

Paris...continued from Page 4A

equipment is also wheelchair accessible. So there really is something for everyone. Most of the equipment utilizes your body weight to determine the difficulty.

Q. When will this exercise area be ready for the public?

A. The equipment has been ordered and we have a 6 weeks delivery date. It will take a few weeks to prepare the ground and install the equipment, so we are hoping some time in June. It is designed to have several stations that can be utilized by multiple people

so that it is not only a place where older adults can exercise, but socialize as well. Of course it can also be used by ladies who want low impact exercise.

Q. Where will the new exercise equipment be located in Meeks Park?

A. It will be in Meeks Park II, where the new Kayak Ramp is located, just off the Old Blue Ridge Highway. You can simply walk past the Kayak Ramp, across the small wooden bridge and down the trail to the new exercise area. The equipment will be located here adjacent to the 1/2 mile walking trail. In this way you can take a walk and do your exercise at the same time. The walking trail is mostly level and works for low impact exercise. However, there is an alternative trail that attaches and has more difficult slopes if you are interested. The facility will also be adjacent to the river so you can walk, exercise, then go sit on the river bank and fish till your heart's content. When people ask why I continually purchase property adjacent to what we already own, Meeks Park II is a perfect example of a vision for the future and all the possibilities that real estate offers for our residents and visitors.

Q. Where did the idea come from to put in this outdoor exercise area?

A. I will take credit for this one, good or bad. Back in

2010, when I was President of the Association County Commissioners of Georgia, I was invited to go to China on an economic development trip. While visiting Shanghai and Beijing, I saw all of these outdoor exercise machines in and along all the parks that they have scattered all throughout the cities. They really believe in taking care of their seniors. I was fascinated with the high use they received. When I got home, we considered it at the time, but there just was not a place that we felt was good for this equipment and it was difficult to find equipment of this type. However, in the past five years, it has finally become a hit in some metro areas of Georgia with several companies now selling the equipment.

Q. Is the county spending too much money on recreation for our young and old?

A. So long as you can afford it, there is nothing better than looking after our health from the youngest toddler to the oldest adult. That is what recreation is all about. Sure it provides games and excitement, but bottom line, look at the exercise and development our kids and adults receive, not to mention helping to keep our mental capacity at the highest level. I am so very proud of our Recreation Department and the dedication that they display in maintaining Meeks Park for your enjoyment.

Anti-Drug ... continued from Page 4A

signs. All parents need to be aware!

Myth: Heroin is only a problem for IV drug users.

Fact: The myth that heroin is only used by those who inject drugs using a syringe is untrue. Heroin can be used in several forms, although injection provides the most direct and intense route of delivery. Other methods of ingestion include smoking and inhaling through the nasal passages, known as "snorting." According to the National Institute on Drug Abuse, it does not matter what method is used - all can lead to addiction.

Myth: My friend gets it for me.

Fact: Your heroin dealer is not your friend; he is a heroin dealer. If he were your friend, you wouldn't have gotten started in the first place because friends don't want their friends dead.

Myth: Heroin dealers look like thugs.

Fact: They can also look like a choir boy, be well-spoken, well mannered, very charming and come from a decent home just like you.

Myth: Heroin is the ultimate high.

Fact: While the rush lasts minutes, withdrawal symptoms are always waiting for you. They include muscle and bone pain, diarrhea and vomiting, abdominal cramps, insomnia, restlessness, runny nose, cold flashes and goosebumps, sweating, involuntary kicking motions, racing pulse, high blood pressure, increased respiratory rate, and severe anxiety.

Myth: You can use it once in a while and be fine.

Fact: There is no such thing as a recreational heroin user. It is not to be confused with a joint or having a beer. Once Pandora's box is opened, less than 1% of people are able to get it closed again. The reality with heroin is that even one instance of curiosity can lead to a long-term addiction. Teens may also think that trying any drug is okay because their friends are doing it or because their parents have done it in the past. Drug use cannot be justified based on the actions of others, especially not when it can lead to a person ruining their own life. With a better understanding of the facts about heroin, teens can use their own judgement and make smarter choices.

Mattee... continued from Page 4A

planting your herbs and works well both indoors and outdoors.

Make sure they are in a place where they can get the required 6 hours of sunlight and are potted with potting soil for adequate drainage, not garden soil. Water your container herbs only when dry to prevent the roots from rotting. Keeping outdoor herbs in containers is also a good solution for frost prevention. On cold days,

plants can be brought indoors to protect them from freezing damage.

Once your herb plants are matured, you can use them in a variety of ways. You can pluck leaves directly off the plant and use them immediately in cooking. Bunches of cut herbs can be dried by tying them together and hanging them in a dark, dry, well-ventilated area such as an attic or garage for later use. Cut herbs can be frozen after they are rinsed and patted dry.

Whether you want a fragrant flowering herb for your garden or a savory plant that you can cook with, herbs offer a variety of uses that can be appreciated by any gardener. If you'd like more information on starting your own herb garden or are interested in learning about different herbs to add to one you already have, contact our office to receive our herb gardening publication.

Fowler ...

continued from Page 4A

who has found his life will lose it, and he who has lost his life for My sake will find it" (Mat. 10:38). He once posed the question that still calls for an answer, "Who do you say that I am?" (Mat. 16:15).

Cummings... continued from Page 4A

nyon Boys were hanged from a Chestnut Tree for refusing to fight for the Southern Cause. They were made an example by the Home Guard.

Harold Dyer and Bud Akins are two people who have traveled the Turnpike and know much about its history. The other day Harold and I walked the southern portion of the Old Turnpike. We walked from the Gap down the southern flank of the Blue Ridge toward Helen. Approximately 1/2 mile from the Gap we walked through an extremely steep section of the trail onto a little shelf that would hold perhaps 10 wagons. Harold told me that it was a 2 day trip coming home from or going to Gainesville. And if the wagons got a late start coming home from Gainesville they would sometimes stop and camp at this little shelf. Harold's dad made many a trip over the gap. And his grandfather, upon the end of WWI, had come via the Logan Turnpike from Europe.

Harold was told by his father that people traveling over the Turnpike would cut logs and tie them to the wagons when going downhill to help them brake their speed. While standing at the camping spot he said, "I can just see some old wagons and a bunch of farmers sitting around a big campfire". We walked a little further down the old road bed to a place where a tornado had knocked

down perhaps 15 acres of timber. Looking toward the east you could see rock outcroppings that witnessed much history on the old roadbed. If you looked to the west you could see the top of Cowrock Mountain and the cliffs of Cowrock.

Along the trail there are at least 3 nice little waterfalls with the largest located at the bottom of the steep part of the trail. Once the trail reaches the flat lands you walk perhaps another 1/2 mile until you reach the end of the trail. The total length we walked was about 2 miles. We turned around with about 1/2 mile of trail left. All along the trail there was an abundance of wildflowers. We could see Squaw Root, Wild Violets, Trillium and Squirrel Corn. Going down the trail is not difficult. But, coming back up is another story. If you are interested in walking the trail it is easy to find; just take Highway 348 south from Highway 180. When you get to Testate Gap park on the right side of the road. The trail is marked by a sign just to the east of the parking lot.

Next week the Trash to Treasures Yard Sale opens up at the Union County Farmers Market. We open each Friday 7:30 a.m. and remain open until 2 p.m. The cost for the day is \$15. Vendors can sell both used items and items for resale. Please come out to the Trash to Treasures Yard Sale, Friday, April 15th.

UNION COUNTY COMMUNITY CALENDAR

Children's Story Time	Union County Library	11 am
Kiwanis Club	Steve's Steakhouse	Noon
A Course in Miracles	298 School Circle	2 pm
Civil Air Patrol	Blairsville Airport	6 pm
Boy Scouts #101	United Methodist Ch	7 pm
Every Tuesday:		
Tri State Bus. Women	Blairsville Restaurant	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:		
Butternut Ladies Golf	Golf Course (Apr-Oct)	8:30 am
Masonic Luncheon	Cooks Restaurant	11:30 am
Rotary Club	So. Bank & Trust	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	Brothers, 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

Duncan ...

continued from Page 4A

I've had two major open heart surgeries since 2009, most recently in January.

If not for all the good folks who have had me on their prayer lists, I have no doubt that I would have been long gone from this Earth.

But, as the Good Lord would have it, He has something else in mind for me to complete while here on this Earth.

I know for a fact that from October through Jan. 27th, those praying for successful surgeries for me at Northeast Georgia Medical Center helped me greatly.

From Oct. 10th through Jan. 27th, I went through an arterial by-pass surgery on my right leg, to a triple by-pass procedure on my heart. There were a couple of surgeries in between.

Thank God for the many healthcare professionals for helping me along the way.

Thank you to all those who assisted me during my lengthy recovery, especially Nurse Cheryl and Nurse Sharon, physical therapists Kayla, Joe, and Mike. All from Care-South Home Health Care.

I thank my family for being my loved ones and caring about me so deeply, helping me to get to and from doctor appointments and bringing groceries into my home. I thank my many friends who kept checking on me during this long and drawn out process.

The National Day of Prayer means many things to many people.

Though we all have different faiths, we can agree on one thing, prayer is the strongest ingredient in the recovery process.

Let us come together on May 5th and pray together for our community, our state and for our nation.

I'm living proof that the power of prayer works. Again, without prayer, I wouldn't be writing this column.

God Bless us all.