. Using the wrong equipment to climb or to install the system can damage the tree. Third, an improperly installed system can make lightning damage to the tree worse or more severe than having nothing at all. The cost of a certified arborist may seem expensive, but if you subtract the cost of hospitalization, the cost of removing a dead tree or the cost of having a tree land on your house, it may seem like a good investment. Also, if you lose a century-old tree, you cannot purchase another one at any price.

Q: Is pork considered white meat?

A: Pork is a red meat. When fresh pork is cooked, it becomes lighter in color, but it is still a red meat.

Q: We have bought a new home. My wife wants to plant roses. All I know about roses is that they require constant work with lots of spraying and lots of fertilizing. I do not want to do that. Any suggestions?

A: Roses have a reputation, sometimes undeserved, for demanding a lot of attention. However, you do have some options that will cut down on the work required. First, plant them in the right spot.

Roses require at least six hours of sunlight each day. If they don't get enough, they are more likely to be attacked by fungal diseases such as black spot and powdery mildew. It is especially beneficial that the roses get sun as early in the day as possible. Morning sun will help dry dew from the foliage and reduce fungal leaf diseases. Also, try to plant them in an area that gets good air circulation for the same reason.

Second, proper soil preparation will make a great difference in the health and long term vigor of your roses. Adding organic matter such as compost will both increase the water-holding capacity of sandy soil and break up clay soil. A properly prepared bed or planting area will help them take up water and nutrients more efficiently.

Third, select durable and disease-resistant varieties of roses. The new Knock Out series of roses has been getting excellent reviews from gardeners. Rugosa rose varieties are usually disease resistant. Both single and double varieties of the chestnut rose are ironclad performers. A few other durable varieties are Mermaid, Caldwell Pink, Archduke Charles, Cécile Brunner, Charlotte Armstrong, Dainty Bess, Fortuni-ana, La Marne, Gardenia, Mutabilis (also known as the "butterfly rose"), Old Blush, Seven Sisters, The Fairy, Zephirine Drouhin and Petite Pink. A horticulturist at your local nursery will be able to give more suggestions.

Fourth, don't freak out and start spraying every time you see a couple splotchy leaves or a few Japanese beetles. Create a rose garden that looks good as a whole and you, your visitors and your wife won't focus on one or two minor imperfections. Every rose doesn't have to look like the centerfold in the Jackson & Perkins catalog all the time. Also, you don't have to keep your roses pumped up with fertilizers. Too much fertilizer can lead to too much lush growth, which is more prone to attacks from disease and insects. Many rose varieties produce an adequate supply of flowers with no extra boosts of fertilizer.

If you have questions about agriculture, horticulture, food safety or services or products regulated by the Georgia Department of Agriculture, write Arty Schronce (arty.schronce@agr.georgia.gov) or visit the department's website at www.agr.georgia.gov.



Six Essential Nutrients

By Robyn Stewart
Lincoln County Extension Service



A nutrient is defined as any substance that provides nourishment for the growth and maintenance of life. Nutrients are classified in several ways. First consider whether they are needed in large amounts, called macronutrients (protein, fats, and carbohydrates) or whether they are needed in small amounts, called micronutrients (vitamins and minerals). Nutrients are further classified based on whether they are essential or nonessential.

Essential nutrients are things that the animal or human cannot make at all, or cannot make in sufficient quantities to sustain life. They are essential because the nutrients must be obtained through the diet.

A non-essential nutrient is a nutrient that the animal or human can make in sufficient quantities. For example, the microbial population in a horse's digestive system produces B-vitamins through the fermentation of dietary fiber. Therefore, B-vitamins are considered a non-essential nutrient in the horse.

Every living thing has nutrient requirements which are the amount of each nutrient needed to sustain life. These requirements are hugely variable and depend on species, size, purpose, workload, age, and so on. The nutrient requirements for livestock are published by species through the National Research Council and nutrient requirements for humans are published by the World Health Organization. All living things require six essential nutrients to sustain life. Those nutrients are water, protein, carbohydrates, fats, vitamins, and minerals.

Water is an essential nutrient responsible for dissolving and transporting nutrients, chemical reactions, body fluid levels, temperature regulation, and cell shape. Water requirements tend to vary greatly between individuals.

Two of our essential nutrients provide primarily energy (calories) to the diet. These are carbohydrates and fats. Carbohydrates include simple sugars like glucose, complex sugars like glycogen, starches, and structural or fiber carbohydrates. The second nutrient that provides energy in a diet is fat, which provides 2.25 more energy to the diet than an equal amount of carbohydrates. Fats are digested into essential fatty acids (including Omega 3 and 6) that can be used for energy and also carry fat-soluble vitamins.

The final macronutrient on our list is protein, which is required for the growth and maintenance of the body including muscles, hair, skin, enzymes, and more. Contrary to what some believe, protein is not used as an energy source. Proteins provide amino acids that are used to build things like hormones, antibodies, muscle fiber, and so on.

Our two micronutrients, vitamins and minerals, are organic and inorganic compounds, respectively, that are essential for things like body structure and maintenance, chemical processes, muscle function, immune function, reproduction, and so on. Within these, there are fat-soluble vitamins A, D, E, and K, and also water-soluble vitamins C and B-complex. A primary difference in the two is that fat-soluble vitamins accumulate in the body and can eventually become toxic, while water-soluble vitamins are excreted in excess. On the flip side, we break

minerals down into macrominerals including calcium, chloride, phosphorus, sodium, etc and microminerals like chromium, selenium, iron, copper, etc. Mineral deficiencies or toxicities can show up as a wide variety of symptoms and should be evaluated with a medical professional or veterinarian.

Our focus in the Lincoln County Extension Office is on livestock production and management, and my personal specialty and background is in livestock nutrition and ration balancing. If you need help evaluating a diet or connecting to some human nutrition resources, please reach out to us and let us know at uge3181@uga.edu or 706-359-3233.

Festival entries wanted

The American Legion Post 194 and Classic South Quilt Guild is looking for entries for their upcoming quilt, craft and sewing festival scheduled for June 12-13. If you have quilts, sewing crafts, or toys, novelty items, ceramics, paintings, jewelry, etc., please contact Linda Buesching at 706-359-1572 or Al Ewing at 661-666-3749 for more information on entering your items.

Sit, Sew classes

The American Legion is hosting additional classes: "Sit & Sew" classes, meet monthly on the 2nd & 4th Tuesday morning, from 11:00 a.m. to 4:00 p.m.

"Quilting Classes" are monthly, on the 2nd and 4th Tuesday, 7-9:30 p.m. Call Linda Buesching/Instructor at (706) 359-1572.

Sewing and quilting stations are appropriated spaced and masks are required.

All levels of quilting welcome. The cost is a "donation" to the American Legion.

Divorce care group

Are you divorced or separated? Need Godly guidance with others who are struggling also? Faith Community Church is starting a Divorce-Care group starting on Sept. 2 that will meet for 13 weeks. It will be on Wednesday nights from 7-8 p.m. Childcare is available. Please email Lee.haskins7@gmail.com for more information or see church's website.

BOE meeting dates

The Lincoln County Board of Education 2021 meeting dates are as follows: May 11, June 8, July 13, Aug. 10, Sept. 14, Oct. 12, Nov. 9, Dec. 14, and Jan. 11, 2022.

The meetings will be held at 7 p.m. at the Board of Education Administration Offices Building at 423 Metasville Rd.

Super Crossword

Answers

G	L	A	S	S	B	A	G	S	E	P	I	C	S	T	H	S			
L	I	M	I	T	I	S	A	W	M	E	N	L	O	W	E	N	T		
A	M	P	L	E	M	A	P	L	E	B	A	S	A	L	B	A	L	S	A
D	E	S	I	R	E	S	L	E	H	A	R	P	I	O	N	E	E	R	
C	N	N	R	E	T	E	L	L	S	C	O	G	N	A	C				
M	I	M	O	S	A	M	A	O	I	S	M	A	L	L	S	E	T	H	
A	N	O	N	A	N	N	E	S	C	L	O	T	S						
R	K	O	N	C	D	E	T	A	S	E	A	P	O	R	T				
C	A	R	O	B	C	O	B	R	A	A	R	C	E	D	C	E	D	A	R
L	O	I	N	E	R	A	S	M	U	S	T	I	N	E					
S	H	A	D	E	S	U	T	E	N	S	I	L	D	A	I	N	T		
E	A	C	H	S	M	I	T	T	E	N	C	A	R	T					
C	H	E	A	P	P	E	A	C	H	L	E	M	O	N	M	E	L	O	N
T	A	S	T	I	E	R	L	A	P	E	B	A	Y	I	D	O			
A	N	G	L	E	L	O	T	T	O	P	E	O	N						
S	P	U	R	C	E	O	L	A	U	R	E	L	A	L	L	U	R	E	
P	E	L	O	S	I	P	L	A	N	T	E	D	L	I	U				
A	L	L	T	O	L	D	E	N	O	L	A	J	A	S	M	I	N	E	
C	A	M	U	S	S	U	M	A	C	A	S	P	E	N	P	A	N	E	S
E	G	A	N	E	L	I	S	E	W	O	O	S	E	G	R	E	T		
S	E	N	D	T	Y	L	E	R	S	N	I	T	D	E	E	R	E		

REED TRUCKING, INC.
Sand, Gravel, Fill Dirt & Top Soil
Call Kenneth Reed
Business: (706) 359-1431 2422 Double Branches Road
Cell: (706) 401-8789 Lincolnton, GA 30817

One solution for oxygen at home, away, and for travel
Introducing the INOGEN ONE
It's oxygen therapy on your terms

No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can go virtually anywhere — even on most airlines. Inogen accepts Medicare and many private insurances!

Reclaim Your Freedom And Independence NOW!

Call Inogen Today To Request Your FREE Info Kit

1-855-769-6057

The Lincoln Journal
Established in 1893
The Official Organ of Lincolnton and Lincoln County (USPS 313-660)
Published every Thursday in Lincolnton, Georgia
Peachtree Street, by Wilkes Publishing Co., Inc.
SUBSCRIPTION RATE
One year in Lincoln County - \$26.00
Wilkes, Taliaferro Counties - 26.00
Outside three-county area - \$41.00
(includes 8% state and local sales tax)
Periodicals postage paid at Lincolnton, Georgia
POSTMASTER: Send address changes to:
The Lincoln Journal, P.O. Box 399
Lincolnton, Georgia 30817
706-359-3229
Email us at: journal@nu-z.net
Visit us online at www.lincolnjournalonline.com