Paris... continued from Page 4A

all interested in making Union County a better place to live. All meet out of the Leon Davenport Veterans Building on Hwy 515. The Veterans groups are: American Legion, American Legion Auxiliary, American Legion Riders, Sons of American Legion, Disabled American Veterans, Marine Corp League, Navy Seabee Veterans of America, Navy Seabee Auxiliary, North Georgia Honor Guard, Sons of the American Revolution, Daughters of the American Revolution, Veterans of Foreign Wars,

and the Vietnam Veterans of

Q. How many veterans are there in Union County?

A. According to statistics that were provided to us by the Department of Veterans Services for 2017, Union County has 2,437 veterans. Fannin County has 2,093, Rabun County has 1,431 and Towns County has 1,257. The total veteran population for the State of Georgia in 2017 was 699,322. We are proud of the service all of these ladies and gentlemen have provided to our nation. Thank you!

Cummings... continued from Page 4A

Cummings family in Alabama became extremely bitter.

Some of John's sons never forgave him for the destruction of their family. He came back for a couple of visits, but, a couple of his sons would have nothing to do with him. But, time has a way of healing many sore spots. As the years went by John became more and more feeble. He made things right with my great grandfather, Lon. Lon was always close to his father even though he couldn't understand why John had left his mother. So, one Christmas Lon invited John to come home and spend some time with his

family. Lon invited the whole family for Christmas dinner. Some came and some refused. There was still bitterness in the hearts of Papa's uncles, Will and Riley. Lon's oldest daughter, Mabel (Papa's sister), had an idea. She bought her Papa a brand new pair of overalls. She asked everyone to bring a gift for the old man. Mabel gathered all the gifts and stuffed them into the overalls. Next she sewed the leg openings together so the gifts would not

John was so old he had trouble seeing, but, he knew the overalls were new so he tried to put them on. But, he could not get his leg into them. So, he turned them upside down and reached his arm into the legs and began pulling out his gifts. Old John soon had about 10 gifts lying at his feet. Papa said his old grandfather had tears running down his face while he was laughing at the same time. John got more than he bargained for that Christmas. He received the gifts and received the forgiveness of his family. I think that is why Papa loves

He was able to experience first-hand the true meaning of Christmas.

Chamber... continued from Page 4A

by the Butternut Creek Golf Course in Blairsville. Activities will include: Pictures with Santa from 9 AM - 11 AM, Games, Mayor's Christmas Train, Gingerbread Village, Crafts, Family Photo Opportunities, Storytelling, Live Music, Refreshments, and plenty of fun for the whole family! All kids (0-99+) are invited! Admission: Free!

Easily becoming one Downtown's signature events is Shop Late Thursday. Come join us each first Thursday of the month for 'Shop Late Thursday's' in Downtown Blairsville! Participating Downtown Blairsville businesses will be open additional hours from 5 PM - 8 PM and will feature deals, discounts and other exciting offers! So, avoid the crowds on the weekends and come spend some time in Downtown Blairsville!

Just look for a red balloon and you'll find a business that's happy to serve you!

This time of year, we need to take time to thank our many service organizations in our area. We have so many volunteers that donate their time and money to assist those in need. S.A.F.E. is just one of those organizations. On Saturday, December 8th, S.A.F.E.'s Thrift Store will host a Christmas Doll House Raffle from 10 AM - 5 PM. The main item being raffled is a Victorian Style Doll House, hand-made by Pat Thibodeaux.

Other items include at weekend at Rustic Cabin by Timber Ridge, a shopping spree at S.A.F.E. Thrift Stores, a vintage hand-painted China hostess set, and a hand-sculpted clay mirror. S.A.F.E.'s Thrift is located at 27 Pinebrook Drive, Blairsville, GA 30512.

Bell Ringing Union County Old Courthouse



December 2, 2018 In loving memory of our son **Brandon Young** Praying for a cure for cancer

by Brandon's Family December 10, 2018 In honor of **Shirley Walker Birthday** by Ellen, Joan and Taylor **Bell ringing information** at 706-745-5493

Williams... continued from Page 4A

able to last the entire Christmas season without drying out if you keep it well watered. There should always be water in the tree stand. Keep the water level above the cut on the tree so that the cut won't dry out and your tree is continually taking up

A couple of ideas for disposing of your Christmas tree after Christmas are chipping or a fish pond. Putting the tree in a fish pond whole creates a good fish habitat.

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

Merry Christmas and happy tree shopping!

11 a.m.

7 p.m.

8 a.m.

6:30 p.m.

6:30 p.m.

Noon

7 p.m.

Noon

9 a.m.

10 a.m.

Noon

6 p.m.

6 p.m. 6:00 p.m.

7:30 p.m.

6:30 p.m.

6:30 p.m.

6:30 p.m.

7:30 p.m.

7:30 p.m.

7 p.m.

10:30 a.m.

11:30 a.m.

10 a.m.-3 p.m. 7:30 p.m.

7 p.m. (Jan-Oct)

1:30-3:30 p.m.

9:30-2:30 p.m.

6:30 p.m.

Union County COMMUNITY CALENDAR

Every Monday:

Every Tuesday:

Cabin Coffee

Branan Lodge

Every Wednesday:

The Griddle

Civic Center

NGTC

Every Thursday:

Masonic Lodge

Veterans Center

Cook's Restaurant

Mtn. Presbyterian Ch

Union County Library

United Methodist Ch

Mtn. Presbyterian Ch

United Methodist Ch

Blairsville Airport

Children's Story Time Civil Air Patrol Boy Scouts #101

Tri State Bus. Women MMQG Tues. Strippers Smoky Mtn. Melodies Hi Country Harmonizers

Kiwanis Club **BINGO**

Masonic Luncheon Rotary Club

MMQG Sewcials

Second Monday of each month: Enotah Chapter #24 Disabled A.m. Veterans FPL Retirees

Second Tuesday of each month: Historical Society Bd. Mtn Laurel Arts/Crafts Active/Retired Fed Emp. Mtn. Sounds Dulcimer Mountain Coin Club

Hole in Wall Rest. Old Courthouse Union County Library Grinds & Glazes

Sr. Citizens Center N. GA Tech Blairsville PTO UC Primary School Blue Ridge Mtn Jeepers Sammie's Sub Shop Eastern Star #304 Location not listed Second Thursday of each month: Appalachian Shrine Club Shrine Building

Democratic Party Trout Unlimited Sons Confederate Vet.

PFLAG

Unity Church of B'ville UC Community Cntr - A UCB Community Rm Knights of Columbus Marian Hall

Second Friday of each month: Eastern Star #471 Location not listed Second Saturday of each month:

No activities listed

Second Sunday of each month: Call 706-389-5269 for Info

Drug Free... continued from Page 4A

Experts are worried that the use of meth will spread much like heroin has, making its way into more rural areas and parts of the country with untapped markets. There is also a concern that meth is being combined with fentanyl, a highly potent opioid, which has been a major driver of overdose deaths in the U.S

Meth produces a sense of euphoria that, at least initially, is beyond the impact of any other substance. It dramatically elevates dopamine, a neurotransmitter associated with the brain's pleasure and reward system. If "normal" dopamine functioning is around 100 units, meth spikes it to 1250 units, well above the pleasure derived from food, sex, alcohol and cocaine.

Meth can be swallowed, smoked, snorted or injected. Paraphernalia associated with meth use are pipes, needles, crumpled foil, spoons, straws and broken light bulbs. Physical signs of use include heavy sweating as body temperature is elevated, dilated pupils, body odor that smells like ammonia, and burn marks on fingers and mouth. Often a person's physical appearance deteriorates, especially from skin or hair picking, weight loss and dental decay, also referred to as "meth

It can also produce significant changes in behavior. People engaged in meth use often stay up for days and then crash. Other signs of use include angry outbursts and mood swings, paranoia with concerns about being watched, and tweaking. "Tweaking" refers to engaging in frantic and compulsive behaviors for hours on end, often feeling hypersensitive, irritable and impulsive. Common tweaking behaviors include repetitively picking at one's face or arms, obsessive cleaning, or taking things apart for no apparent

Continued use of meth appears to impact multiple areas of the brain, including the ability to experience pleasure, remember events, learn and perform basic verbal tasks, motor skills and judgment.

A person using meth experiencing high blood pressure, accelerated heart rate, elevated body temperature, changes in breathing, anger or aggression, and paranoia may be experiencing an overdose. A meth overdose can result in a stroke, heart attack, organ failure or death. Factors that can contribute to an overdose can be taking more meth than a person is used to, combining it with other substances (i.e. "speedballing" - using meth and opioids like heroin, but also combining with alcohol, benzodiazepines, etc.) and/or

Fowler...

continued from Page 4A

until and beyond his retirement in 1983. The last few years of his life, he emphasized relationships with God, family, and friends. "I'm satisfied as long as I can have those three things," he said.

Retired Navy Lt. Downing lived life well, faithful to this truth: "I do not consider my life of any account as dear to myself, so that I may finish my course and the ministry which I received from the Lord Jesus, to testify solemnly of the gospel of the grace of God" (Acts 20:24).

Combs... continued from Page 4A

struction for God's people, but we are more than conquerors through Christ, Jesus. When Satan comes carrying his own evil deeds, then we who have studied God's word will be equipped to deal with Satan and put him in his rightful place. No matter what happens in this life, God's word will prevail, for there will always be a remnant to hang our hat on when things go wrong. Amen. Frank F. Combs

Porter...

continued from Page 4A

and wants. We may think Heaven is so far away. We may be praying, and He could be under our very own roof. How near is He, in our homes, our hearts and life? Has our memory of Him been gone so long we have forgotten Him? He doesn't have any memory loss, remember? Do we remember Him as being His child? Will He say depart from me, I never knew you? Your name is not in My book of remembrance!

Call on Him today. He will remember your call and answer it, person to person. He did mine. **Irene Porter**

Suches

having other health problems while using meth.

A meth overdose requires immediate emergency treatment. It's important to note that naloxone will not reverse a meth overdose. Some people also believe that taking a sedative of some kind to offset meth's stimulant effects can be helpful, but this is an extremely dangerous practice that places even more stress on the body.

Withdrawal from meth can result in anxiety, fatigue from disrupted sleep patterns, severe depression, psychosis, excessive appetite and intense drug cravings. The intensity of withdrawal symptoms is one reason given as to why people using meth don't seek treatment and continue to use the substance. Unlike opioids and alco-

hol, there are no medications to reduce withdrawal symptoms and manage cravings. Most often treatment includes behavioral therapies like cognitive behavioral therapy, vitamins, antipsychotics and antidepressants. There are also various drugs in development to address cravings and memories associated with meth use although they won't be available commercially until clinical trials are successfully completed.

Recovery from meth takes time. Brain imaging studies have indicated that it may take two years or more to recover from meth use, and some treatment program, whether damage can be permanent. Getoutpatient or inpatient and supting a loved one to a reputable porting recovery, is crucial.