

Opinions

Everybody has one...

You are Part of the Team

Union County Fire Department responds to many different types of emergencies. A majority of those emergencies are medical calls where we are part of a team along with Union General Ambulance EMTs and Paramedics. Some of the medical calls can be challenging. One of the most challenging emergencies that we respond to is a person in cardiac arrest. This requires a team effort to provide the patient with the best chance for survival. As a citizen or witness of a cardiac arrest, you are a valuable part of that team who can help provide this best chance.

Fire Dept. from Union County Fire Chief
David Dyer



Cardiac arrest is defined as a person who is not breathing and has no pulse. It may be referred to as sudden cardiac death. There are over 350,000 out-of-hospital cardiac arrests in the United States each year. The two actions that have been proven to increase patient survival of cardiac arrest are CPR and the use of an Automated External Defibrillator (AED).

As part of the team, there are several ways in which you can help with a cardiac arrest emergency. The first thing is to recognize that there is an emergency and call for help. When cardiac arrest happens, time is of the essence. The sooner that you are able to call 911 and provide a location and information, the sooner that more help can arrive. The responding units can use all the information possible so staying with the person and providing that information is very helpful.

In the event of a cardiac arrest, CPR or Cardio-Pulmonary Resuscitation is the most needed and immediate treatment that anyone can provide to the patient. According to the American Heart Association (AHA), about 90% of the victims of out-of-hospital cardiac arrest die. CPR can double or triple a cardiac arrest victim's chance of survival. Taking a CPR class can better help you be prepared and know the full steps of CPR. However, even if you have not taken a CPR class, the AHA recommends at least Hands-Only CPR. Hands-Only CPR has just two easy steps: if you see a teen or adult suddenly collapse, (1) call 911 and (2) push hard and fast in the center of the chest.

Learning CPR and what to do in a cardiac arrest event
See Dyer, page 5A

The Messenger

It was a sequence of events that left me feeling caught up in something beyond my control, wondering what just happened. It's a true story from when I lived in Haiti.

A fellow (I'll call him KT) in our village always seemed a bit unhinged. The rope he used for a belt around his cut-off pants was a rather conspicuous place to keep his blade. His reputation was ruffian.

One afternoon I was driving a Land Rover truck home from a neighboring village. Seeing an unusual commotion ahead, I stopped. "A man just fell off the back of your truck!" they shouted. I looked back to see a man lying in the back, holding his head. Unbeknownst to me, he had jumped in the road of the truck, only to be pitched out when we encountered a particularly non-maintained location in the road.

I helped him into the cab and rushed to the hospital. I parked, helped him inside, and began to visit with friends who worked there. I thought nothing else about it until someone rather breathlessly informed me that my passenger was KT's brother, and KT would surely blame me. Well, that was a bit unnerving.

I left the hospital on foot along the trail to our house nearby where my wife and children would be glad to see me. Up ahead, behind a large tree near the trail, I saw a man's foot. I steered myself for what would likely be an unpleasant encounter. As I approached, KT stepped out as though to startle me. I greeted him politely hoping to diffuse the tension.

"You hurt my brother. I was going to wait for you at your house," he said, hooking his thumb in the rope near his blade.

With concern for my family, I demanded, "What was your business at my house?"

"Well I didn't stay there." I pressed for an explanation.

"There was a man in your yard that didn't want me to stay." My interrogation intensified with concern now about two men. Finally in a fit of frustration, he blurted, "I don't know who it was and I don't know if he was white or black. All I know is he was about this tall, and he didn't want me in your yard," as he leveled

All Things New
Wayne Fowler



See Fowler, page 5A

Commissioner's Questions

I received several questions last week related to the emergency helicopter services. I reached out to Union General Hospital for the answers.

Q. We keep getting letters from different Emergency Helicopter Service Providers. Which company is the one we are currently signed up with in Union County?

A. Last year when Union County government and Union General Hospital agreed to pay for any of the local people living here who wanted the emergency helicopter membership plan, the company was called Omni Advantage. They have now changed their name to Air Methods but it is still the same company. The letter everyone is receiving right now in the mail does not require a response. Anything you receive in the future that is from either Air Methods or Airlife GA 14 is for your membership with the helicopter that is stationed at Union General Hospital.

Q. Should we look into signing up with any other Helicopter Service Providers?

A. That will be up to each citizen individually. The membership you have with Air Methods/Airlife GA 14 only covers transfer in the helicopter that is located at Union General Hospital. While this may not happen very often, if the Union General helicopter is transferring another patient and you happen to need emergency transport at the same time, E 911 will call in a helicopter from another location. This would not be covered because it is not the Air Methods/Airlife GA 14 helicopter. While the odds are against needing another helicopter service, it is still possible.

Q. When will our helicopter membership need to be renewed?

A. Each person who signed up last year will receive a renewal letter closer to the end of the membership, which is June 1, 2017. At that time, each individual or family can decide if they would like to renew their membership. Everyone should keep in mind when making this decision that a medically necessary helicopter transfer can cost in the neighborhood of \$30,000.

Q & A from Union County Commissioner
Lamar Paris



See Paris, page 5A

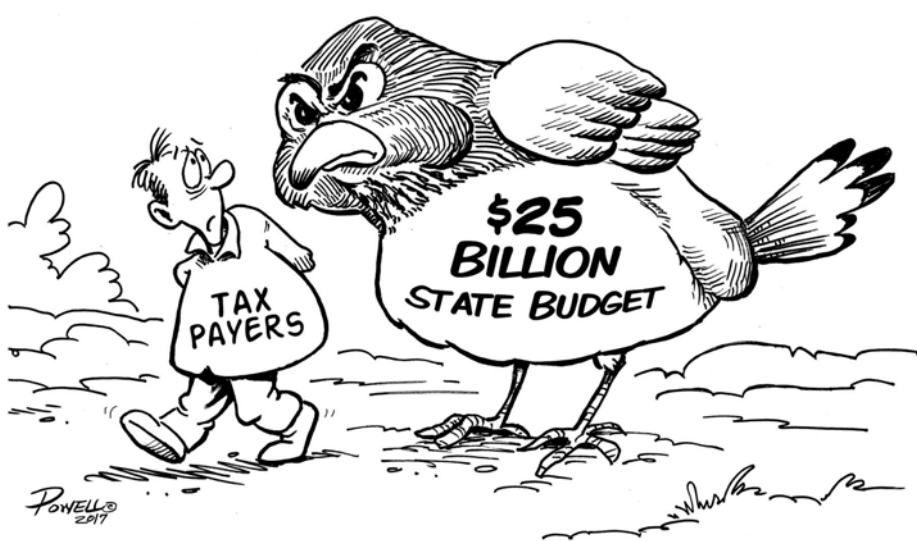
Teen Drug Abuse

According to the Center for Disease Control, 1 in 5 teens have abused prescription medications. Approximately 21 percent of high school seniors have reported using marijuana in the past month, and a third of parents believe there is little they can do to prevent teen drug use despite evidence that shows parental involvement is the strongest factor in prevention.

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.

Alcohol is the substance most commonly abused by teens. The social acceptance of drinking among people of legal drinking age can lead many teens to view alcohol as relatively harmless. Research suggests teens are more likely to binge drink because their impulse control hasn't fully developed. Binge drinking increases the risk of addiction in people of any age, and the teenage brain is more susceptible.

See Drugs, page 5A



THE FIRST ROBBIN' OF SPRING?

Jeremy Nelms

I recently had an opportunity to visit with Jeremy Nelms, General Manager at Blue Ridge Mountain EMC. It was a pleasing getting to know him and doing this "take 5" article for our readers. Jeremy's overall responsibility at BRMEMC is the supervision of over one hundred and ninety employees and an operating budget of eighty-five million dollars.

Blairsville - Union County Chamber
Regina Allison



As General Manager, he is also responsible for carrying out the mission of Blue Ridge Mountain EMC, which is to provide safe, reliable, cost effective electric and broadband services to over 40,000 members along 6,000 miles of line in their five-county territory.

When asked about his background, this is what he shared with me.

His educational background is in engineering.
See Allison, page 5A

Mr. Newell

Old Man Newell was a little different. Some folks said he was a mite "quare" while others just said he was "turned funny". The bottom line was that he just didn't like young boys for some reason or another. He was always rough talking and short tempered when it came to the boys around Trapptown. No one knows the reason why, but, Old Man Newell just didn't trust any of the local boys.

Around The Farm
Mickey Cummings



Paul and Bud Cummings grew up during the late 1940s and early 1950s. They ran with the likes of Tommy Trapp, William Shelnuitt, Jerry Cohen and Hubert Brooks. These boys grew up and did everything together. They had a code and it was enforced. None of the boys ever told on another one of the boys. You might not agree with what one of the boys was doing, but, you never told on your buddy.

One day during church the boys were all sitting together and Paul (my father) noticed that Tommy Trapp had something in his pockets that was causing them to bulge. When asked about the contents of his pockets Tommy pulled out a big nail and whispered, "I am getting even with Old Man Newell. After church the gang of boys walked outside to Old Man Newell's log truck. Tommy walked around the front of the log truck and emptied his pockets of the nails. There must've been 2 pounds of 16 penny nails in front of the wheels of that truck.

Paul and his younger brother, Bud, felt sorry for Old Man Newell, so, after Tommy and the other boys left they began trying to kick the nails away from the front of the truck. At this point in time Old Man Newell came up and thought the boys had placed the nails in front of his wheels. The old man had a fit and screamed out "You boys are trying to give me a flat tire". Papa ran up to the boys and whipped them in front of the whole crowd. Paul and Bud would not tell on their buddies. So, they took the whipping without a word. But, they vowed to take vengeance on Old Man Newell.

Three years later Old Man Newell's logging truck broke down and the old man was relegated to driving his little buggy back and forth to town. A plan was soon hatched among the boys. On a Saturday in early June, Paul and Bud Cummings, Tommy Trapp, Jerry Cohen, William Shelnuitt, and Hubert Brooks went out to Old Man Newell's house and waited for him to go to bed. After Newell went to sleep the boys took apart the old man's buggy and reassembled the buggy on top of the old man's barn. Paul and Bud didn't make it back home until the wee hours of the morning. They slipped into the house and beds with the smug satisfaction of finally getting even with Old Man Newell.

Paul and Bud were awakened the next
See Cummings, page 5A

Letters to the Editor...

New Traffic Lights

Dear Editor,

Can some one please explain to me why GDOT spent all of that money to fix new traffic lights and crosswalks and all, did not have sense enough to put turning lane lights at the other locations and all, like they have in front of KFC and Burger King in Blairsville?

The other locations, you sit and wait and wait and burn a tank of gas waiting for the chance to warp out in front of some one, and many times that has happened to me and I have had to lock down my brakes, or wait for some one in the middle of the road to turn, while my light is on green for me to go, vehicles behind me blowing their horn! But what am I to do, go forward and hit them?

Makes no sense at all having two signal lights, and neither one having a turn light/arrow!
Thank you,
Delores A. Barnes

Planned Parenthood

Dear Editor,

There have been several letters and editor's notes which are inaccurate about Planned Parenthood.

Planned Parenthood (further referred to as "PP" for brevity) prior to 1970 was anti-abortion. Since 1973, over 58 million babies have been aborted (killed) in the United States. PP is directly responsible for almost 30 percent. From 2012 to 2016 (latest figures), PP aborted over 1.3 million births, averaging 321,166 per year. Unlike the editor's note in last weeks paper, these abortions were not PP helping "...women seeking abortions find a health center that provides that service." PP does abortions. PP's claim that only 3 percent of their services are abortion is a complete and total falsehood. Investigations, inside and outside of PP have proven approximately 40 percent of their services are for abortions.

I will concede PP provides services for contraception, screening for Sexually Transmitted Diseases and pap smears. They do not, however as some have suggested and believe, do mammograms.

Some have stated PP helps with adoption services. Last year they did to the tune of .00076 percent of their services. Yes, PP is a 501(c)3 organization (charity). However, in 2015 PP received more than \$540 million from our federal government, representing more than 40 percent of their entire budget. And yes, it's against federal law for PP to use any money received from the government on abortions. That, however, is similar to road tax dollars only going to maintain roads. When the money comes in, only PP knows how it's distributed. According to the Mayo Clinic, "Just four weeks after conception the neural tube is closing and your baby's heart

See Crawford, page 5A

To the US Marines

Dear Editor,

A letter to all United States Marines, active, veterans, or retired.

You volunteered to be one of the greatest fighting organizations in the world and ever since the beginning, enemies of our country have feared you. Your countrymen have admired your accomplishments, they have admired your deportment, they have admired your appearance, and they have admired your devotion to duty overall.

Recently, a few bad apples have caused grave concerns regarding the conduct of the Corps. The actions taken by these few now seem to reflect on the entire Marine Corps. Criticism by some seem to look at this thing as a culture of the Marine Corps and they are entirely wrong. Unfortunately there are bad guys the world over in all groups. These bad buys in the Corps may not have realized the impact of their actions and maybe they just didn't care, but their actions are right now causing much concern to the higher ups and every individual Marine.

I served four years as a Marine and I was taught that you did not besmirch the honor of the Corps. If I ever thought of doing so, I knew that Hell was a summer resort compared to my punishment.

So, to all Marines: former, veterans, active duty or retired, do not dishonor that which has been fought and died for by those that have gone before.

Charles Sowers

Georgia DOT

Dear Editor,

Copy of an e-mail sent to the Georgia DOT: When traffic reaches the two passing lanes on the Murphy Highway, that road becomes Talladega, Bristol, Indianapolis, Daytona.

Widening the Murphy Highway will be an invitation to real problems. Constant law enforcement patrols will have to be arranged. Rescue vehicles will have to be posted at new locations to reduce response time.

What will the ER staff at Union General Hospital have to do to gear up to handle the additional pressure?

Taxes will rise to accommodate the additional pressure.

Widening the Murphy Highway will destroy the peace and quiet that we have enjoyed for the past seventeen years.

The present design of the Murphy Highway for a time, at least, holds back the tail-gating, local speed demons who are in a great hurry to stop at the traffic light at GA Highway 325 (Nottely Dam Road).

If the Murphy Highway north of SR 325 isn't widened, once the traffic reaches the bottleneck at SR 325, what then?

Why not return the \$200M+ plus "surplus"
See Mitchell, page 5A

Pollen

Spring is in the air and if you're like me, you can definitely feel it. It's not the warmer temperatures, the buds breaking or peaches blooming. For me, it's the familiar coughing, sneezing and itchy eyes caused by pollen! Though spring brings beautiful flowers and prime bird-watching times, it's hard to enjoy any of it if you can't breathe due to the yellow dust that is soon to cover everything.

From the Ground Up
Melissa Mattee



The official start of "pollen season" is when trees start to bloom, and I've seen peach, plum and ornamental trees break their dormancy all over the county this month. Though pollen is necessary for plant reproduction and nearly impossible to avoid, there are ways that you can reduce the effects of this pesky plant product.

If you have severe allergies, the first steps you can take to get rid of pollen in your house is to prevent it from ever entering. Keeping shoes outside and doormats at all entrances can keep pollen outside. For those with carpet, it is very easy to bring pollen inside where it is trapped in the carpet fibers, stirring up every time foot traffic walks across. Keeping shoes outside keeps your rugs and fabrics pollen free.

Similarly, if you plan to be working outside for a while, dress in layers that can be removed before entering your house. Having an extra laundry bin by the entryway can be a great way to isolate outside clothes and prevent pollen from infiltrating your home.

Pets are also major sources of pollen contamination, but don't worry! You don't need to keep them outside to suffer the pollen by themselves just to ensure your own comfort. Keep a damp cloth or sponge on hand to at least wipe of your pet's feet. On heavy pollen days, you may want to keep a damp hand towel on hand to wipe down your pet's fur to get rid of as much pollen as possible. Trust me, on a hot day, there's nothing a dog loves more than a rub down with a nice cool cloth! Cats might prove to be a little bit of a challenge, though.

Though you may want to open your windows to enjoy the beautiful weather, this is the worst thing you can do if you are trying to keep pollen out of your house. Even windows with screens on them still allow large amounts of pollen through where it settles on floors, curtains, furniture and most other surfaces.

Unfortunately, even if you follow all of these recommendations, it's likely that you'll still need to do a decent amount of "spring cleaning" to fight the constant battle against pollen. Use damp cloths to wipe down surfaces and vacuum often. You should also wear a mask when doing yardwork such as mowing the lawn even if you're not highly allergic to pollen, as repeated exposure to an allergen can actually cause a new

See Mattee, page 5A

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Kenneth West Charles Duncan
Owner/Publisher Editor

Website: www.nganews.com

E-mail: northgeorgianews@hotmail.com

Mailing: POBox 2029, Blairsville, GA 30514

Derek Richards
Advertising Director

Shawn Jarrard
Staff Writer

Lowell Nicholson
Photographer

Todd Forrest
Staff Writer

Lily Avery
Staff Writer

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Phone: (706) 745-6343 Fax: (706) 745-1830 * P.O. Box 2029, Blairsville, GA 30514