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That depends. Many of the e-cigarette companies are adding these flavors to liquid nicotine to make them appealing to young people. Liquid nicotine with flavor is just as unhealthy as its plain cousin. But if a flavored product says it contains no nicotine, is it safe? It depends on what you mean by safe. It's still made with chemicals, and why risk inhaling them into your lungs?

How many teens are trying the flavored nicotine e-cigs? According to a new study from the Centers for Disease Control and Prevention and the Food and Drug Administration, approximately 70 percent of middle-school and high-school students who have used a tobacco product or an e-cigarette in the past 30 days have used at least one flavored product during that time.

Even though the jury is still out on how harmful e-cigarettes are, they have definite health consequences, whatever the taste. For starters, research has found they may be as addictive as regular cigarettes. Another study found that teens that use e-cigarettes are more likely than others to smoke regular cigarettes, and use other tobacco products, when they're older.

Also, the aerosol (vapor) created by e-cigarettes contains chemicals at concentrations that are toxic. We do know that the liquid nicotine in e-cigarettes also can cause nicotine poisoning.

E-cigarette manufacturers don't usually state the levels of specific chemicals they include in the liquid nicotine.

This means that the flavors in e-cigarettes are like a smoke-able version of "mystery meat."

NIDA-funded scientists have found at least five potentially harmful toxins in the body of human adolescents who use electronic cigarettes. Makers of e-cigarettes add flavoring chemicals and compounds that can be inhaled when a person vapes or that breaks down into harmful chemicals during vaping. Here are just a few of the toxic compounds the recent study found in e-cigarettes or e-cig flavoring:

Acrylonitrile is used to make plastics and adhesives. It's extremely poisonous in large doses. Acrylamide is used in treating wastewater, including sewage. It may increase the risk for several types of cancer.

Propylene oxide can irritate the eyes, skin, and respiratory tract, and depress the central nervous system.

Crotonaldehyde is a poisonous and highly flammable liquid with a suffocating odor.

These chemicals are found in small amounts in e-cigs, so we aren't sure yet how much you'd need to inhale to be in danger.

Earlier studies found other dangerous things in e-cigs, including formaldehyde, a gas that's been linked to cancer; diacetyl, a chemical that can harm the lungs; plus many others.

Most e-cigarettes contain nicotine, which is highly addictive. So, don't fall for the hype: E-cigarettes might not always be safer than tobacco. Check the facts, so you can make an informed choice about what you put into your body.

Cummings... continued from Page 4A

toes, onions, pepper, and cantaloupes along with a pone of corn bread. Nervously, Papa watched me dabble with my food. Normally, I love supper and consume a lot at that meal. However, this time I wasn't interested. I hadn't even touched the fried potatoes. Granny looked at me and asked if I was sick. At her words I jumped up from the table and ran outside. I told her my belly was hurting. She wondered why until I explained the number of soft drinks that I had consumed. She looked at Papa for an explanation and soon they were angry with each other again.

When I came to Union County I visited every country store which was still open. Places like Wolf Pen Gap Store on 180 in Suches, Brookshire's Country Store in Suches, Watkins Store in Suches, Owl Town Store, Sunrise Grocery, Beavers' Store at Gumlog, Poteete's Store, Cooper Creek Country Store, Booger Hollow Store, Hugh's on 129 north of town, Lost Creek Store at Mulkey Gap, and Dyer's Country Store on 180 out toward Jack's Gap. I have enjoyed a Candy Bar and cold drink in all these places. But, never ever have I consumed 5 anymore.

I recently was talking with Cecilia and George Holland owners of Logan Turnpike Mill. Years ago they purchased Russy Rich's Store and Mill located on US 129 south of Blairsville. The pair found and donated a 1957 ledger from the old store to the Union County

Historical Society. The ledger contained some interesting names and information. For example, some of the names included Hoyt Hamby, Marion Sullivan and Paul Irwin. Other names in the ledger were Dyer, Lance, and Dover. Items purchased included a quart of oil for 25 cents, a candy bar for a nickel, a Coke for a dime, gasoline was about twenty-five cents per gallon. Also, a bottle of Clorox was listed at twenty cents. A bar of soap was 10 cents. A box of snuff was twelve cents and you could buy an apple for a nickel.

But, the most interesting information to me was an order from December of 1957. The order was placed by New Harmony Church. The order was included candy for a total of 55 cents, apples for \$1.24, oranges for 87 cents and paper bags for 10 cents. I wondered at what the order was for until some friends explained it to me. In visiting with Bobby and Janice Lance after looking at the date they told me the order was for Christmas Treats for children. Also, it is my understanding the church still maintains the practice of giving children gift bags of treats at Christmas. This practice of giving these treats to children has been going on for at least 62 years and probably longer. If that is not a testimony I don't know what is one. Keep up the good work! Also, I would highly recommend that you visit an old Country Store as soon as possible. There are a number still in operation.

Riley... continued from Page 4A

its lid. A cookie sheet works too. Leave covered until the pan is cool. Never move the pot or carry it outside, the pot is too hot to handle and the contents may splash causing a severe burn. 2. Turn the heat off. With the lid on and the heat off, the fire should quickly put itself out. Never use water to put out a kitchen fire. Water will cause the oil to splatter and spread the fire or scald you as it vaporizes. If the fire is inside the oven or microwave, keep the door shut and turn it off. Keep closed until the oven is cool.

If the fire gets out of control - get out, stay out and call 9-1-1. Don't return inside for any reason. 47% of all home fires are caused by cooking. Thinner skin of older adults burn faster and deeper.

Preventing a burn injury is always better than the pain and trauma of medical treatment afterward. Approximately

every minute, someone in the United States sustains a burn injury serious enough to require treatment. Each day over 300 children are seen in emergency rooms and 2 children die from burn injuries. Children < 16 years old represent approximately 26% of all admissions to burn center hospitals.

An estimated 376,950 scald burn injuries associated with consumer household appliances and products were seen in hospital emergency rooms in the U.S. between 2013-2017; 78,526 (21%) of these occurred to children 4 years old and younger.

Children are at particularly high risk for burn injuries due to their immature motor and cognitive skills, inability to self-rescue, and dependence on adults for supervision and danger-avoidance interventions. Older adults are similarly more vulnerable due to decreased

reaction time, impaired mobility, and effects of pre-existing health conditions.

Infants/toddlers and elderly adults have thinner dermal layers compared to persons of other ages, leading to deeper burn injuries at lower temperatures or shorter exposure times. Hot water will burn skin at temperatures much lower than boiling point (212°F/100°C).

In fact, it only takes 3 seconds of exposure to 140°F/60°C water to cause a burn serious enough to require surgery! Hence, set water heaters at 120°F/48°C or just below the medium setting. A safe bathing temperature is 100°F. Dangerously high-water temperatures were found in 41% of inspected urban homes, with

rental properties at greater risk for unsafe levels.

Actual tap water temperatures can vary from the heater thermostat settings. Therefore, test water temperatures at the faucet with a candy/meat thermometer after allowing the hot water to run for 1 - 3 minutes. Adjust the heater setting accordingly. Re-test in 24 hours. 85 - 90% of scald burns are related to cooking/drinking/serving hot liquids. Coffee is often served at 175°F/79°C, making it high-risk for causing immediate severe scald burns when spilled or pulled down.

For more information on Burns go to www.ameriburn.org or ChestChatRC&D@info.ccrd@gmail.com.

Chamber... continued from Page 4A

programs to increase its positive momentum in serving the residents of Blairsville and the surrounding communities. The hospital continues to expand their clinics, including the recently renovated Young Harris clinic. Additionally, the hospital is expanding diagnostic imaging capacity to better serve the medical needs of residents.

With Union General's entirely new executive management team, a new compliance program has been instituted to ensure the hospital and its employees comply with every rule and regulation. Be assured, our community's health is in capable, trustworthy hands.

This Chamber has always

been proud to support state-of-the-art, top-grade medical care right here in the heart of the north Georgia Mountains. For the past 60 years, as we recruit businesses to the region and support the growth of existing businesses in our area, Union General has served as a cornerstone.

With tremendous confidence we affirm that Union General Hospital will continue to provide excellent healthcare to our region for decades.

SMART Recovery program

SMART Recovery (Self-Management And Recovery Training) helps individuals gain independence from addiction (substances or activities), by providing an educational and supporting environment based on SMART Recovery 4 - Point Program.

We teach self-empowerment for recovery from addiction, drug abuse, alcoholism, and alcohol abuse, by teaching how to change self-defeating thinking, emotions, and actions; and to work towards long-term satisfactions and quality of life.

For more information call 706-994-3692; 76 Hunt Martin Street, Blairsville, GA.

Paris...

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es, it is something that is very important for the safety of the public. Public safety is always number one for our citizens and this is a large, silent contributor to that. Union County is often praised for our 911 Mapping System during 911 Mapping and GIS Conferences.

Dyer...

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access to them.

Fire extinguishers are just one part of the overall fire safety plan for your home. Having fire extinguishers and knowing how to use them may stop a small fire from becoming a devastating large fire.

Union County Fire Department ~ Our Family Protecting Your Family ~

Williams...

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Most of the time the damage done to the tree doesn't kill the tree. Some trees may become infected where the holes are, but most of the time the tree survives. If there are so many holes that they create a continuous ring around the tree the tree will die. You can try putting protective screening around the tree to keep them from reaching the bark. Another strategy is to buy an owl decoy. You'll need to move the owl decoy every day for it to be effective. Shiny pinwheels or foil strips can also scare birds away, but you have to keep moving them. Keep in mind that woodpeckers, as most birds, are protected and it is a federal offense to kill one or disturb their nest. Therefore, you will need to use non-lethal control methods.

If you have questions about woodpeckers or damage on your trees contact your local Extension Office or send me an email at Jacob.Williams@uga.edu.

Fowler...

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things I have counted as loss for the sake of Christ. More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish so that I may gain Christ" (Phil. 3:7-8). The trials of life expose what matters most to you. Except maybe the question is really, Who matters most?

Combs...

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the judicial system play games with people's lives, and evil is ravaging our world at an alarming rate, especially in the abortion clinics where tax dollars support murdering babies without justification. God will not be mocked. Whatever a person sows, they will reap as well.

Frank F. Combs

UNION COUNTY COMMUNITY CALENDAR

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