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## Bust ... continued from page 1A

arrested in connection with the illegal laboratory as authorities discovered multiple batches of methamphetamine cooking using the "one pot" method.

"All this was going on inside a trailer on Golden Ridge Road off Tanner Road," Sheriff Stephens said. "Three people were taken into custody, the residence was secured and the Appalachian Drug Task Force Hazardous Materials team was deployed into action to dismantle the laboratory," the sheriff said.

Taken into custody were Jodi Lanigan, 23, Jamie King, 23, and Jennifer Turner, 32, all of Blairsville, Sheriff Stephens said.

All three were charged with manufacturing methamphetamine, Sheriff Stephens said.

"They were arrested on July 20th," the sheriff said. "We appreciate the tip that led to the discovery of the meth lab. We received an anonymous call regarding a meth lab at 119 Golden Ridge Road, off Tanner Road.



Jennifer Turner

"Agent Aaron Stanley with the Appalachian Drug Task Force and Deputy Tyler Miller with the Union County Sheriff's Office went to the residence and upon their arrival discovered there were multiple batches utilizing the one pot method for cooking methamphetamine."

Investigators searched the home and found multiple pseudoephedrine packs, lithium, Coleman Fuel, liquid heat and medical ice packs, the sheriff said.

"All this stuff was in the



Jamie King

trailer," the sheriff said. "It was a dangerous situation. I think some folks don't realize how volatile those chemicals are when in association together. It's an explosion waiting to happen."

The highly skilled Drug Task Force members removed the volatile chemicals from the scene without incident, Sheriff Stephens said.

"We appreciate the cooperation of the Union County Sheriff's Office, the Union County Fire Department and the Appalachian Drug Task



Jodi Lanigan

Force," the sheriff said. "Together, we're in the midst of an ongoing effort to make Union County and the surrounding counties a safe place to live, work and a place where folks can raise their families," Sheriff Stephens said.

Lanigan, King and Turner were booked into the Union County Jail. All three ladies were still in custody in the Union County Jail at press time, Union County Sheriff's Investigator C.J. Worden said on Monday.

# GRAND OPENING CELEBRATION

Friday August 3<sup>rd</sup> & Saturday August 4<sup>th</sup>

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## Commission ... continued from page 1A

ness for Paris, was keeping a commitment that he made in 2010, when the alcohol referendum was passed.

Paris promised to set aside \$50,000 each year from alcohol license fees and tax receipts to return to the community to tackle the issues of drug and alcohol abuse.

Approximately \$24,000 was awarded to the Union County Anti-Drug Coalition and \$6,000 to New Hope Counseling.

That left \$20,000 to be used for local grants and Paris found local churches and organizations that would gladly carry the torch for the cause of battling addictions.

"The call went out in the local newspaper for those interested in filing an application," Paris said.

Paris appointed a grant committee earlier this year to establish application guidelines for funding and awarding the grants.

"They have done an excellent job and I commend them," Paris told his audience. "I have personally had no input into these grants."

A \$2,000 grant was awarded to North Georgia Freedom Ministries, with Robert Spiva, Robert Moore, and Jeff Griffin accepting on behalf of Freedom Ministries.

The Avita Community Partners' treatment program, represented by Bethany Ott and Kimberly Gallreath, ac-

cepted a \$2,000 grant, and \$1,000 was presented to New Hope counseling, represented by Troy Beavers.

The Mountain Education Center's SADD Club received a \$5,000 grant, accepted by Amy Henson on behalf of the club. Union County Family Connection received a \$5,000 community grant.

"I want to thank everyone, for all of their diligent work," Paris said.

The next item on the agenda was approving business licenses and Paris issued a license to Hog Heaven Vacation Rentals in Suches.

Earth Networks' contract with the Union County EMA was approved along with Genesis Elevator Company and the county, regarding elevator maintenance.

A license agreement was reached with the American Society of Composers, Authors, and Publishers to help pay royalties to the entertainers whose music is used at the Courthouse, Farmers Market and Zumba events.

The Appalachian Drug Task Force was given a continuation grant for funding. The Task Force operates in Union, Towns, White, and Lumpkin Counties and the funding is provided by each of the four counties.

The Georgia Department of Corrections and the Carlton Colwell Detention Center will continue to pro-

vide work details in Union County for another year, Commissioner Paris said.

An alcohol license was issued to Red's Country Store on Foster Road in Blairsville.

Commissioner Paris would like to thank the Georgia Department of Transportation for two new grants totaling \$350,000.

The majority of the funds will be used to stripe and post new high intensity signage on some of the highly traveled county roads, such as, Pat Colwell Road and Har- alson Drive.

"This will make many of our roads much safer," Commissioner Paris said. "The only problem is, this is federal money, so it'll be spring before we can begin."

The county also was awarded \$100,000 for resurfacing the roads in the Robert Jones Industrial Park, including Beasley Street and Beasley Circle.

The next order of business, providing a new sewer system for the Farmers Market. After looking over three options, Paris is leaning towards a system that is similar to what it currently in place at Meeks Park.

The Meeks Park plan will be cheaper and will prevent the removal of trees from around The Market. "I'm a bit of a tree nut," Paris chuckled.

# Brasstown Professional PHARMACY

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## LEARNING THE BASICS ABOUT VITAMINS

Vitamins are essentials – the substances your body needs to function normally. You can usually get the vitamins you need from a healthy, balanced diet. Add a "rainbow of color" to your diet and you increase your chances of getting what you need.

But some people lack certain vitamins, so they need supplements. Ask your doctor whether or not you do. And, remember: too much of a good thing can be bad for you. So be careful not to overdo.

Here are the basics about vitamins:

**Vitamin A** helps with vision, bone growth, and reproduction. It also plays a role in cell division and promoting healthy surface linings in eyes and other places in your body. Sources of vitamin A include beef and chicken liver, carrots, sweet potatoes, pumpkin, spinach, and cantaloupe.

**B vitamins** such as B6 and B12 are versatile, helping with many of the body's functions. This includes forming red blood cells and helping your body get or make energy from food (a process called metabolism). You mostly find B vitamins in proteins such as tuna, salmon, poultry, beef liver, and dairy products. Some foods, such as breakfast cereals and breads, are also fortified with B vitamins.

**Vitamin C** helps the body form collagen (a fibrous protein) in blood vessels, bones, cartilage, and muscle. Fruits high in vitamin C include guava, oranges, kiwi, and strawberries. Vegetables high in vitamin C include raw red and green sweet peppers, Brussels sprouts, broccoli, and sweet potatoes.

**Vitamin D** works with calcium to maintain bone strength and quality. Vitamin D is also involved in cell growth, as well as nerve, muscle, and immune functioning. And, it can reduce inflammation in the body. Few foods contain vitamin D. However, it is found in fatty fish such as salmon and tuna, and in fish liver oils. Orange juice, milk, and yogurt may be fortified with vitamin D. You may also get some vitamin D from sunlight.

**Vitamin E** is an antioxidant. It helps protect cells from damage. Vitamin E also is involved with immune function and metabolism. Sources of vitamin E include wheat germ oil, sunflower seeds, almonds, peanut butter, and sunflower or safflower oil.

**Vitamin K** helps make proteins for healthy bones and tissues and for blood clotting. Foods high in vitamin K include dark berries and green, leafy vegetables such as kale, spinach, turnip greens, and collards.

Sometimes doctors prescribe vitamins. But sometimes vitamins may interact with certain medications. If you have questions about any of this, I'd be glad to talk it over with you. I can also answer your questions about Health Mart brand vitamins. Or, you can go to [www.healthmart.com](http://www.healthmart.com) to learn more about the Health Mart Vitamin Finder. This is a new internet-based, personalized tool to help you make smart decisions about vitamins.

*Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.*

Amy Galloway, R.Ph.  
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## Elections ... continued from page 1A

a staunch 76 percent voting no.

T-SPLOST was dead in the water before it ever got to the mountain counties, with Hall and Forsyth counties casting 36,306 ballots against the measure.

Only 12,153 voters supported the referendum in Hall and Forsyth counties.

In Union, locals sent the same strong message to state lawmakers that they didn't like an extra penny in sales tax being taken from their pocketbooks.

Union voters turned back T-SPLOST 3,876 no votes, or 79.51 percent to 999 votes in support of T-SPLOST.

Among the other mountain counties, Banks turned the referendum back 3,008 to 1,003; Dawson also said no, 2,503 to 797; Franklin voters said no with a 3,078 to 1,578 showing; Habersham shot it down 5,376 to 1,613; Hart didn't like it either voting 3,134 to 730; Lumpkin pushed it back also, 4,104 to 1,501; Stephens said no, 2,417 to 1,070; Towns killed it, 2,417 to 281; and White stopped it also, 3,722 to 957.

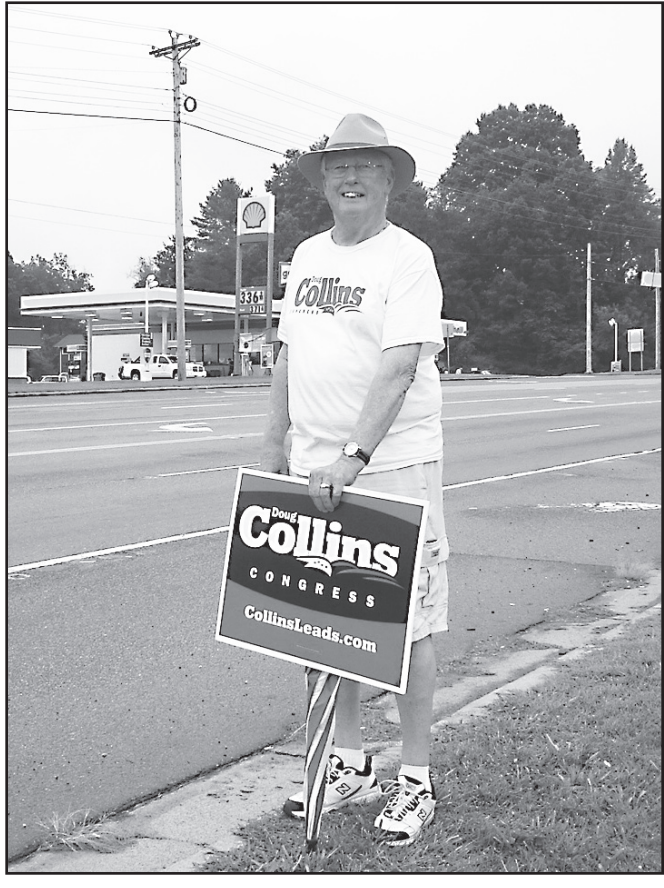
In the 9th District Congressional race, Doug Collins was leading Martha Zoller by a nose, literally.

With 19 of 20 precincts reporting, Collins led Zoller by 729 votes, 45,862 to 45,133. Roger Fitzpatrick took 17 percent of the district vote, garnering 18,717 ballots district-wide.

Zoller was exuberant on Tuesday night in Gainesville.

"The establishment thought they could crush me," said Zoller to a crowd of supporters at 2 Dog Cafe restaurant in Gainesville on Tuesday night. "But I'm standing strong and I am ready to win on August 21."

"North Georgia deserves a conservative fire-



Patrick Malone, Collins' Union Campaign Chair, tries to stir up support in the rain on Tuesday in Blairsville. Photo/Todd Forrest.

brand in Congress who will shake up the status quo and push for real conservative solutions to our nation's most pressing problems," she said. "For the next three weeks, I will prove to the voters of this district that I am the only candidate in this race with the passion, conviction, and drive needed to put this country back on track and ensure that our country's brighter days are still ahead."

Collins thanked his supporters and said that he is humbled by his experiences running for Congress in the 9th District.

"Thank you for the countless hours of volunteering; thank you for your prayers and words of encouragement; thank you for welcoming my

family and staff at each debate, barbecue and GOP or Tea Party meeting we attended," he said. "Thank you for your ideas on what we can do to get our economy thriving again. And most of all, thank you for your faith in me to go to Washington and enact our conservative values into law."

"This campaign has been the most humbling experience of my life, and it will be my deepest honor to represent the 9th District of Georgia in Washington beginning in January."

With only one county left to report, Collins and Zoller are headed for an Aug. 21st runoff election.

Read the Aug. 8th edition of the *North Georgia News* for more details.