

Beat the Heat

Several people have stated to me that they believe this summer is one of the hottest summers that they could remember. I agree; the temperatures this year seem extreme. It may be due to the lack of rain and the present drought that gives us the impression of a hotter summer. The main question is how to beat the heat and to stay safe during these summer days. Union County Fire Department would like to provide some tips to keep you cool.

Fire Dept. from Union County Fire Chief David Dyer



Ready Georgia is an excellent source for information on extreme weather. Their web site, www.ready.ga.gov, provides tips on how to deal with extreme heat. Here are a few. People should stay indoors as much as possible and limit exposure to the sun. The summer sun can be brutal and limiting exposure is a good practice. When available, stay in air conditioning. Drink plenty of fluids and stay hydrated. Anyone on a fluid-restricted diet or who has a problem with fluid retention should consult a doctor before increasing liquid intake. If you must be outside, dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible. Protect face and head by wearing a wide-brimmed hat. These tips can help you stay cool and safe during high temperature days.

The biggest concern associated with extreme heat is heat exhaustion and heat stroke. These conditions are treatable but can be deadly if allowed to progress. Heat exhaustion is usually the first to present. People who are in the extreme heat can begin showing signs and symptoms after only a short amount of exposure. Heat exhaustion signs and symptoms include: confusion, dizziness, fatigue, headache, muscle or abdominal cramps, nausea, vomiting, or diarrhea, profuse sweating, cool, pale skin and high heart rate. Treatment for heat exhaustion is to remove the person from the heat, drink plenty of non-caffeinated fluids if the person is alert, and cool the person. The signs and symptom usually resolve themselves. If the person doesn't recover from treatment or gets worse, call 911 for medical attention.

Heat stroke is a true emergency. The body has attempted to deal with the extreme heat but is no longer able to keep the body at a normal temperature. Heat stroke can lead to organ damage and death if untreated. The signs and symptoms of heat stroke include the same as heat exhaustion except the person may become unresponsive, extremely confused, and their skin may be hot, dry, and flushed. Persons who are suffering from heat stroke should be evaluated in the emergency room. Call 911 if the person is

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Marijuana Users Grossly Underachieve

Two recent and eye-opening studies published in the medical journals Addiction, and Neuropharmacology, respectively, reveal gross deficits in cognitive ability, executive functioning, attentiveness, and motivation in marijuana users. All the independent, peer-reviewed research confirms what experts have observed for years. Cannabis users significantly underachieve in education, their careers, and have significant problems with their most significant relationships.

In a large study, approximately 1900 adolescent were followed and evaluated for 10 years. The results were clear, definitive and shocking. Marijuana users were three times more likely to be unemployed or have dropped out of school compared to non-users. The evidence was so compelling that the lead investigator of the research dubbed marijuana as, "the drug of choice for life's future losers." In short, adolescents and young adults who possess the intelligence, desire, and motivation to go on to college or technical school frequently abandon these aspirations for something less rigorous once they begin smoking marijuana.

Here's why: Researchers demonstrated that even casual cannabis use impairs memory, motivation, and executive functioning, which involves the ability to organize tasks, control impulses and set priorities. As a result, most marijuana users adjust their life's trajectory, goals, and priorities downward to accommodate their impaired cognitive state. Parallel research published by the Journal of the American Medical Association in 2015 reveals the over 30 percent of marijuana users are, in fact, addicted. This is two times higher than the addiction rate for those who use alcohol.

It's just too hard to smoke 3-4 times per week and remain motivated and disciplined enough to get up early and put in the hard work necessary to succeed in something difficult. Consequently, marijuana users are frequently unemployed or underemployed in jobs that are less challenging. Unfortunately, it isn't until they quit using cannabis that they realize how marijuana has robbed them of precious years, and the life or career they truly desired.

Regrettably, the legalization of marijuana in Colorado and several other states has sharply increased the prevalence of use among young people. The results of this shortsighted thinking will be disastrous and leave us with millions of impaired young minds that will never realize their full potential.

The mission of the Union County Anti-Drug Coalition is to support an overall safe community by providing information, education and support services to children, families and community toward prevention of illegal substance abuse. Visit and Like our Facebook page for additional articles and videos.

Letter to the Editor...

Mission Possible?

Dear Editor,

The anti-litter effort can't be about any person, nor can any one person solve the problem. It's the only example that I can support the phrase that "it takes a village" to do.

Litter is the symptom to much larger "social issues" that are plaguing our country and our communities. The it's all about "Me, Me, Me" people need to convert to a "We" community, then we will see real progress.

A heavy does of "Tough Love" and the return to the "family unit with moral values" including "God" is going to be our only hope to improve our quality of life and living.

Gary Chamberlain

Money

I can't believe Jesus said this about money! Ok, so I shouldn't try to write clickbait headlines for a living. But with the stock market up 20% in 2016 (which could change before this sees ink) and home values on the rise, money is talking. Jesus didn't hesitate to address topics as relevant today as 2000 years ago, including money. Here are five of his challenging comments on the subject.

1. "Calculate the cost." When I was in Haiti, a friend started building a mud-walled house without figuring the cost first. I reminded him of Jesus' story about counting the cost before starting a building. The point was about the cost of following Jesus. "None of you can be My disciple who does not give up all his own possessions," a very high cost. Authentic discipleship means submitting to Divine priorities as we steward God's possessions entrusted to us. (Luk. 14:28-33)

2. "Render to Caesar." Which means pay your taxes. If you include all local, state, and federal taxes, Americans worked until May 10 this year just to render to Caesar. We pay more taxes than we spend on food, clothing, and housing combined. We could mount an argument about what is reasonable and elect leaders that lower our taxes, but defrauding the tax collector is not an option. (Mat. 22:15-22)

3. "Give to the poor." In the movie, "It's a Wonderful Life," Mr. Potter muttered to George Bailey that his mortgages to the poor just created "a discontented, lazy rabble instead of a thrifty working class." That was not Jesus' view of the poor. Sure, many suffer the consequences of poor choices, but finding appropriate ways to help is our calling as Christians. Jesus also said, "to the extent that you did it to one of the least, you did it to Me." (Mat. 6:1-4, 25:34-46)

4. "Do not worry about tomorrow." But we do, and yes, this is about money. Worry about financial matters, or any worry actually, leaves no room for faith. Jesus noted that our heavenly Father knows what we need, so we should "seek first His kingdom and His righteousness." We find freedom in letting tomorrow take care of itself. (Mat. 6:25-34)

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All Things New

Wayne Fowler



Commissioner's Questions

Q. How did the Veteran's Flagpole Dedication at the Leon Davenport Veterans Building go last Friday? We wanted to attend but were out of town.

A. I am sure the North Georgia News will cover this story in detail, but it was a very proud moment for me and all that attended the ceremony. When people enter Union County on Highway 515 it will be very obvious this is a county that appreciates, respects and honors its veterans. Having this display of flags visible day and night, rain or shine, snow or hail, will be a reminder to us all, every time we drive by, of how blessed our country is. Whether that service was in the past, present or will be in the future, our country and county always honors those who serve and those who gave all.

Q. Who maintains the Leon Davenport Veterans Building?

A. This is a county facility and the county provides most of the maintenance.

Q. It always seems that our veterans are actively involved in fundraising projects or community projects. Is this normal in all communities?

A. I think as a whole, all communities have become more active with their Veteran Organizations. However, I also feel that our Veterans are some of the more active and involved in our community and we are very appreciative for that.

Q. What Veterans Groups are active in Union County and the City of Blairsville?

A. It is a pretty impressive list. Ira Weaver American Legion Post 121, DAV Woodrow Wilson Chapter 11, Brown-Davis-Elliott-Woody VFW Post 7394, Vietnam Veterans of America Chapter 1101, Unicoi Detachment #783, Marine Corps League, North Georgia Honor Guard, Navy Seabee Veterans of America Island X-3, Associates of Vietnam Veterans of America Chapter 1101, American Legion Auxiliary Unit 121, Old Unicoi Trail Chapter DAR, and Blue Ridge Mountains Chapter SAR.

Q. Did Union County pay for the new flag poles at the Leon Davenport Veterans Building?

A. No. This project was funded with donations from the

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Georgia Mountain Bridal Show

This Saturday, August 6th, marks a new event at the Union County Community Center. The Georgia Mountain Bridal Show will be held from 11a.m.-3p.m. The Community Center will be showing off their Wedding and Reception venues and a variety of vendors will be on hand to help all of the happy couples get ready for their special day.

Attendees will have the opportunity to meet with caterers, photographers, representatives from event venues, salons, bakeries, and so much more! Thank you to Montefino, Pat's Hallmark, Epic Party Planning & Rental, and Paradise Hills Resort and Spa for sponsoring the show. We appreciate all who have helped, behind the scenes, to bring this event to our county. We want to thank Ashleigh Stephens, Director of Events at the Union County Community Center, for hosting this event. For more information about the Georgia Mountain Bridal Show or to discuss hosting an event at the Community Center you can reach Ashleigh at the Union County Community Center at 706-439-6092 or by email at eventplanner@uniongov.com.

Blairsville - Union County Chamber Regina Allison



Cucurbit Pests

Right about now, gardens are hopefully laden with plenty of summer squash, melons, cucumbers and other tasty members of the gourd family (also known as cucurbits). However, a bountiful harvest can often mean a big boom in pests that happily enjoy the fruits of your labor before you get to pluck them off the vine! These pests can cause damage to your cucurbit crops and reduce your yield, so it is important to know what you are up against in order to use the correct treatment.

Cucumber beetles: These insects not only cause damage by feeding on gourds, but they also transmit bacterial wilt. The bacteria lives inside of the beetles and is transferred from plant to plant as the beetles search for food. The larvae of these beetles live in the soil and bore into roots and stems where they feed. Plants infected with the bacterial eventually wilt and die. Cucumber beetles are typically very small and have oval shaped bodies and either spots or stripes. Their antennae are long and thin, and their heads are usually darker than the rest of their bodies. They can be controlled by using fabric row covers, handpicking them off, and eliminating weeds to decrease shelter for them.

Two-spotted Spider Mites: Spider mites can be a serious problem during hot, dry weather. They feed on individual cells of the leaves and the damage looks like yellow or brown stippling all over the leaves. Because spider mites are so small, they are hard to detect and can damage plants very quickly. Do not apply insecticides more than necessary in drought conditions because these kill predators of spider mites causing populations and damage to increase.

Squash bugs: These bugs are some of the most common pests in home vegetable gardens. They use their needle-like mouthparts to suck the sap out of leaves. This causes plants to wilt and die very quickly. Squash bugs are between one half and three quarters of an inch long. The young bugs, also called nymphs, are a light gray color, while the adults are brownish black. The adults overwinter in protected places such as dead plants and clumps of weeds. In the spring, they will emerge and mate, laying their eggs on the undersides of cucurbit leaves. The eggs range in color from yellow to red and hatch about ten days after they are laid. Nymphs become adults

UGA Extension From the Ground Up Melissa Mattee



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"I'm OK with Bigfoot and the Tooth Fairy. It's the low jobless numbers I have trouble with."

Spotlight on Lumpkin County, GA

Chestatee-Chattahoochee RC&D Council's work area is the 13 counties of Northeast Georgia from Union down to Forsyth over to Hart and up to Rabun. This week the spotlight is on Lumpkin County.

Frank Riley

Executive Director of RC&D



Lumpkin County was created on December 3, 1832 and got its territory, formerly part of the Cherokee Nation, from Cherokee, Habersham and Hall counties. Discovery of gold at Auraria near the county seat of Dahlonega spurred rapid settlement and gave impetus to removal of the Indians from this area. The U.S. government had a mint in Dahlonega from 1836 until 1861, and this mint processed more than \$36 million in gold, but by 1849 discoveries in California and the stories of the riches there, drew away a majority of the miners from the county, seeking fortunes elsewhere.

Gold from the county was used on the dome of the current state capitol building during a renovation project in 1957. In response to the state's reservations about the cost, citizens from Dahlonega and Lumpkin County offered to donate the gold. Within a week, twenty ounces of gold had been pledged by citizens from an area that 129 years earlier had been the site of the nation's first gold rush. Secretary of State Ben Fortson accepted the chairmanship of the gold dome project, which by the end of July had collected the forty-three ounces of gold estimated to be necessary for covering the dome.

On August 4, 1958, a caravan of seven mule-drawn covered wagons left Dahlonega with the gold. Following the three-day trip to Atlanta, during which time the wagon train averaged about three miles an hour, the gold was presented to Governor Marvin Griffin in a ceremony on the steps of the capitol. Thereafter, the gold was sent to Philadelphia, where it was milled into gold leaf 1/5,000th of an inch thick, or about the thickness of a piece of tinfoil used to wrap chewing gum. The gold was expected to last thirty or forty years. Unfortunately, the gold was applied during the winter months, and the engineers were unaware that gold leaf does not bond properly when it is applied during cold weather. The thinness of the gold leaf also made it susceptible to wearing away from oxidation and weather. By 1977, only nineteen years after its application, almost half of the gold was gone from the dome. Concern over the disappearing gold and the dome's appearance led a number of Georgians and state officials to explore how the dome might be regilded.

The Dahlonega-Lumpkin County Jaycees committed their organization to raising the gold for the project, as they had done in the late 1950s, with overall responsibility for regilding to be assumed by the Georgia Building Authority. The fund-raising effort was ambitious; a wagon train

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Bingo

As you may know one of my favorite friends is Patrick. Together, we have worked on many agricultural projects for close to 30 years. A few years ago we began working together in the Union County Canning Plant. And yes, we have hunted, fished and camped together a few times. In all the time we have spent together I must say there has never been a dull moment. If you come by the Canning Plant on any given day after we have slowed down for the day you can find us laughing at one of Patrick's stories, one of which left us in tears after we had processed our last jars of the year at the Canning Plant.

One day about 1 year ago while working in his garden Patrick watched helplessly as a dog walked in front of a passing vehicle on Skenah Gap Road. Patrick rushed to find the dog badly injured and yet alive. He gathered the dog in his arms and placed him in the back of his truck. The dog was transported to the local vet's office where he was treated and released to the caring hands of my friend. Patrick didn't even own Bingo; however, he had a sizeable investment in the dog. Slowly, Bingo recovered and became his old self which was to cause some major problems for Patrick.

Patrick and I met that morning as was our custom at 5:50 AM to turn everything on in preparation of opening the Canning Plant. As usual a little after daylight I went outside to check the propane level in the tank. After checking the propane level I walked back to the entrance of the plant. Before walking in the door I noticed some wires hanging from the back of Patrick's truck. He crawled under the truck and found that Bingo had chewed up the wiring. The investment in Bingo just went up again.

A short time later Patrick's mother was walking to the mailbox when she was tripped by Bingo causing her to fall to the ground. After a trip to the doctor's office Patrick's mother was found to be okay other than a few bumps and bruises. The investment of Bingo went up again. Bingo has left the playful puppy stage. He is an adolescent now and prone to wander. I suppose he is looking for girlfriends. Over the past couple of months Patrick has made numerous visits to the pound to bail Bingo out of jail. I guess we could call each of these bail outs investments.

About 10 days before Christmas Bingo came up missing yet again. Patrick was told Bingo was over in Fannin County, so, he called the number provided to him. A lady answered the phone and was on her way to the pound with Bingo. She agreed to meet him at a local grocery store to return the dog to my friend. The two met and while they were talking in the parking lot a car backed up and hit Bingo and his owner. He said, "I just stood there and watched as this teen-

Around The Farm Mickey Cummings



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