

Paris... continued from Page 4A

were learned that will not be repeated and cause this problem again. But remember that any time there is an emergency water boil, they typically can not be planned for in advance. However, in the future, the city

will have additional sources to use in notifying the public such as social media and the Union County Emergency Notification System utilized by the Fire Department.

Part 3 next week.

Mitchell... continued from Page 4A

— Jamie King for bringing us our monthly spate of bills and junk mail — and a smile and always pleasant (but necessarily brief) conversation.

— Even though his office is in Hiawassee, a special thanks to Dr. Joey Arencibia. Special thanks to his staff at the Georgia Vision Center for keeping a close eye on my eyes.

— Sole Commissioner Lamar Paris. You do a good job

of keeping all those balls in the air.

— Steve and Janie McWatters, our across-the-road neighbors.

— And all the folks whose names I don't know (or can't remember) who provide all the services that we take for granted that make life in Union County, special.

**George A. Mitchell
Blairsville**

Coalition... continued from Page 4A

abused. Withdrawal symptoms vary depending on the dosage and duration of use. Heavy users of Ritalin who abruptly stop using typically experience the effects of the drug in reverse—most commonly fatigue, depression, and concentrating problems. Like other stimulants, the physical side effects of withdrawing from Ritalin are relatively mild, but the psychological symptoms can be severe.

Adderall is also a prescription medication used to treat Attention Deficit Hyperactivity Disorder (ADHD) and narcolepsy. A blend of amphetamine compounds, Adderall is a potent stimulant that provides users with increased energy and focus. For this reason, students and athletes often abuse the “study drug” to enhance performance. Adderall also increases dopamine levels in the brain, elevating mood when used as prescribed, but inducing euphoria when abused at high doses.

Doctors typically diagnose the disorder using a questionnaire. People looking to abuse Adderall often fake their answers on the questionnaire to make it appear that they suffer from the disorder. Partly because of this, demand for Adderall has increased in recent years. In 2012, the Drug Enforcement Agency (DEA) granted drug companies more

access to amphetamines after pharmacies reported widespread shortages of Adderall. Abuse of Adderall is especially pronounced among high school and college students.

When Adderall is used as prescribed, the risk of addiction is low. However, many people abuse Adderall by crushing the pills and snorting them, making its effects more potent and addiction more likely. Recreational users typically consume Adderall at much higher doses than prescribed. Many heavy users of the drug experience Adderall withdrawal if they abruptly stop, leading to uncomfortable symptoms, such as insomnia and anxiety.

While Adderall enables users to stay up long hours to cram for a test, people also use Adderall like cocaine as a “stay awake to party” drug, leading to dangerous consequences.

When combined with alcohol, Adderall can have adverse effects on the cardiovascular system, according to research by doctors at Jamaica Hospital Medical Center in New York. People who abuse both Adderall and alcohol are also likely to experience a more dangerous and complicated withdrawal process.

Medical professionals encourage people addicted to Adderall and alcohol to safely withdraw from the substances at a detox or drug rehab facility.

Cummings ... continued from Page 4A

you two big'uns, but, I'll wager that wee little one will tell me. Won't you Honey"? As he looked into Shirley's eyes she remembered the words of Aunt Tudler. She looked right back at Fat Morgan and replied, “No sir, I won't because I like sugar cookies and cider”. Fat Morgan roared with laughter. As the trio sang “O Little Town of Bethlehem” Mrs. Morgan brought out some Sorghum Cake and more hot cider.

Fat Morgan never guessed the identity of the trio and they all enjoyed the cake and cookies prepared by Mrs. Morgan. Later in the day the three left Fat's house for the walk back to Tudler's house. While walking back to the main road they had to cross a mud hole and little Shirley stretched her short legs as far as possible but, missed the dry ground by about a foot.

The little girl's shoe came off in the mud and she

began to cry for fear of getting into trouble for losing the shoe. She then heard the voice of her Aunt, “Don't be afraid Sis, we'll find your shoe”. All three of the ladies began searching for the shoe and soon found it in the bottom of the mud hole. Soon they were back at home warming themselves by the fire. Although most of these people are now gone the sweet memory of their Christmas Serenade at Fat Morgan's home lives on in the mind of my mother.

To me one of the most important things surrounding Christmas is family. Even with all the events surrounding Jesus' life we cannot escape the fact that his family was important to him. Let us not forget the importance of our families during this Christmas season. Let your family know how important they are to you. So, try to make some Christmas memories with your family this year.

Allison... continued from Page 4A

Wellness Center for sponsoring this year's Tour of Trees and Holly Jolly Christmas. Thank you so much for your continued support.

Even though we weren't able to host Holly Jolly Christmas this year, I wanted to thank my fellow committee members for all your hard work this past 5 months: Jacque Bentley, Marcie Culpepper, Ashleigh Stephens and Carrie Beary. You ladies have gone above and beyond, and I really appreciate it. A special thank you to Larry Culpepper for all his work behind the scenes. Thank you to the entire Chamber Team, and all the volunteers and organizations who have worked so hard to make preparations for Holly Jolly Christmas and the Tour of Trees.

Thank you to all the individuals who made donations of silent auction items to benefit FERST Foundation. The items will be used in a future event and the proceeds will still benefit FERST.

Thank you to all our members who sponsored a large tree, tabletop tree, wreath or decorated a gingerbread house this year. These include:

AirLife Georgia, Ann Marie Stanczyk Nutritionist, Edward Jones - Oleg Malyshev, Coldwell Banker High Country Realty, Harry Norman Realtors-Blairsville, Lucretia Collins - RE/MAX Town & Country, Made by Mamz, Misty Mountain Inn & Cottages, Mountain Home Health Services, Mountain Top Furniture, Notely Marina, Panel Built, Inc., Pat's Hallmark Shop, Reba Ingram - RE/MAX Town & Country, RE/MAX Town & Country, United Community Bank, Union General Hospital, Inc., Union Realty - Blairsville, Windstream, Blairsville Galaxy Bowling, Comfort Inn of Blairsville, Fatz Café, Ferst Foundation, Granny's House, The Humane Society's Mountain Shelter - Sponsored by Coldwell Banker High Country Realty, JR Travel Advisors, Rustic Mountain Décor, Sage Wax Boutique, Service Plumbing & Septic, Southern Bank & Trust, Spa and Deck Creations, Inc., University of North Georgia, The Vacuum Store, America's Home Place, Beverly Bradley Landscape Designs & Services, Bill Potts Insurance, City of Blairsville, Down-

town Development Authority of Blairsville, Georgia Mountain Pregnancy Center, Jerac's Unity Alpacas, North Georgia Technical College - Blairsville, Origami Owl - Sharon E. Penner #3027, Union County Commissioner's Office, Chick-fil-A of Blairsville, Noontootla Creek Farms, Dixie Confexions, Amazing Grace Catering & Events. Thank you also to

the following individuals who decorated a gingerbread house: Sarah Gazzara & Barb, Carrie Beary and Emily, and Dawn Saraney.

For more information about all the events happening around town, you can give us a call at the Chamber office at 706-745-5789 or go to our website at VisitBlairsvilleGa.com

Mattee

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they can also be crimped down to form a weed barrier for your summer and fall crops, or be added into the soil to increase organic matter.

You can also introduce companion plants, such as herbs or flowers. These plants increase beneficial insect presence while protecting your crop at the same time. Tall flowers can attract bees and hoverflies, while at the same time provide some much needed shade for sensitive plants such as lettuce. Marigolds and dahlias help prevent nematode establish-

ment, and yarrow repels insects and makes a great addition to compost.

Keeping these tips in mind while you plan out your gardens now will help prevent a lot of problems next year. For more information on any of these topics, contact the exten-

Fowler...

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dom.”

Jesus came not only to convey a message in a way that would reach you, but to embody that message. “I am the way, and the truth, and the life,” he said (John 14:6), explaining that “For this I have been born, and for this I have come into the world, to testify to the truth” (John 18:37). Given the rest of the Gospel, neither the method nor the message are absurd! God coming to Earth is a wonder worth welcoming.

Duncan ...

continued from Page 4A

outages. However, the folks at the EMC were out dealing with restoring electricity in bitter cold, and dangerous, slippery conditions.

They put their lives on the line every time a power line goes down. I for one am very appreciative of their efforts.

Hopefully, the next winter storm is a long way off. Hopefully, it will come with advanced warnings. And yes, with advanced warning, there will be no bread or milk left in the stores. I'm okay with that as long as I'm not stranded in blizzard-like conditions.

I want to applaud our community for sticking together and being resourceful in the face of adversity. God blessed our community.

S.A.F.E. needs volunteers

S.A.F.E. (Support in Abusive Family Emergencies): we are in need of volunteers for our Thrift stores and our Shelter! We need help in every area. Thrift store, mentoring, newsletters, childcare, life coaching, transporting, crafting, shelter repair, computer lessons, whatever skills you may have!

(All volunteers must submit to a criminal background check and depending upon your area of interest, may be required to obtain fingerprinting at our cost.)

You can make a difference in your community. Our purpose is to help those who have been affected by abuse. Any time, any skill can help us achieve our goals. If you can help in any way please contact our Volunteer Coordinator, Robin O'Neill at 706-379-1901.

S.A.F.E. is a 501(c)3 non-profit organization that provides services to domestic violence, sexual assault, and child abuse in Towns, and Union counties. For information on available workshops or to volunteer for S.A.F.E. please contact (706) 379-1901. If you are a victim of Domestic Violence or sexual Assault or know someone who is, call S.A.F.E. for confidential assistance 24 hours a day, (706) 379-1901.

UNION COUNTY COMMUNITY CALENDAR

	Every Monday:	
Children's Story Time	Union County Library	11 am
Kiwanis Club	Steve's Steakhouse	Noon
Civil Air Patrol	Blairsville Airport	6 pm
Boy Scouts #101	United Methodist Ch	7 pm
	Every Tuesday:	
Tri State Bus. Women	Cabin Coffee	8 am
Get Fit	First UMC	5:15 pm
Smoky Mtn. Melodies	United Methodist Ch	6:30 pm
Hi Country Harmonizers	Branan Lodge	6:30 pm
	Every Wednesday:	
BINGO	Civic Center	7 pm
	Every Thursday:	
Masonic Luncheon	Cooks Restaurant	11:30 am
Rotary Club	NGTC	Noon
Get Fit	First UMC	5:15 pm
	Third Monday of each month:	
Shape Note Music	Old Courthouse	6:30 pm
High Country Artisan	U.C.Bank Com Room	6:30 pm
Allegheny Lodge #114	Masonic Lodge	6:30 pm
Exp Aviation Assoc #1211	Blairsville Airport	7 pm
	Third Tuesday of each month:	
UC Homemakers	Dooley Chapter	Noon
Healthy Hearts Support	UGH 2nd Floor Class	2 pm
Am. Legion Post 121	Veteran's Center	6:30 pm
American Legion, Aux	Veteran's Center	6:30 pm
Chatuge Gun Club	Senior Center, Hia.	7 pm
Compassionate Friends	UCB Community Room	7 pm
	Third Wednesday of each month:	
Quilts of Valor	Coosa Methodist Ch	9:30 am
GA Mtn. Writers Club	Grinds & Glazes (G&G)	10 am
Blairsville Garden Club	Location not listed	1 pm
Friends of the Library	Library Com Room	2 pm
Beta Sigma Phi, Iota Iota	So. Bank & Trust	7 pm
	Third Thursday of each month:	
MMQG	Mtn. Presbyterian Ch	10 am-3 pm
Kinship Care	Civic Center	Noon
Commissioner's Meet.	County Courthouse	6 pm
Good N'bers Auto	Rib Country, Murphy	6:30 pm
UT Home Builders	Moschetto's	6:30 pm
Cub Scouts Trp. #101	United Methodist Ch.	6:30 pm
Tip-off Club	UC High School	7 pm
UC Saddle Club	Arena Clubhouse	7 pm
Jaycees	Fort Sorghum	7:30 pm
	Third Friday of each month:	
No activities listed		
	Third Saturday of each month:	
UC Republican Party	Civic Center	10 am
Goldwing Road Riders	Daniels Steak House	11 am