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MAY 2024

# RABUN *neighbors*

\*\*\*\*\* AN EXCLUSIVE COMMUNITY MAGAZINE BRINGING RABUN RESIDENTS AND BUSINESSES TOGETHER \*\*\*\*\*

*meet*

Keith & Cynthia  
Jackson

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ON LAKE RABUN

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**Nick Poss**  
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706-982-0872  
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MAY 2024

# RABUN neighbors

AN EXCLUSIVE COMMUNITY MAGAZINE BRINGING RABUN RESIDENTS AND BUSINESSES TOGETHER

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Have feedback, ideas or submissions? We are always happy to hear from you. Deadline for submissions is the 5th of each month prior to issue date. Go to [bestversionmedia.com](http://bestversionmedia.com) and click "Submit Content" to share your information. You can also email [tmcclelland@bestversionmedia.com](mailto:tmcclelland@bestversionmedia.com).

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### CONTENT SUBMISSION DEADLINES

Any content you would like to share in RABUN Neighbors should be submitted by the 1st of the month preceding the issue date in which it will appear e.g. November issue content deadline is October 1st. PLEASE submit content as early as possible to ensure we have the proper time to review, write, edit and approve it. Any content not received and/or approved by the 1st will have to be scheduled to appear in a future issue.

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My mom at almost 92



Sheila with Hailee and Emily—the new super moms

## Moms are Difference Makers

To me, May has always been Mom's month! As I watch our children's families grow, I'm reminded of how important moms are to creating confident, capable and responsible members of our society. The positive difference moms can make in every child's formidable years creates the foundation for a lifetime of endless possibilities. My mother had a huge impact on my life and the person I am so I give thanks every day for being blessed with such an amazing mother who has always set a great example for me and my siblings. I'm also so thankful for what an amazing mother Sheila has always been and now she's loving her new role as a grandmother even more! Plus, our daughter-in-law Hailee now has 18 months under her belt with our grandson Parker and our daughter Emily will become a mother in June to our second grandson, Wells. So, the McClelland household is hopping!

I know you'll chuckle reading how the Jackson family's Rabun story began in the 60's in a condemned cabin on Lake Rabun.. Plus, five of our Expert Contributors are sharing tips and advice that you can put to use along with lots of informative community content. I'd also like to welcome Overhead Door Company of Clayton as our new Garage Door Expert. Ed Gaffney is the new owner and he's invested in building a new facility in Dillard to serve your family and all our neighbors in the surrounding Tri-States mountain region. You can learn more about all their beautiful garage door products and services at [odcclayton.com](http://odcclayton.com).

I can't thank our sponsors and advertisers enough for making RABUN Neighbors possible. Please tell them THANK YOU with your words and your business. I also hope you'll do something special for your mom this Mother's Day and remember to let her know why you appreciate her so much. Enjoy all the month of May has to offer with graduations and the school year coming to a close, Memorial Day weekend and summer vacations just around the corner.

*Cheers to All Our Amazing Rabun Mothers!*

—Tim



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Volunteers Kathleen Johnson and Janine Bethel organize children's clothes



Volunteers Zoe Espinoza, Debbie Beaty and Ginger Bleckley help customers check out



# First Impressions Clothing Ministry Changes Lives

BY JANINE BETHEL

First Impressions Clothing Ministry, Inc. opened on October 5, 2011 in the Old Fellowship Hall of Dillard United Methodist Church in response to the high unemployment rate in Rabun County caused by the closing of several mills in the area. Our initial focus was to provide interview and work-ready clothing for job seekers but we soon realized that people who needed clothing for work also needed casual clothing and clothing for members of their family, so our mission expanded.

We were blessed in 2015 to be provided space in the North Georgia Food Bank Shopping Center to house our ministry. We are now located in a large space next to Family Dollar and the increased space has allowed us to greatly expand our children's clothing department.

Grants, received from the North Georgia Community Foundation and the Lake Rabun Foundation, provide funds for the free distribution of men and women's hygiene items including women's period products and men and women's incontinence products. We have a special partnership with A Place of Hope North Georgia to provide clothing for foster children, in particular those who arrive in their new foster homes with little in the way of personal belongings.

We welcome everyone to our store! Everything in our store is provided free of charge. Everyone who works with First Impressions is a volunteer and our clothing items come from the generous donations of our community. We are in need of additional volunteers in order to expand our hours. If you're interested in volunteering, please contact Karen Carroll, (813) 255-1088.



**Our store is open Monday through Thursday from 11 am to 1 pm and Friday and Saturday from 9 am to 1 pm and we're located at 84 Plaza Way in Clayton, (706) 476-7939. If you have questions about our services, please contact Janine Bethel, (706) 490-1882.**

Finally, our guiding principle comes from Christ in the Gospel of Matthew, 25:40,

*"Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me."*

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BY KATHY MALONE

Low-income seniors age 65+ and older may apply for financial assistance for their heating and water bills. Eligibility for the program is based on the income of all household members. For assistance with heating, contact 855-636-3108 starting December 1st. Applicants can also apply online at https://dfcs.georgia.gov/services.

If your business isn't a member of the Rabun Chamber of Commerce, we invite you to call 706-782-4812 to learn more or stop by the Rabun Welcome Center to learn how we can help you market and grow your business.

**City of Clayton Planning & Zoning Board of Directors:** Monthly meeting is held on the first Thursday of the month, the next meeting will be held on May 2nd @ 5:30 pm, Clayton City Hall.

**Clayton City Council:** Monthly meeting is held on the third Tuesday of the month, the next meeting will be held on May 21st @ 4:00 pm, Clayton City Hall.

**Clayton Downtown Development Authority:** Monthly meeting is held on the fourth Tuesday of the month, the next meeting will be held on May 28th @ 1:00 pm, Clayton City Hall.

**Rabun County Board of Commissioners:** Monthly meeting is held on the fourth Tuesday of the month, the next meeting will be held on May 28th @ 6:00 pm, Courtroom of the Rabun County Courthouse.

Employment opportunities:

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**Rabun County** ..... Contact Linda Ramey, Human Resources Officer, at 706.782.5271 ext. 3 or linda.ramey@rabuncounty.ga.gov to submit an application.

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# The Evolution of Eye Care

Eye Care  
**EXPERT  
CONTRIBUTOR**



BY DR. ALEXA ARENCIBIA  
SOUTHEAST EYE GROUP

From ancient remedies to cutting-edge AI technologies, it is truly remarkable the transformations that have shaped the way we approach vision health. Before we delve into the innovations of today, let's take a brief look back at where it all began.

## A Glimpse into the Past

Eye care practices have roots deeply embedded in ancient civilizations. The Romans, for instance, utilized honey as a natural antibacterial agent in treating eye ailments. As time progressed, the Greeks and Romans refined their techniques, introducing surgical procedures like cataract removal as early as the 1st century AD.

The Middle Ages witnessed further advancements, with optometrists mastering the art of crafting spectacles. Originating from the skilled hands of monks in Pisa, Italy, these spectacles laid the groundwork for modern vision correction methods.

## Advancements in Technology

Fast forward to the modern era, and we're met with a wave of technological breakthroughs that have revolutionized eye care. Among the most groundbreaking developments is the advent of contact lenses. Initially crafted from glass in the late 19th century by Swiss physician Adolf Eugen Fick, these lenses evolved into more comfortable plastic alternatives by the 20th century.

In recent decades, technology has propelled eye care into new realms of possibility. Organizations like Orbis International harness the power of virtual reality to train eye care professionals worldwide, while laser surgery has emerged as a transformative solution for vision issues like myopia.

## The Rise of AI in Eye Care

Looking ahead, artificial intelligence (AI) stands poised to redefine the landscape of eye care. AI-driven diagnostic tools offer unprecedented accuracy in detecting conditions like diabetic

retinopathy. Approved by the FDA in 2018, these autonomous systems represent a significant leap forward in preventive care.

Moreover, AI extends beyond diagnostics to treatment planning. Projects like Google's DeepMind utilize AI algorithms to predict the progression of diseases, enabling early interventions that could prevent blindness.

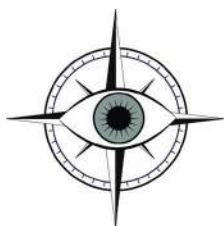
## Navigating Challenges and Embracing Change

While the integration of AI holds immense promise, it also presents challenges. Privacy concerns loom large, necessitating robust security measures to safeguard patient data. Additionally, mitigating biases in AI algorithms remains a critical task to ensure equitable healthcare outcomes for all.

In this rapidly evolving landscape, eye care professionals must adapt to embrace the opportunities presented by technology. Collaboration between healthcare experts and technologists is essential for harnessing the full potential of AI in improving patient care. Moreover, a commitment to ongoing education is paramount to staying abreast of advancements in this dynamic field.

## Embracing the Future

As we stand on the cusp of a new era in eye care, it's crucial to embrace the possibilities that lie ahead. While the pace of change may seem daunting, each innovation brings us closer to our goal of enhancing patient outcomes. By remaining informed and open to transformative technologies like AI, we can usher in a future where vision health knows no bounds.



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# The Foxfire Museum

## EXPLORE YOUR HERITAGE: Foxfire's Summer Heritage Days

BY JOHN SINGLETON

In June the Foxfire Museum and Mercantile will welcome visitors to the mountain for two days of reconnecting with the skills of our ancestors. 2024 is Foxfire's 50th anniversary and we're excited to welcome folks to the land.

If you've been up to Foxfire before, you know what a treasure the museum is. If you haven't, or if your last visit was more than a couple of years ago, you'll be happy that much has not—that's right, has not—changed. The once-flourishing apple orchard hosts more than 20 cabins, mostly reconstructed by students. Trillium and ferns grow along the museum paths as well as Lady Slippers, various mushrooms, wild grape and hemlock. A keen eye will spot the last apple tree from the old orchard, a remnant and reminder of a previous time.

Our Kids Village is a wonderful and welcome change! Consisting of 5

cabins (with more planned), it's become a destination for local schools and organizations. Also, nestled at the top of Black Rock Mountain is a beautiful new pavilion which comfortably seats over a hundred folks—a great spot to enjoy traditional music on a well-spent Friday or Saturday.

One of the most unique components of the Foxfire Museum is the geographic and geological beauty of the property. The museum trail is approximately .5 mile up and down the mountain, most of it through a 60-year-old forest canopy of Oak, Pine, Hickory and Poplar. Heritage Days takes full advantage of this beauty, taking visitors back 200 years as they traverse the museum mountain.

Beyond nature and the historic structures, Heritage Days features folks demonstrating farming and livestock

techniques, blacksmithing and more. Smoke drifts from the Warwoman Cabin, as experts demonstrate the history of Appalachian cooking—replete with the aroma of cornbread, apple cobbler and beef stew cooking on the woodstove.

For folks who love museums, history and opportunities to be immersed in nature, Heritage Days promises a full schedule of fun events including hiking, trekking and other great opportunities to enjoy both our heritage, our history and beautiful Black Rock Mountain!

So whether you're a history buff, or looking for a day out with the kids, or a naturalist curious about mountain flora or ready for a great mountain hike, join us for: **Heritage Days, June 7 and 8, at Foxfire Museum located at 98 Foxfire Lane, Mountain City GA. For more information, visit us at [www.foxfire.org](http://www.foxfire.org).**



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### Boys Varsity Baseball:

MAY 4 vs Covenant School



## Rabun County Recreation Department Sports Programs

**FOOTBALL & CHEERLEADING** Ages: 6-11. Age control date: Prior to August 1st of the current year. April 1st, 2024-June 1st, 2024.

**YOUTH CROSS COUNTRY** The purpose is to promote and develop an interest in cross country among young athletes by learning fundamentals and sportsmanship while competing. Ages: 7-12. Age control date: prior to May 1st of the current year. Registration: April 1st, 2024-July 3rd, 2024.

**YOUTH VOLLEYBALL** The purpose is to promote and develop an interest in volleyball among young athletes by learning fundamentals and sportsmanship while competing. Ages: 9-12. Age control date: prior to May 1st of the current year. Registration: April 1st, 2024-June 12th, 2024.

**YOUTH TENNIS** Learn fundamentals and sportsmanship while competing. Ages: rising 3rd-9th graders. Age control date: prior to May 1st of the current year. Registration: April 1st, 2024-May 17th, 2024.

For more information about Sports Programs visit: <https://rabuncounty.ga.gov/recreation> or call 706-782-4600.

**LITTLE LEAGUE** If you have questions about Little League, please call Tiffani Cavender at 706-982-2342 or go to [www.rabuncountylittleleague.org](http://www.rabuncountylittleleague.org).

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# JR's Painting & Services

BY J. R. MARTINEZ



Witnessing joy on the faces of our customers after delivering a transformative home project is the most gratifying aspect of this business and a key reason why I embarked on this journey years ago. The reward is significant and a pleasure, especially when my customers see their before and after home.

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appeal of residential homes. We meticulously prepare surfaces and use high-quality paints to achieve a flawless finish. I've consistently emphasized to my team that professional painting services entail more than just a brush and a roller; it involves evaluating, inspecting and addressing areas before painting, which provides homeowners greater peace of mind with the finished product. Whether the home requires pressure washing to eliminate dirt, grime, mold and mildew or needs extra attention like replacing rotted wood, siding, or damaged drywall, you can trust us to handle it with precision in order to maintain the integrity and beauty of your home once the paint is applied.

I think establishing a connection with our clients is paramount to delivering a quality finished product.

We commit from the outset to deliver our best every day and make a meaningful difference in every project. We always recognize the importance of minimizing disruption to your sanctuary and we work diligently and efficiently to complete your project in a timely manner. If your home is in need of revitalization, please reach out to us. I promise that our services will not only leave you totally satisfied, it will leave a lasting impression on your home that you will enjoy every day and for years to come.



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# Would you like to get to know other business and community leaders and serve your Rabun neighbors?

BY LAURA SEBERG

The Rotary Club of Clayton is one of the fastest growing Rotary Chapters in Georgia and we invite you to come see how you and/or your business can benefit from joining.

Contact Laura Seberg at 941-799-9393 or [lauraseberg63@gmail.com](mailto:lauraseberg63@gmail.com) to learn more about joining or visit [rotaryclayton.com](http://rotaryclayton.com).



Worship  
**EXPERT CONTRIBUTOR**

BY ADAM WRIGHT, LEAD PASTOR,  
CHURCH OF THE MOUNTAINS

## Defining Moments

*Do you remember when...?"* We ask this question when reflecting on a pivotal moment in history that shook either our country or our world. Everything stopped in that one particular moment.

Four major times in American history stand out to us. The assassination of John F. Kennedy, the explosion of NASA's Challenger, the terrorist attack of 09.11.2001, and the COVID-19 pandemic. Some of you have been alive long enough to remember all four of these travesties.

Remember watching the Challenger's crew along with teacher Christa McAuliffe take flight? In 73 seconds, the world changed.

Here's something you may not have considered. What happened in our country following each event? Three had the same result. One did not.

Think back with me to **NOVEMBER 22, 1963** following the assassination of JFK. It was a Friday. Everyone was looking for an answer. Where did the masses of grieving Americans turn? Every church in the country opened their doors and held prayer meetings calling out to God. The masses returned to faith and to church.

How about Tuesday, **JANUARY 28, 1986**? The world was watching when the Challenger exploded. Again,

churches were opened and many that had drifted from God were immediately stirred and drawn back to their dependence on Him.

Most all of us remember with great detail **SEPTEMBER 11, 2001**. Another Tuesday of tragedy as thousands lost their lives and our country was under attack. I bet you know where I am going with this. Indeed, the doors of the churches were open and we witnessed the repentance of a nation that had again experienced something horrific. Each of these three times of crisis resulted in a revival with many coming back to attend church regularly.

**What was the difference in 2020 with the COVID crisis?** We were told not to go to church. As a result, America lost a revival that was desperately needed during our time of crisis and many people have suffered for it. Rather than a push towards God, only 73% of churchgoers came back.

It is important that we lead our families back to the priority of worship. There is a great benefit when you connect yourself to a purpose-driven group of people with the central goal to worship God Almighty. God has made you a person of influence. Let's plan to lead our families to church this Sunday. We'll save you a seat.

## We Can't Wait to Share Our New Sanctuary with You!

It's been a long but rewarding journey and we look forward to you visiting and worshipping with us at our new home. We provide a safe and fun environment for you and your children to connect in our amazing contemporary worship with biblical messages and small groups while building lifelong friendships. Join us at our current location every Sunday at 9:30 or 11:00. Full kids' ministry and nursery available at 11:00 service.



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28 Transom Lane, Wiley, GA 30581 | New Church address coming soon is 288 Hwy 441 North, Clayton (on 441 N just past Ingles and Pizza Hut).



Insurance  
**EXPERT  
CONTRIBUTOR**

BY KIM FARNER

# What **Storm Damage** Homeowners Insurance Covers

The winds are picking up and those clouds aren't looking friendly. This may be the time you start thinking about what your home insurance covers. To help in these unnerving moments, here are some of the common concerns homeowners have about what water and storm damage their home insurance may cover and what it may not.

**Water damage** can be devastating after a severe storm.

So, it's important to know what types of water damage your homeowners insurance policy may cover and the types it may not. It partly comes down to how the water got inside your house. Storm damage that is usually covered by homeowners insurance may include situations where the home is physically damaged by the storm, allowing rain water to enter. In some cases wind driven rain may be covered.



However, this often excludes losses caused by surface water. Surface water can include, but is not limited to flooding/flash flooding of creeks, rivers and lakes; or sources like waves, tides, and storm surges. In addition to the natural sources of surface water stated above, many homeowners policies also exclude unnatural or manmade surface water hazards.

Storm-related interior water damage coverage may depend on if it's *new* damage or if it's been going on for a while. Water damage that has accumulated over time may be excluded. Another great reason to inform your agent or insurance company promptly if you notice water damage after a recent storm.



**Storm damage to your roof** is typically covered by homeowners insurance. Oftentimes, the first thing we think about when the wind or hail is blowing is our roof. Homeowners insurance will typically cover storm damage to your roof. Examples of roof damage that your home insurance may cover can include wind damage, hail damage and damage from fallen objects, like tree limbs. If somebody else's property damages your house during a storm, your insurance will likely cover it. Storm damage to other structures on your property will likely be covered by your homeowners insurance.

If you want higher limits for your additional structures on your property, you will want to make sure that's listed in your policy. Pole barns, sheds and detached garages are all examples of structures you may want to make sure have proper limits within your home insurance policy.



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# Mental Health Help in Rabun County



BY KENT WOERNER,  
RABUN COUNTY BOARD OF HEALTH MEMBER &  
SUSAN T. COOKSON, MD,  
MPH RABUN COUNTY BOARD OF HEALTH PHYSICIAN



with 2/3rds or 4/5ths of the suicides by gun: an annual fraction higher than our Public Health District 2 or the State as a whole.

From GDPH data in the same 6-year period in Rabun County, there were 29 deaths and 224 emergency room and inpatient admissions because of drug overdose, another mental illness. Our community has been seeing increasing numbers of people struggling with drug abuse.



Health District 2 for 2016 and 2017 (last 2 years of available data), ranked 3rd or 4th of the State's 18 Public Health Districts for percent of heavy drinkers (men drinking 15 or more drinks per week or women 8 or more drinks per week).

It's ironic that Rosalynn Carter died last November of a mental health illness, dementia. She was a lifelong crusader for mental health. According to the Associated Press, healthcare experts have said her advocacy created a framework for much of the progress on mental illness in America, especially among children.

However, there is still a long way to go. One in five Americans has a mental illness in any given year but 90 of Georgia's 159 Counties have no psychiatrist, including Rabun.



A national study last month found a 29% increase in average number of deaths from excessive alcohol use during the first 2-years of the COVID-19 pandemic compared with before the pandemic, with women having 35% increased excessive alcohol-related deaths (deaths fully caused by alcohol use, including binge drinking and alcohol-related chronic conditions). Our Public

Our local **Rabun County Health Department** is helping our community by offering services to people in need of health or dental services. Additionally, the nearest addiction treatment centers include the newly opened **Avita Community Partners** in downtown Clayton, **Cornerstones Counseling Center** in Cleveland, faith-based **Victory House Addiction Recovery Center** (for men) in Tallulah Falls, and **Freedom Ministries Lighthouse** in Lakemont. Our local **Rabun County Health Department**, located at 184 S Main Street in Clayton, can provide referrals or you can contact them directly.

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RESIDENT FEATURE

# Keith & Cynthia Jackson



BY KATHY MALONE  
PHOTOS BY PAMELA MARTIN OF  
CASABLANCA PHOTOGRAPHY  
AND SUBMITTED BY THE JACKSON FAMILY

*What started as a yoga class turned into a blessed and bountiful life on Lake Rabun. Keith and Cynthia Jackson live on the big basin on Lake Rabun, just above Sinclair Cove. Keith's parents, Richard 'Dick' and Astrid, acquired the place in the late 1960s.*

# Living a Bountiful Life on the Lake

"It began when my mother attended a yoga retreat at The Lake Rabun Hotel with a well-to-do friend," Keith explains. "My mom talked her friend into purchasing a condemned cabin on the lake assuring her that my father and her two sons, who were all quite handy, could make it livable for them. An agreement was made and my family came up and worked on it during the weekends."

"Once their kids got older, my mom's friend and her husband lost interest in the place, so they offered it to us. Unfortunately, the bank told my dad he didn't make enough money to even afford the lease transfer fee. Remarkably, the owners graciously offered to act as 'the bank' so that my parents could purchase the place.

Eventually, Cynthia and I tore down the old cabin and, under my brother Neil's watchful eye, built a new home in 2020 and moved in shortly after."

Well before the Jackson family started their life on Lake Rabun, Keith and Cynthia started medical careers, which is how they met. "Cynthia attended the Medical College of Georgia School of Nursing," Keith says, "and I met her when I was in Medical school. She was the best surgical nurse on the floor. We married on October 2nd, 1982 in Decatur, GA at Holy Trinity Episcopal Church."

Cynthia attended the Georgia Baptist School of Nursing and Medical College of Georgia where she received her B.S. in Nursing.

Fun day on Lake Rabun ▼



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“She worked at Emory in the Surgical Intensive Care Unit and Interventional Radiology until I completed my degree and then primarily at Northside Hospital and St. Joseph’s Hospital in Atlanta,” Keith explains. “For decades she worked as an Oncology Infusion Nurse in the Northside outpatient center. She is currently working full-time as a Nurse Legal Consultant for an Atlanta law firm where they let her work remotely.”

Keith attended Emory University, The Medical College of Georgia, with an internship/residency at the Emory School of Medicine, and obtained a degree in Otolaryngology, Head and Neck Surgery. “I was on the medical staff of Northside Hospital Atlanta, St. Joseph’s Hospital Atlanta, Scottish Rite Children’s Hospital Atlanta, and North Fulton Hospital,” Keith says. “My group was Northside Ear, Nose, and Throat Associates. After being taken over by WellStar, I ultimately chose to get out of that environment and move to join Mountain Lakes Medical Center and Mountain Lakes

Physicians Group in 2021. I work at Mountain Lakes Hospital as a full-time ENT physician.”

Their oldest son, Kyle, works as a senior engineer in the IT Department of Home Depot at corporate headquarters in Atlanta. “He and our daughter-in-law, Jenna, live near Kennesaw Mountain and have three sons, Baylor (3), Hayes (5), and Ryland (7),” Keith explains. “Kyle grew up going to Lake Rabun with his grandparents and was the inspiration for us to buy a used MasterCraft 190 boat when he was 6 years old to teach him how to slalom ski.”

Keith and Cynthia’s youngest son, Jake, works in the furniture industry in High Point, North Carolina. “Jake is getting married this June to Mauren,” and according to Keith, “Cynthia has *ordered* a granddaughter, ASAP!” Jake attended High Point University in North Carolina where he majored in business with a minor in furniture.

Another important member of the Jackson family is Keith’s brother, Neil, who co-inherited the Lake Rabun property. Neil



currently lives in Norcross and works in Cobb County in electrical contracting. “We’re hoping he’ll decide to retire up here with us, as he is an indispensable handyman and fellow craft-person,” Keith explains.

The Jackson family also includes Taz, a 16 year old Bengal cat. “The first time we brought him home as a kitten,” Keith says, “he went up to our half mastiff, half Labrador and slapped him across the snout. Taz trained me to feed him and clean his box, but otherwise, I don’t exist. Taz is bonded to Cynthia.”

Their life on the lake extends well beyond the gorgeous landscape and the serenity of its waters. Keith and Cynthia regularly pursue a host of interests ranging from writing, artwork, woodworking and bird photography to traveling, tennis, cooking and gardening.

Cynthia and Keith frequent the John C. Campbell Folk Art School in North Carolina where Cynthia has taken courses in weaving and knitting and Keith has pursued course work in watercolor, dry needle felting and creative writing.



▲ The Jackson Family: (from left to right) Kyle, Jenna, Keith, Cynthia, Neil and Jake



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◀ Grandkids Ryland, Hayes and Baylor



▲ Astrid and Richard 'Dick' Jackson



▲ Astrid Jackson



Keith has also taken courses in watercolor, charcoal, and pastel art at the Spruill Center in Dunwoody, GA. "I have lots of art hanging in the house," he explains. "My brother Neil and I have *Jackson Brother's Woodworks* as a stamp for our creations. Our best products have been scrollsaw nightlights, mantel clocks, and inlaid picture frames, many incorporating chip and relief carving."

Keith joined The Wayfarer's Writer's Guild, and has written 27 articles for *The American Thinker* website. Most of the articles pertain to medicine, insurance, and the current state of our healthcare system.

Keith and Cynthia share the hobby of bird photography with stand-out trips in Costa Rica, Columbia, and Ecuador. And Cynthia reached A-1 doubles level with the Atlanta Lawn Tennis Association, and has traveled throughout the

world with a group called *Adventure Women*. The Jacksons are also involved in the community. Keith donates dry needle felted art to silent auctions and contributes his art to help Clayton Rotary fundraising events. Keith says his volunteer work is primarily through Clayton Rotary and he, "particularly enjoys helping out at Foxfire and at Wildcat football games."

The extraordinary memories which began on the lake in the 1960's continue to permeate the Jackson home today. "My parents were rich in friends, bringing scores of people up to the cabin on the weekends," Keith remarks. "Sometimes there would be over 20 people trying to find a place to sleep in the 1400 square foot house with one private bedroom and a boat dock."

"My mother brought all kinds of 'artistic

community' folks up," he continues. "We had no phone service or television. We would play cards, board games, sing, and tell jokes. Mainly we ate and ate and ate and swam and swam and swam. Alley's Grocery was as far north as we travelled, although we rarely missed going to Ezzard's Farm during blueberry season."

In those early days, the Jackson family brought their own community to the lake so they had few connections with other people on the lake. "They had little money, no boat, and were only peripherally involved in the Lake Rabun Association," Keith says. "We, on the other hand, are all in on Lake Rabun—which has always been our happy place." ∞

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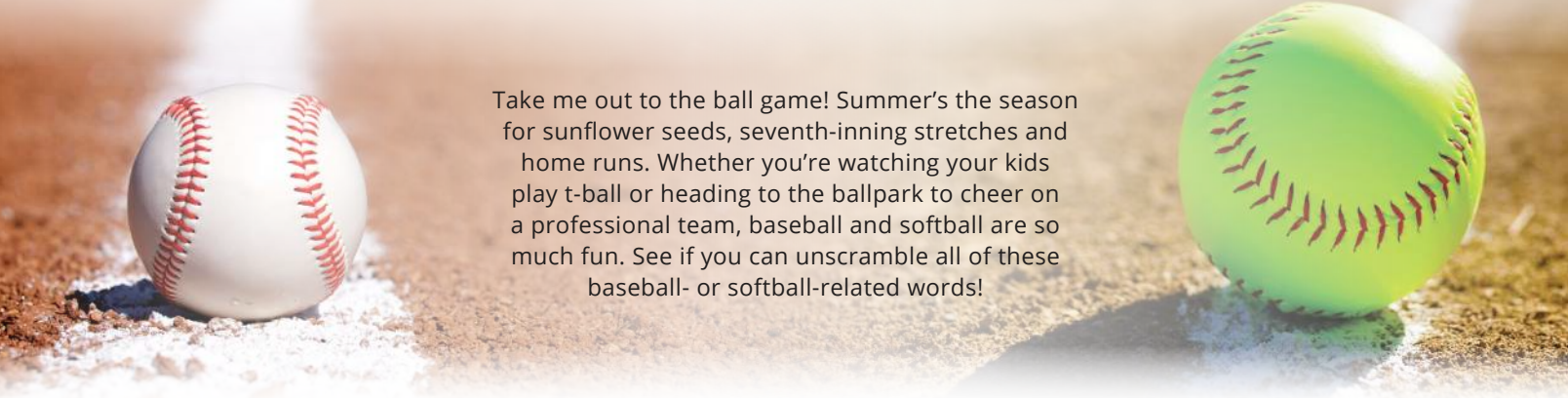
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# Baseball and Softball Word Scramble

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| 2. ICREHPT _____  | 9. EHLTEM _____       | 16. TOH ODG _____  |
| 3. FUIDEOLT _____ | 10. BUDOEL AYLP _____ | 17. ONDIADM _____  |
| 4. GIELSN _____   | 11. LOFSBTAL _____    | 18. AELTS _____    |
| 5. RMEIPU _____   | 12. NAFS _____        | 19. EISLD _____    |
| 6. VEGLO _____    | 13. ROPNOPC _____     | 20. AFBTASLL _____ |
| 7. OHRSTOSP _____ | 14. GINNIN _____      |                    |

Answers page 26



Take me out to the ball game! Summer's the season for sunflower seeds, seventh-inning stretches and home runs. Whether you're watching your kids play t-ball or heading to the ballpark to cheer on a professional team, baseball and softball are so much fun. See if you can unscramble all of these baseball- or softball-related words!

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# Recent Real Estate Sales in Rabun County

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STATUS	ADDRESS	SQUARE FOOTAGE/ACREAGE	BEDS	BATHS	SELLING PRICE
Sold	158 Twilight Ln Tiger	2816 sq ft/2.63 acres	3	3	\$480,000
Sold	68 Dixieland Ln Clayton	1370 sq ft/0.5 acres	3	2	\$349,000
Sold	361 Blacks Creek Dr Clayton	2030 sq ft/0.85 acre	3	2	\$405,000
Sold	682 Round Top Dr Clayton	2442 sq ft/1.11 acres	3	3	\$440,000
Sold	Saga Mountain Rd Tiger	3.02 acres	n/a	n/a	\$55,000
Sold	97 Bob Hoover Trl Clayton	1.51 acres	n/a	n/a	\$210,000
Sold	152 Clark Ln Clayton	4472 sq ft/4.69 acres	4	3.5	\$775,000
Sold	84 Live Oak Ln Lakemont	2020 sq ft/1 acre	4	3	\$475,000
Sold	45 Soaring Eagle Clayton	1320 sq ft/0.4 acre	3	3	\$439,000
Sold	Highway 441 S Clayton	1.32 Acres	n/a	n/a	\$42,500
Sold	462 River Vista Dr Dillard	576 sq ft	2	1	\$130,000
Sold	39 Parkview Ct Clayton	5354 sq ft/0.37 acre	5	5.5	\$1,465,000
Sold	Old 441 S Lakemont	1.79 acres	n/a	n/a	\$95,000
Sold	45 Blanche Place Rd Clayton	2204 sq ft/1.23 acres	3	2	\$378,000
Sold	Anderson Dr Lot 43 Clayton	1.51 acres	n/a	n/a	\$276,250
Sold	King Mountain Dr Lot 68 Clayton	900 sq ft/0.23 acre	2	2	\$250,000
Sold	539 Warwoman Rd Clayton	0.27 lot	2	2	\$248,000
Sold	194 Avalon St Clayton	1231 sq ft/0.74 acre	2	2	\$320,000
Sold	6093 Highway 76 W	25.08 acres	3	2.5	\$1,590,000
Sold	Beechwood Dr Clayton	1.25 acres	n/a	n/a	\$45,000

Recent Real Estate Sales in Rabun County Source: Realtor.com

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Winemaking  
EXPERT  
CONTRIBUTOR

BY LUKE ANDERSON

# The Awakening of the Vines

**Here at Tiger Mountain Vineyards we are preparing for bud break!**

Bud break is when previously dormant buds begin to grow producing shoots. This occurs when Spring temperatures remain around fifty degrees Fahrenheit. This event tells us that it is almost time to do our final prune of the year, so we begin watching the weather very closely. We leave our shoots long in the winter so that if we face a late frost in the spring, we can cut back the frozen and dead portion of our shoots leaving two healthy buds near the base. Those buds become shoots, and that is where our fruit and leaves will grow for the year.

Cellar operations this time of year are focused on long-term aging and stability, along with finishing and bottling wines.

One of the most important cellar operations is called racking and topping. Racking is simply moving the wine from one vessel to another, while topping is adding more wine to that vessel to eliminate headspace, limiting the wines contact with oxygen. There is also a lot of metrics and operations to create a crystal clear and stable wine. This includes cold stability, heat stability, molecular so2, and more.

Throughout a wines life before it goes to a bottle, it will be racked many times, which does result in a loss of product. However, we are simply keeping everything good about the wine, and leaving behind undesirable qualities each time we rack a wine.

Finishing wines involves making your final additions of stability products, and sensory enhancers. Here at Tiger Mountain Vineyards, we practice minimal intervention winemaking, which means we minimize any interference with our wines and try to let the fruit speak for itself.

There are many different winemaking practices all around the world, and many of the decisions come down to the fruit you are working with. As all wine growing regions in the world have their own individual challenges primarily based on the climate, and other differences in production practices typically come down to the winemakers themselves.

We encourage you to come visit Tiger Mountain Vineyards this spring to learn more about our winemaking and vineyard practices while enjoying our wonderful views with your favorite TMV wine.

Cheers,  
**Luke Anderson**  
Head Winemaker & Sommelier



## Embracing Nature's Awakening at Tiger Mountain Vineyards

Tiger Mountain Vineyards unveils the tranquil beauty of the North Georgia mountains as nature begins its awakening. The vineyard's rustic charm and award-winning wines set the stage for a memorable experience, with guests greeted by crisp mountain air and panoramic views of rolling hills adorned with budding grapevines.

This is an invitation to embrace the beauty of nature's awakening, savor exceptional wines, and host your private events and weddings amidst this enchanting setting—a perfect blend of charm and natural elegance in the heart of Georgia's wine country.

Contact us to reserve your spot at our events, or book your private events this spring!



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BY DANA MACFARLAND

Enjoy this healthy and refreshing smoothie from Holistic Mountain Market, a natural, whole-food market offering fruit and veggie smoothies, high-quality vitamins, supplements, herbs, and a selection of small grocery items. Our market is located at 31 W Savannah Street in downtown Clayton, visit us online at [holisticmountainmarket.com](http://holisticmountainmarket.com).

## HOLISTIC MOUNTAIN MARKET Banana Orange Smoothie

### INGREDIENTS:

- 1 scoop VegiDay Raw Organic Vegan Protein Powder - French Vanilla
- 2 small frozen bananas
- ½ large orange (or ¼ cup organic unsweetened orange juice)
- ¼ cup raw walnuts
- ½ tsp organic ground cinnamon
- ¼ tsp organic ground nutmeg
- ¼ tsp ground clove
- 1 - 1 ½ cups cold water

**PREPARATION:** Add all ingredients to a blender and blend until smooth, add more water or orange juice for needed consistency. Pour into glass, top with sprinkled cinnamon.



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# American Pest Control Does More Than Just Keep the Bugs Away

BY ANGELA POWELL

Bugs and other pests are pesky invaders of our homes and businesses. They wreak havoc on our lives and, sometimes, even our health. Thankfully, we have experts who know how to manage them. American Pest Control's knowledgeable professionals are some of the best in the business. They have been providing comprehensive pest and termite control services for both residential and commercial properties since 1971.



Gene Higginbotham began his business by taking up the battle against pests to help protect the health, homes, businesses, and other properties of



the neighbors in his community. This became his company's highest priority and part of the foundation and path he laid for his daughter, Laurie, to continue building upon. Since the age of sixteen, that is exactly what she has done. Her father gave her the reigns in 2000, and she has led the company since.

Putting the community first is integral to American Pest Control. As Laurie points out, "Pest management is about building relationships, not just managing pests." They build relationships with their customers by providing great service. The importance of relationship building is also important within the company as they strive to enrich the lives of their employees. This is what it is all about for this hometown business. For Laurie, what she enjoys most is "serving, growing, and doing for others."

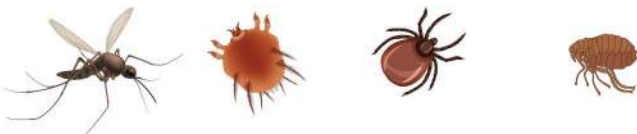
When she's not busy running

and growing the family business, Laurie enjoys life on their family farm. The farm is also home to her three daughters, a newborn granddaughter, her German Shepherd named Bella, and five grand dogs.

With their commitment to serving their neighbors with honesty and integrity, it is easy to see why American Pest Control is highly rated and a recommended business by both customers and employees. Laurie Higginbotham has continued her father's legacy of serving and growing in the communities they call home. When pests invade your home or business, American Pest Control is here to help.



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# UNIQUE MOTHER'S DAY GIFTS

(That Are Much Better Than Flowers!)

BY CHELSEA SCOTT

There's nothing wrong with gifting a beautiful and fragrant bouquet of flowers to the maternal presence in your life. Any gesture that lets mom know she's special to you will be appreciated. But if you're feeling a bit uninspired and want to switch it up, we've got you covered.

### FOR THE ATHLETE/FITNESS BUFF

If you have a yogi mama, a basket filled with new yoga pants, a box of tea, candles, yoga blocks and a cute yoga-themed graphic tee would be fun. Or maybe give her that new yoga mat she's too frugal to buy for herself. More inspo for moms who love to sweat: a new fitness tracker, compression socks, Bluetooth ear buds, a healthy cookbook, an insulated water bottle or a smart scale.

### FOR THE WORKING MOM

Your mom has a job outside the home and is laser-focused on a promotion. Help boost her confidence with a new set of luggage. Whether she uses it

for business or pleasure, it will be appreciated. You also might gift her a new laptop bag, a wallet that doubles as a phone charger or a day planner customized with family photos. Short on cash? Gift mom what she probably really needs—time. Delegate responsibilities to others for an afternoon so she can do whatever she pleases with the extra hours.

### FOR THE FOODIE

Your mom appreciates good spirits and good food, eh? Spring for that single-barrel bourbon she has been lusting over or send her a basket filled with her favorite gourmet snacks. Or, here's something you may not have thought of: treat her to a cooking or chocolate-making class. These typically cost the same as a nice dinner out but are interactive and educational. For something more economical, treat her to a wine tasting. These are usually \$5 or less per person and sometimes come

with a complimentary wine glass!

### FOR THE NATURE LOVER

Mom loves everything outdoors—hiking, camping, fishing, boating—you name it! Gift her a lightweight camping/travel hammock. Quick to set up, easy to pack and carry and great for anyone with an active lifestyle, these hammocks are super versatile. They can be set up in less than 10 minutes, making them a perfect respite for a backyard, campsite or shady spot by the lake.

### FOR THE FASHION PLATE

Think your mom is always the best-dressed at any event or party? She'd love to hear you think so! She would also love a charm bracelet (with thoughtful charms that represent her interests), a monogrammed jewelry case, designer sunglasses or a new scarf. Check out consignment and vintage shops; there are many treasures to be found, often with a smaller price tag.



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# Heat Stroke

BY DR. BRAD SPEED



Heat stroke is a big concern for pets in the south during the summer. Your pet's normal body temperature is approximately 101.5 degrees (which, for humans, is considered a fever!). They have a fur coat and can't sweat, and some dogs are overweight, have thick undercoats, short noses, or pre-existing health conditions, which makes them susceptible to heat stroke.

When it comes to travelling with pets, even on a mildly warm day, simply cracking a window, sunroof, or parking in the shade isn't enough. Dogs pant off their excessive heat, and the brain signals for them to find somewhere cool to lie down. When left in a car and unable to seek a cooler place, the windows heat the inside of the car as does the air generated by their panting. Some people leave the car running while they run inside. While this may seem like a good idea, consider what happens if the a/c malfunctions or the car shuts off. I recommend keeping these trips to an absolute minimum or avoid them all

together. Also keep in mind—if it's 90 degrees outside, it's 140 degrees inside the vehicle.

Heat acclimation, which is where the pet's body adjusts to the surrounding temperatures, takes approximately 60 days. Internal temperatures greater than 105.8 degrees can cause nervous system damage and internal temperatures greater than 109 degrees can cause irreversible brain damage. Retrievers and brachycephalic breeds are at the highest risks. Heat stroke carries a guarded prognosis with a mortality rate believed to be about 50%.

If you suspect an animal is suffering from heatstroke, mist with cool or room temperature water and place the pet in front of a fan, but do NOT use cold water. Drive your pet to the hospital with the air on or the windows rolled down. Do not place wet towels on the pet as this prevents proper evaporation. Also, keep in mind that cooling pets too quickly can be dangerous, so do not attempt to do this solely on your own. This type of emergency requires the expertise of experienced technicians and veterinarians.

Prevention is key to keeping your dog safe from hot temperatures. Always allow them to have access to water, consider a cooling vest or cooling towel which are specially designed to allow for evaporation, and bring a handheld fan. Enjoy your summer but remember to keep your precious pets safe!





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# Pets just make life happier!

BY  
KATHY MALONE



**Roxie**, a Beagle mix, defends her spot



**Sadie Rae**, a Bernedoodle, and **Harper**, a Goldendoodle, are sittin' pretty



**Taz**, a 16 year old Bengal cat, rules the roost



**Sulli**, a Ragdoll, gets caught in mid-yawn



**Hope** checks Chewy.com for catnip delivery date



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.....❤️.....

Nothing warms the heart like our adorable Rabun County pets and animal friends! PLEASE share your fun pet pictures with us. Send high-resolution JPG file format photos to [kmalone@bestversionmedia.com](mailto:kmalone@bestversionmedia.com) with the names of the people/pets in your photo and the photo location so we can share them in future issues.

# MAY THINGS TO DO!



Visit [ExploreRabun.com](http://ExploreRabun.com) to see all that Rabun County has to offer your friends and family.

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3085 Black Rock Mountain Parkway,  
Mountain City  
[gastateparks.org/blackrockmountain](http://gastateparks.org/blackrockmountain)

**Tallulah Gorge State Park**  
338 Jane Hurt Yarn Rd, Tallulah Falls  
[gastateparks.org/tallulahgorge](http://gastateparks.org/tallulahgorge)

**Moccasin Creek State Park**  
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**FRIDAY MAY 3**  
**Music by Old Souls**  
Tallulah Adventures & The Edge Cafe  
11785 Hwy 441 Tallulah Falls  
Time: 6 pm - 8 pm

**FRIDAY MAY 3 THROUGH SATURDAY MAY 4**  
**Beginning Weaving**  
Black Rock Mountain State Park  
3085 Black Rock Mountain Pkwy  
Mountain City  
Time: 9:30 am - 4 pm

**SATURDAY MAY 4**  
**Fishing Rodeo at Black Rock Mountain Lake**  
Black Rock Mountain State Park  
3085 Black Rock Mountain Pkwy  
Mountain City  
Time: 9 am - 12 pm

**SATURDAY MAY 4**  
**Dinglerfest 2024**  
R.M. Rose Co. Distillery  
890 Franklin St Dillard  
Time: 10 am - 6 pm

**SATURDAY MAY 4**  
**Kentucky Derby Party**  
Stonewall Creek Vineyards  
323 Standing Deer Ln Tiger  
Time: 4 pm - 7 pm

**TUESDAY MAY 7**  
**Basic Basket Weaving**  
Foxfire Museum & Heritage Center  
98 Foxfire Ln Mountain City  
Time: 10 am - 2 pm

**FRIDAY MAY 10**  
**NE Ga Mountains Conservation Banquet & Auction**  
The Dillard House Restaurant  
768 Franklin St Dillard  
Time: 6 pm - 10 pm

**SATURDAY MAY 11**  
Of These Mountains Spring Marketplace  
Rabun County Civic Center Pavilions  
201 W Savannah St Clayton  
Time: 10 am - 5 pm

**SATURDAY MAY 11**  
**Hambidge Open House**  
Hambidge Center - Creative Arts  
105 Hambidge Ct Rabun Gap  
Time: 1 pm - 4 pm

**TUESDAY MAY 14**  
**Vet to Vet Cafe**  
Rabun County Civic Center  
201 West Savannah Street Clayton  
Time: 9 am - 10 am

**SATURDAY MAY 18**  
**Hatch Camp Spring Fling 2024**  
Hatch Camp and Art Farm  
1060 Joe Speed Rd Clayton  
Time: 1 pm

**SATURDAY MAY 18 - SUNDAY MAY 19**  
**Whistling Vessel (huaco silbador) Making Immersion 2024**  
Archaic Roots  
625 Farside Drive Lakemont  
Time: 10 am - 5 pm

**SATURDAY MAY 25**  
**Intro to Yarn Spinning**  
Foxfire Museum & Heritage Center  
98 Foxfire Ln Mountain City  
Time: 9:30 am - 4 pm

**SUNDAY MAY 26**  
**Farm Launch**  
Stellar Roots Herb Farm  
105 Covecrest Dr Tiger  
Time: 11 am - 4 pm

**MONDAY MAY 27**  
**Live Music with Ray Ferrara**  
Stonewall Creek Vineyards  
323 Standing Deer Ln Tiger  
Time: 1 pm

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