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65 and older. This high dose shot has extra antigens that help boost the immune system. We also have available the Pneumonia Vaccine that we highly recommend older individuals get since they are more susceptible. Keep in mind that younger children are also more susceptible to the virus and vaccines for the flu can be started as young as 6 months of age.

Q. I really want to be protected from getting the flu, but I am terrified of needles. Is there an alternate option for me?

A. For people ages 2-49 years old we have the live, attenuated influenza vaccine, or LAIV for short, which is sprayed into the nose. There is no shot and it does not contain any preservatives. It is made from weakened flu virus but it does not cause the flu. However, you should know that the flu shot does not generally hurt past a tiny pin prick.

Q. What are the symptoms of the flu?

A. Symptoms vary based on the age of the person. They can have a fever, sore throat, muscle aches, fatigue, cough, headache, and a runny or stuffy nose. These symptoms can lead to pneumonia and blood infections. It can also cause diarrhea and seizures in children. Patients with heart or lung disease can become worse as well.

Q. Can flu shots be obtained from locations other than the Health Dept.?

A. Flu shots are available from several local sources. However, the Union County Health Department specializes in providing these shots and has been doing it locally for many, many years.

Q. What is the cost of a flu shot?

A. The flu shot cost \$25, but it is covered by a lot of insurances.

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in rhythm. I was sent home that day and scheduled for the pacemaker to be implanted the next day. In the meanwhile I was fitted with a device to monitor my heart and make sure it was beating properly. That night my heart stopped beating for six and one half seconds. The next morning, I was preparing to go to Gainesville when my heart stopped beating and again fainted. My wife called 911 and a short time later EMTs arrived and prepared me for transport to Union General. Union General assessed the situation and decided that my health was better served by sending me directly to Northeast Georgia for immediate medical attention. That day at 1:30 the doctors at Northeast Georgia implanted the pacemaker. Sending me directly to Northeast Georgia may have saved my life. One week later while sitting at home my left lower arm started to ache. Within a few hours it really became painful. My wife and I decided that we should return to Union General for assessment. Again, the doctors and staff on call that night made a quick assessment and after consulting with doctors in Gainesville transported me to Northeast Georgia. The EMT's

who transported me were very professional and treated me for pain in route and made me feel that I was in the good hands of people who were committed and dedicated to my wellbeing. Long story short, after two heart attacks and five stents I am back home and doing great. My treatment continues at the relatively new Union General Cardio Rehab Center. Laurie Saylor, Director of the Rehab Center and her staff are doing a great job getting me back to a healthy heart. My sincere thanks to the doctors, emergency room staff, the hospital nursing staff and all who are responsible for making Union General Hospital the great hospital it is. Special thanks to the EMT Staff and their dedication to not only getting to me when I called for help fast, but also stabilizing me until we reached the hospital.

In ending I want everyone at Union General to know how much I appreciate their dedication to the people of Blairsville and that I now no longer have any concern about the healthcare system in Blairsville. I now know first hand that the residents of Union County are in good hands.

Sincerely,
Buddy L. Mawyer

Riley... continued from Page 4A

would keep the public informed about the importance of fire prevention. The commemoration grew incrementally official over the years.

In 1920, President Woodrow Wilson issued the first National Fire Prevention Day proclamation, and since 1922, Fire Prevention Week has been observed on the Sunday through Saturday period in which October 9 falls. According to the National Archives and Records Administration's Library Information Center, Fire Prevention Week is the longest running public health and safety observance on record. The President of the United States has signed a proclamation proclaiming a national observance during that week every year since 1925. This year's Fire Prevention Week campaign, "Hear the Beep Where You Sleep. Every Bedroom Needs a Working

Smoke Alarm," provides an ideal opportunity to educate the public about the importance of having working smoke alarms in every bedroom, outside each sleeping area, and on every level of the home, including the basement. Plan ahead! If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.

One-third of American households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less, and only 8% said their first thought on hearing a smoke alarm would be to get out!

Don't wait, get out, because the life you save might be yours!

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Beans Day. A huge batch of the stuff that sticks to your bones will be conjured up in the vats of the canning plant and served with some crazy delicious cornbread in front of the Café. Just about the time we'll be serving, you can take your bowl over to the Food Pavilion and enjoy the local singing quartet "Nostalgia" who will be performing the Do-op hits from the 50s and 60s starting at 11 a.m.

When you come to enjoy the Market on the 24th, we ask that you consider bringing a food donation for the local Humane Society, as well. Every week of the season, the Mountain Shelter manages our "Pup Tent" where folks visiting the Market with canine friends,

can enjoy their shopping experience while their dog gets to be pampered and played with at the designated area you see when you come from the lower parking area. On the 24th, the Mountain Shelter will also be bringing dogs that will be available for adoption that Saturday.

If you would like to make a food donation, please consider that the Shelter uses only specific brands for their dogs and cats that reside there until loving homes can be found for them. These brands include Purina regular dog chow (green bag), Purina puppy chow (blue bag), Purina regular Cat chow (blue bag), and Purina kitten chow (yellow bag). Donation Bins will be situated at both the Pup Tent and up at the Office of the Market. Cash donations will also be gratefully accepted.

The last Saturday of the season is Halloween, and we will have tons of fun for kids of all ages, including our first ever "Great Pumpkin Carving Contest". I'll have more details about that and our post season events in my column next week. Until then, I hope that your days are crisp and delightful, filled with color and the smells of burning leaves and baking apple pies to arouse your autumn senses.

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laugh, "Haw, haw, haw. We got ya boy". Dad looked around and everyone in the room was laughing including my mother. Dad knew at that time he had been accepted into the family.

Fowler ... continued from Page 4A

my body and severe pain most days but my heart is cleansed. Napalm is very powerful, but faith, forgiveness, and love are much more powerful... If that little girl in the picture can do it, ask yourself: Can you?" Witness a life of peace and freedom despite horrible suffering!

I do not know the hurt of an exploited woman scarred for life, nor wounded and neglected soldiers returning from war, nor families whose loss is carved in stone on the Wall. I do know that with forgiveness comes freedom, and the power to forgive comes from God. As Jesus taught us to pray, "Forgive us our sins, for we ourselves also forgive everyone who is indebted to us" (Luke 11:4).

Gray... continued from Page 4A

Perhaps someone from D.C. should see how regular folk deal with situations, without getting involved in budget-busting situations. Our churches and civic organizations are behind the benevolent outreach to solve problems here at home, and often they work together to help those who need a helping hand, remembering how God has reached out to them in their own lives.

Perhaps someone reading this letter will feel led to support a cause you have seen mentioned in the paper, like I did just before writing this letter: I called a member of a group I am not a member of to ask how I could support their effort. For me, that little tug came because I am the mother of a career military son, and the article mentioned buying a service dog for a wounded veteran. For you, it might be just a one-time thing as regards a need, and you might find you are becoming more and more involved in this wonderful mountain community we are blessed to call home. May it be ever more "home-sweet-home," as others become increasingly involved.

Respectfully submitted,
Arlene M. Gray

Combs... continued from Page 4A

Get God back into society with a great revival in our nation and watch the crime rate go down. It has been proven time and time again throughout history, but yet we foolishly ignore it and push God further and further away from the only hope for our nation.

Shame on the American people for leaving a bad legacy to our kids and grandkids to face. May God have mercy on us all.

Frank F. Combs

Williams... continued from Page 4A

discuss practical tips on how to avoid U.S. Department of Labor investigations and costly wage and hour litigation, as well as current "hot labor law" topics. The luncheon speaker, Joel Gilbert, of the Georgia Department of Revenue, will conduct a small business workshop about steps that businesses may take to ensure compliance with that department.

Recertification credits (3.75) are approved through the Human Resources Certification Institute (HRCI).

If pre-registered, the cost to attend is \$35 per person. If more than one person from an organization attends, the cost is \$30 each. The cost at the door is \$40 per person. Registration includes lunch.

For more information about the summit, or to request registration forms, contact our Chamber of Commerce at 706-745-5789 or me directly at president@blairsvillechamber.com.

UNION COUNTY COMMUNITY CALENDAR		
	Every Monday:	
Garden Tours	GMREC (May-Oct)	9 am - 1 pm
Children's Story Time	Union County Library	11 am
Kiwanis Club	Steve's Steakhouse	Noon
A Course in Miracles	UC Comm Cntr., Rm 101	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
Spiritual Living Group	UC Comm Cntr., Rm 101	6:30 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
Exp Aviation Assoc #1211	Blairsville Airport	7 pm
	Third Tuesday of each month:	
UC Homemakers	Dooley Chapter	Noon
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
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	Ingles Cafe	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