# Paris... continued from Page 4A

2005 - 558 2010 - 68 2015 - 129  $2006 - 487 \quad 2011 - 59$ 2016 - 154

Q. What office do I contact if I need to obtain a building

permit? A. You would contact the Union County Building and Development Office at 706-439-6045. Their office is located at 46 Hughes Street here in Blairsville. This is on the hill across from the Union County Civic Center.

## Chamber... continued from Page 4A

more effectively social distance throughout the day. Last year, we were able to provide eight scholarships for local high school students through the funds we raised in the tournament, and we want to be able to do even more this year. You can help by become a hole sponsor for \$100, which will include an individualized sign promoting your business placed on the golf course.

Contact our director of tourism, Ashley Stephens, at the Chamber by calling (706) 745-5789 or emailing her at ashley@blairsvillechamber.

com. It's finally time that we will have a chance to recognize our 2020 Leadership Union Class. For the past two years Union County has been blessed to have two full Leadership Union classes and we look forward to being able to recognize this year's class for their accomplishments. With everything that is going on today in this country it is great to see a group of current and future leaders come together and take time to learn more about their community and what it take to make it great. The class was given the opportunity to meet our leaders, Commissioner Paris and Mayor Conley, as well as other elected official and members of our school system, to learn what it takes to make a community work. I may be a little partial, but I think that there are others that could learn from our leaders examples. Congrats to the 2020 Leadership Union Class!

As we roll into summer, we start to get excited about one of our favorite holiday events, 4th of July Fireworks at Meeks Park! We will be holding this event while encouraging and helping to enforce social distancing measures, and we will soon be sharing the details of our 4th of July Raffle!

As we continue to safely reopen our town, we hope that you continue to prioritize taking careful health precautions and supporting our community business owners in whatever way you can, whether it be playing a game of bingo, leaving a positive review, or making a referral to a friend.

# Cummings... continued from Page 4A

rode it overnight to the Windy City. My Dad was so excited he couldn't sleep, and when daylight came, he woke up his younger brother Bud. The boys were looking at something they'd never seen. Dad said, "The houses were stacked on top of each other." Also, the traffic was horrendous.

There were no interstates, only two-lane roads. One road had six lanes, and each was filled with bumper-to-bumper traffic. Somehow the family obtained a photograph of all that traffic and sent it home to Granny's father, Clifford.

Later, the family went home for a visit and Clifford began quizzing his son-in-law about all that traffic. Clifford said, "Sha, Coon. You gotta be smarter than all them other folks. What you'ns need to do is pull over and let them folks by. Then you can get where you need to go without all that traffic.

In my younger days as a County Agent, I had the distinct honor and pleasure of knowing a gentleman named C. R. Collins. He began his career in education during the 1930s and served as a teacher, principal and later as School Superintendent in Union County. C. R. was in the Kiwanis Club and he served as both Deacon and Treasurer at First Baptist Church.

One day after church, he told me about going on a visit to see his brother. Tom, down in Macon. The following is his story.

"Tom had recently moved to Macon, and I wrote him a letter to inform him that I would be coming to visit him. But, during the time the letter was traveling to Macon, he had moved, and the Post Office could not locate him. So, my letter to Tom was never received. This resulted in our arrival in Macon and not being able to find my brother. It was late in the evening and the place where he worked was closed. So, we had to find a hotel. We checked in and went to the room just as it was getting When we walked into the

room, there was a bright light burning in a little globe just above the bed. We left to get a bite to eat, and upon returning to the room, that light was still burning. I got ready for bed and tried to figure out how to turn the wick of that bright

light down to dim it a little bit. But, I couldn't find the wick. So, I stood on the bed and blew on that bright little globe for five minutes, and yet the light wouldn't go out. So, we finally went downstairs and got the hotel attendant and told him we couldn't blow out our light. He walked upstairs into the room and pulled a white string which turned out the light."

Mr. C. R. had never been exposed to electrical lighting and had no idea of light bulbs. But, he sure liked the brightness of that light bulb.

#### Fowler... continued from Page 4A

pel that reconciliation between cultures is possible. There is no power other than the power of the cross of Christ that is able to destroy historic cultural divisions and bring unity and peace." Amen to that.

The Bible describes a heavenly scene. "A great multitude which no one could count, from every nation and all tribes and peoples and tongues, standing before the throne and before the Lamb" (Rev. 7:9). When you set aside "otherness" and stand for Christ, you will see a bit of heaven on earth.

### Fire... continued from Page 4A

preparedness because a prepared community is a benefit to

For more information on hurricane preparedness visit www.ready.gov/hurricanes.

Union County Fire Department ~ Our Family Protecting Your Family ~

#### Miller... continued from Page 4A thoughtful listening and by giv-

ing a voice to the voiceless.

Diversity is one of our nation's greatest strengths; however, the inclusion of minorities in the advancement of America's progress is severely lacking. Our elected leaders, and those in positions of power and influence, must do more to create an environment that leads to equal opportunity for all to live the American dream.

I pledge to you to do my part and ask you to join me. Respectfully, **Bryan Miller** 

# Drug Free... continued from Page 4A

their behaviors or emotions.

Children often express symptoms of mental health conditions differently than adults do. Depressed children will often show more irritability than depressed adults, who more typically show sadness. Children with a mental health condition might develop headaches and / or stomachaches rather than sadness or anxiety.

Anxiety disorders can present as irrational fears or obsessive-compulsive behaviors that interfere with daily activities. Some anxiety is a normal part of every child's experience; however, when worry or stress makes it hard for a child to function normally, an anxiety disorder should be considered.

Warning signs that your child might have a mental health condition include:

Mood changes or mood swings that include feelings of sadness or withdrawal that last at least two weeks or severe mood swings that cause problems in relationships at home or school.

Intense feelings of worry or fear that disrupt daily activities can also be a warning sign. Symptoms like fast breathing or a racing heart are common reactions to look for.

Drastic changes in behavior or personality is a warning sign. If your child has an unhealthy obsession with hurting others or dangerous out of control behaviors like frequent physical fights with other children or adults, this can be a warning sign.

Difficulty concentrating, trouble focusing or sitting still can be a warning sign. This could lead to poor performance in school but will also impact your child's ability to start and complete simple task

Unexplained weight loss, frequent vomiting or use of laxatives might indicate an eating disorder.

Sometimes a mental health condition leads to selfinjury, also called self-harm. This is the act of deliberately harming your own body, such as cutting or burning yourself. Children with a mental health condition also might develop suicidal thoughts or attempt suicide. Some kids use drugs or alcohol to try to cope with their feelings.

If you're concerned about your child's mental health, consult your child's doctor. Describe the behavior that concerns you. Consider talking to your child's teacher, close friends or loved ones, or other caregivers to see if they've noticed any changes in your child's behavior. Share this information with your child's doctor, too.

Diagnosing mental illness in children can be difficult because young children often have trouble expressing their feelings, and normal development varies from child to child. Despite these challenges, a proper diagnosis is an essential part of guiding treatment.

Common treatment op-

## Williams...

### continued from Page 4A

up nectar from flowers. This hose is called a proboscis and is coiled up under the insect's head until use.

The last type of mouthpart is sponging. Flies are the most common insect with this mouthpart. They use saliva to dissolve solids, then the use their mouthpart to draw it up. Flies can be pollinators, but generally, they are thought of as pests, especially in livestock situations. In livestock situations, a heavy infestation of flies can reduce the amount of weight gained by cattle.

If you have questions about insect identification or mouthparts contact your County Extension Office or email me at Jacob.Williams@uga.edu.

tions for children who have mental health conditions in-

Psychotherapy, also known as talk therapy or behavior therapy. This is a way to address mental health concerns by talking with a psychologist or other mental health provider. Psychotherapy can help a child learn how to respond to challenging situations with healthy coping skills.

Your child's doctor or mental health provider might recommend that your child take certain medications to treat the mental health condition. Some children benefit from a combination of approaches.

Consult your child's doctor or mental health provider to determine what might work best for your child, including the risks or benefits of specific medications.