

# PANTRY PICKIN'S



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### Upcoming Events

*Taste of Pickens*

*November 8, 2014*

*11:30 a.m.—1:30 p.m.*

### Financial Assistance:

First and Third and Fourth  
Friday of each month.

## NOVEMBER 8, 2014 9TH ANNUAL TASTE OF PICKENS

Can you believe how time is flying? Fall is once again upon us and that can only signal one thing. It's time for **A Taste of Pickens!** Please note the change in times this year. We will be serving from 11:30 a.m.—1:30 p.m. Come early and grab your plate, fill it up with your 8 tasty samples, find a seat and ENJOY!! We are bringing favorites from the past including Deb's Bakery, 61 Main and The Carriage House, just to name a few. We also have Cora's, the newest restaurant in Tate and LOLA, the newest restaurant in Jasper, participating with us this year. Tickets are \$10 for 8 samplings. You may buy your tickets at CARES, from board members and at locations around Jasper, including Bank of North Georgia, The Carriage House, Chamber of Commerce, Kroger, Bojangles, Amicalola Electric Membership Corporation, Foothills IGA, Jasper Drug, Mary's Bread Basket, and Renasant Bank.

We will be offering such yummy selections as shrimp and grits, clam chowder, wings, grilled chicken quesadillas and guacamole, dirty rice and grilled chicken club sandwiches, stuffed mushrooms and cannoli and butter and chocolate cakes. There will also be a cake auction again this year, so bring your checkbook ready to bid and buy those scrumptious cakes.

We look forward to seeing you on the Chattahoochee Technical College Appalachian campus located in Jasper. Try not to eat too much a few days before, you will definitely need all the room you can get in your stomach. Come hungry, my friends!



## CARES VOLUNTEER HIGHLIGHTS

*“God has let an old man be medicine free and he wants to spend his time helping others”.*

The first friend you see when you come in the door at CARES is Pete. Even if you do not know him, he greets you as if you are an old acquaintance. Pete is really Dewey Holden who has taken on a number of responsibilities in the five years he has volunteered at CARES. Besides regulating the intake of clients when the doors are opened on Fridays at 8:30, he sees that the food boxes are given to the proper people. Nearly all the children look for Pete, knowing a special treat will come their way. He also works on Thursday helping to unload trucks and stocking shelves. He has previously taken care of keeping the grass cut around CARES.



Dewey “Pete” Holden

The blessings of God have made him express his thankfulness by sharing his religious drawings with us. They are displayed on the wall in the hallway and in an album located in the reception area so they may be shared with everyone. Pete says that God has let an old man like him be medicine free and he wants to spend his time helping others. He lives with his grandson.

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## FROM YOUR DIRECTOR

*“We all together just have a lot of fun doing God’s work here...”*

I am sitting at CARES around noon on a Friday where we have just helped 101 families for food. We also just completed talking and counseling with 13 individuals. We have operated TCC this morning helping student/clients with gas and childcare. At the same time, two volunteers are helping me with something in the office. A painter is also painting all our doors and molding inside our office area for free for us. At 2:00 p.m. today, we have a big Taste of Pickens committee meeting. Our treasurer also was here this morning doing some treasurer work and in 30 minutes, some other volunteers are going to Walmart to pick up food (then bring it back where others will weigh it and store it). The day started about 8:00 a.m. and will end about 3:30 p.m.

I have described to you a typical day around CARES that happens every Monday and Friday (and a lot of it happens on Wednesday and Thursday mornings). There is also some different things that happen. We all together just have a lot of fun doing God’s work here as we help the less fortunate of Pickens-Come join us!



*Larry*

## Pantry Pickin's

## FROM THE FRONT LINES

If you have not connected your Kroger rewards card to CARES, please do so. We collected \$146.84 over the summer while people did their grocery shopping.

**Kroger Community Rewards Program:** Let me take a minute to explain what this is. This is the description taken from the website: **Kroger is committed to helping our communities grow and prosper. Year after year, local schools, churches and other nonprofit organizations will earn millions of dollars through Kroger Community Rewards®.**

**Kroger Community Rewards® makes fundraising easy...all you have to do is shop at Kroger and swipe your Plus Card.**

You may have enrolled last year and we truly appreciate it if you did. However, beginning August 1, you need to re-enroll in 2014-2015 rewards program. It's sort of like a new school year.

To re-enroll, simply go to [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com) and sign into the account that you have already created. If you are new to this, create an account and sign up for us. Once you find your organization, select it and click "Save". Beginning September 1, 2014, every

time you swipe your Kroger Plus card, CARES earns money. So you can make a donation to CARES every time you shop at Kroger. Fill your pantry and help fill ours at the same time. If you have any questions about enrolling in the Kroger Community Rewards program, please call us at (706) 253-4777 or drop by and Peige will help you get signed up. Thank you for your much needed support.



*"We collected \$146.84 over the summer while people did their grocery shopping".*

## WHAT ARE WE EATING? What the Average American Consumes in a Year

This [startling infographic](#) (shown on page 5) highlights how Americans consume an average of 200 pounds of meat, 31 pounds of cheese, 16 pounds of fish, and 415 pounds of veggies on an annual basis. (See page 5 for graphic)

How does this compare to what we were eating in the 1950s?

In the 1950s, the meat and poultry consumed per person on average was [138 lbs a year](#), which means that meat consumption has increased by around 45 percent over the past 60 years. Cheese consumption in the 1950s was only [around 7.7 lbs](#),

while today, Americans consume around 30 lbs of cheese a year. What's even more startling is that in the 1950s Americans consumed [no high fructose corn syrup](#), but we now consume around 42 lbs on average on an annual basis.

It should come as no surprise to anyone that in the 1950s, only [9.7 percent of American adults](#) were considered to be clinically obese, but today, the United States leads the world with an obesity rate of [over 30 percent](#). Moreover, despite being the richest country in the world, Americans are the least healthy people among the world's developed nations.

According to the [National Institute of Health](#) 80-90 percent of all degenerative diseases (arthritis, Alzheimer's, cancer, heart disease, diabetes, etc.) are due to environment and lifestyle and are PREVENTABLE. If we want to reverse this trend, a great place to start would be to work on changing some of the statistics below by cutting back on our consumption of disease promoting animal-derived fats and protein, along with refined sugars.

You don't need to be a nutrition expert to figure out how much healthier these statistics would look if the infographic was only focused on the average American VEGAN! **Source: [onegreenplanet.org](http://onegreenplanet.org)**

*"... 80-90 percent of all degenerative diseases are due to environment and lifestyle and are PREVENTABLE".*



89 Cares Drive  
 P. O. Box 1342  
 Jasper, GA 30143

706-253-4777  
 Food Ministry/Director

706-253-4778  
 Financial Assistance

*Hours of Operation*

*Monday*  
 12:30 p.m. - 3:00 p.m.  
 (food only)

*Wednesday*  
 10 a.m. - Noon  
 (emergency food only &  
 new clients)

*Friday*  
 8:30 a.m-Noon  
 (food)

*Financial Assistance is  
 provided the First and  
 Third & Fourth Friday of  
 each month. The first 10  
 financial clients are  
 assisted*

**VOLUNTEERS  
 NEEDED**

*If you know someone who  
 would like to volunteer,  
 please have them call  
 Larry Starr at  
 706-253-4777.*



# Happy Birthday!!

July	August	September
9 Al Krueger	1 Lorene Ballew	1 Olivia Farrell
13 Toots Krueger	5 Kathy Boutwell	13 Lawton Baggs
19 Daniel Willis	8 Daniel DeMay	18 Christine VanderWalt
20 Dana Stile	13 Jeanne Doran	25 Doris Martin
27 Richard Ferguson	14 Pam Wilson	
	23 Cleo Silver	
	27 Craig Reeve	

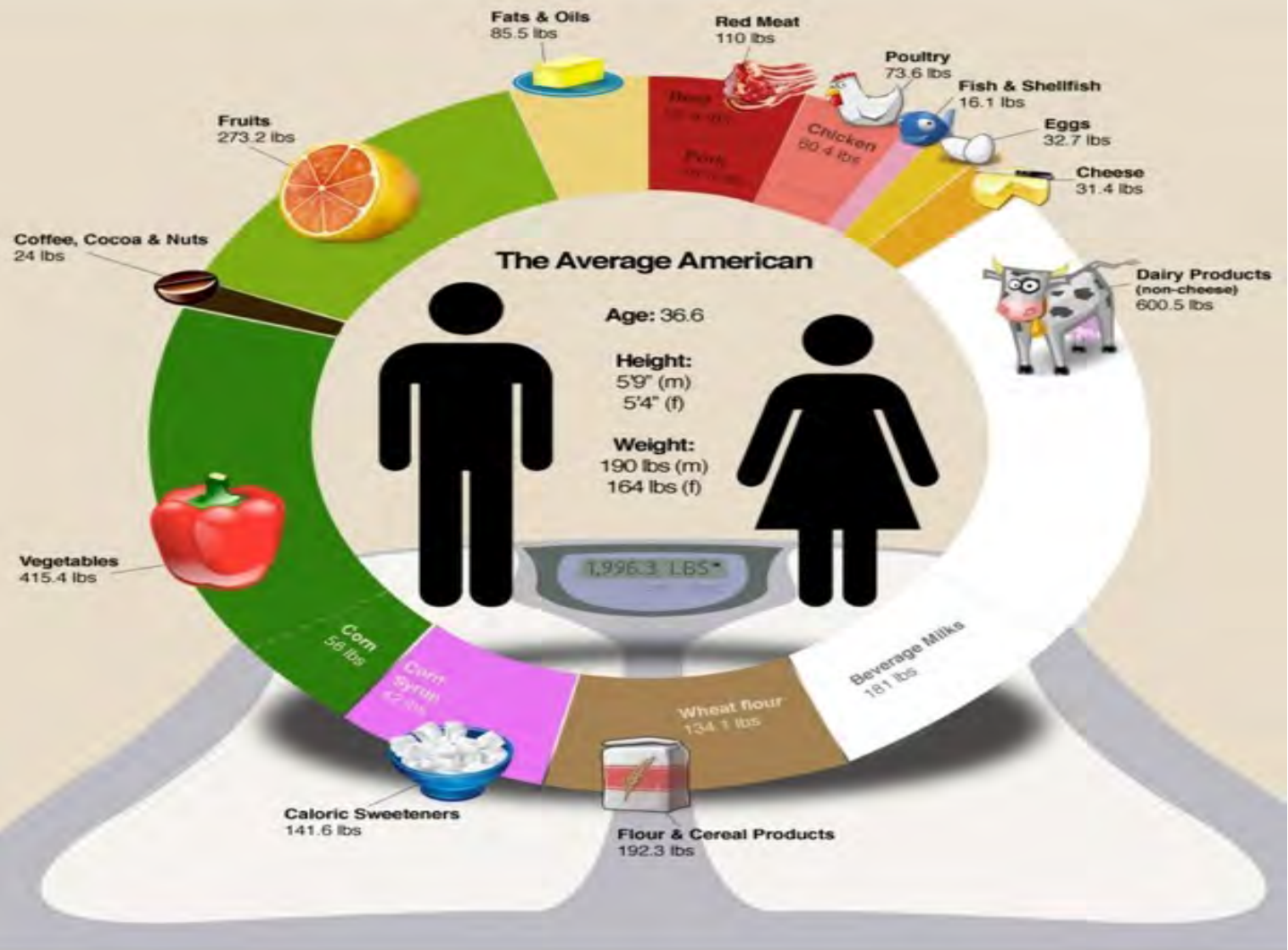


Please send your birthday month and day to Peige Payne at CARES (cares@etcm.com) so that we may include it in upcoming issues. We love our volunteers and enjoy honoring them any way we can.



# WHAT ARE WE EATING?

What the Average American Consumes in a Year



\*includes food brought home by the red water (filler)

## That includes: (every year)

**French Fries**  
29 lbs



**Pizza**  
23 lbs



**Ice Cream**  
24 lbs



**Soda**  
53 gallons  
(about a gallon/week)



**Artificial Sweeteners**  
24 lbs



**Sodium**  
2,736 lbs  
(47% more than recommended)



**Caffeine**  
0.2 lbs  
(90,700 mg)



**And 2,700 calories a day**



ve.  
visualeconomics.com

## SOURCES:

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<http://www.usda.gov/factbooks/chapter2.htm>  
<http://www.oxc.gov/hca/datab/hz/hzhd10.pdf>  
<http://www.theater.com/business/article/780147-demand-for-spuds-drops-as-americans-eat-fewer-fries>  
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<http://www.pizzainpizza.com/>  
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**Reverend Ben Laughlin**  
**Chairman of the Board of Directors**  
**CARES Board Member since 2007**

### **CARES SERVICE**

Board Chair since 2007, Long Range Planning, Taste of Pickens Committee, Executive Committee, Strategic Planning/Ministry Plan Team, Pastor's Pot Luck Fund Raiser Committee,

### **SERVICE TO COMMUNITY**

Pastor Fellowship Presbyterian Church

Member Pickens County Ministerial Association (PCMA) since 2005

President PCMA 2009 to present

PCMA sponsored Anti-Drug March Pickens County March 2007

PCMA Community Thanksgiving Service coordinator

Supporting Pickens County Ministries – Timothy House, Joy House – Teen Rehab, Good Samaritan Health Care, Thrift Store, Appalachian Children's Emergency Shelter, Ruth House for Women, Hope House for Children, North Georgia Pregnancy Center

Volunteer Chaplain Piedmont Mountainside hospital

Community Easter Sunrise Service – Bent Tree

Rotary Club of Jasper serving on Administration and Foundation Committee's

Community Alzheimer's Group held Fellowship Presbyterian church

Member Pickens County Chamber of Commerce

### **EDUCATION**

Bachelor of Science, Business Management, Jacksonville University

Bachelor of Science, Physics, Jacksonville University

Bachelor of Civil Engineering, The Georgia Institute of Technology

Master of Divinity, Columbia Theological Seminary