

## Paris... continued from Page 4A

A. Yes, it is, and this year more so than in most year past.

**Q. If you have flu, how is it cured?**

A. There's no cure, but the symptom of flu can be treated with antivirals, over-the-counter medicines, and natural remedies. If you have flu symptoms, you should consult your health care provider. Some common suggestions are:

1. Stay home and get plenty of rest. Mind your flu manners. On the first day you have symptoms, call your work or school and tell them you won't be coming in for a few days. You're sick -- and very contagious! Take advantage of down time and give your body some much-needed rest. Curl up on the couch and spend some time reading, watching DVDs, or just cat-napping while your body battles the virus.

2. Drink plenty of fluids. Make sure you get plenty of liquids. It doesn't all have to be water -- fruit juices, sports drinks, and broth-based soups (like chicken noodle soup) also count. They keep your respiratory system hydrated and turn that nasty, thick mucus into a thin liquid you can cough up and spit out. If it builds up in your lungs it could lead to more serious complications or illness.

3. Treat aches and fever. Got fever? That's because your body has turned up the heat to fight off the flu virus. This illness is different from a cold.

While more than 100 different viruses can cause a cold, only influenza virus types A, B, and C cause the flu. Type A and B viruses cause the large seasonal outbreaks. Type C usually causes milder respiratory symptoms.

**Q. How can you tell if you have the flu?**

A. Flu symptoms are usually more severe than cold symptoms and come on quickly. Symptoms of the flu include sore throat, fever, headache, muscle aches and soreness, congestion, fatigue and cough. A quick test from you doctor can confirm the diagnosis. Some people may have vomiting or diarrhea, but this is more common in children than adults.

**Q. How long should you stay home from work if you have the flu?**

A. CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. Your fever should be gone without the use of a fever-reducing medicine

**Q. How long does the flu last?**

A. The flu typically lasts one to two weeks, with severe symptoms subsiding in two to three days. However, weakness, fatigue, dry cough, and a reduced ability to exercise can linger for three to seven days.

If you have had the crud or the flu this season, you know how horrible it can be. We hope you are feeling better soon.

## Cummings... continued from Page 4A

in that water leaves your skin feeling as smooth as a baby's skin. Another stop was at Jericho where Joshua led an attack destroying the ancient city. Today and in the past this city is an oasis. A strong well allows vegetables and citrus to be grown around the city. Let me tell you the oranges of Jericho are the best I've ever eaten. But, I also found a type of candy at this place which is very similar to a Zag Nut Bar. The candy is made from sesame seeds and honey. You should try the Havala Bars. They are wonderful.

Walking over the ancient streets of Jerusalem and through the Damascus Gate once again left me wondering about how people lived in the days of the ancients. As we toured the home of Caiphas I could just imagine Jesus in the deep pit underneath the home being interrogated by the Jewish leaders. Then as we observed the area around the Shepherds Fields I imagined what it must have been like to have an angel appear to me announcing the birth of Jesus.

Another place we visited was the Pools of Siloam. Legend tells us that it was a custom for infirmed persons to await the stirring of water by this pool. The first sick person to enter the water was healed. Jesus performed one of his miracles at this pool. While we were at the pool archaeological

excavations were going on and our group was able to witness these.

We were also able to visit Jacob's Well. This well was originally dug by Jacob many years ago and it is at this well where Jesus spoke with the Samaritan woman. Our group was able to drink water from this well just as Jesus had 2000 years ago. But there was one place which influenced me the most. A place called Gordon's Calvary is one place where Jesus could've been crucified and nearby is a Garden Tomb. I don't know how to describe the feeling one gets upon entering this tomb where Jesus was laid to rest. Once again I tried to imagine what it must have been like for Mary to come to the tomb on an early morning only to find it empty. And then from out of nowhere an angel appears and begins speaking. I wonder if Mary was fearful or jubilant?

I really enjoyed my experience in the Holy Land. The people are very nice and accommodating. The food is wonderful. The desert is beautiful. The history of the place is overwhelming.

If you get the opportunity go! And you can. Fred Lodge of Blairsville FBC is leading another tour in October of 2018. I promise you'll love it. Call 706-745-2469 for more information.

## Drug Free... continued from Page 4A

does not start using again. This requires several unannounced drug screens for the employee.

Substance abuse—whether it's alcohol, illegal drugs, or even legally prescribed medications—poses huge risks to businesses of all sizes. If left unchecked, abuse can cost

employers billions each year on everything from healthcare costs to lost productivity.

If you think your company doesn't need to drug test, just remember that the majority of drug-abusers are employed! A solid drug testing program helps weed out problems before the damage is done.

## Harper...

continued from Page 4A

those who are not familiar, the Student Teacher Achievement Recognition (STAR) program honors Georgia's outstanding high school seniors and the teachers who have been most instrumental in their academic development. To obtain the STAR nomination, high school students must have the highest score on a single test date on the three-part SAT and be in the top 10 percent of their class based on grade point average. Each high school STAR student is then asked to

name his/her STAR teacher. We are pleased to announce this year's STARS: Union County High School student, Ms. McKenzie Hooper, and her STAR teacher, Ms. April Krieger. Congratulations to our STARS! We would like to express our sincere appreciation to WoodmenLife for sponsoring this event. We appreciate all that you do for the Chamber and our community. Registrations will go fast and seating is limited so don't delay. You may register online at [www.VisitBlairsvilleGA.com](http://www.VisitBlairsvilleGA.com), or call our office at 706-745-5789 to reserve your spot.

## Mattee...

continued from Page 4A

tions listed on your soil test, or on the seed packets. Garden soil and compost are great additions, but make sure to have some topsoil in there to support the plant. You'll be eating your favorite veggies before you know it!

Speaking of transplanting, I feel that you all should know that I have accepted a position as a County Extension Agent in the metro-Atlanta area and will be transferring at the end of February. Unfortunately, that means I'll be unable to contribute columns beyond the first week of March. This column has been an absolute joy for me to write over the past two years, and I want to take the time to thank all of you for being such avid and faithful readers.

We will still have our North Georgia Vegetable Production Meeting on February 28th at the Experiment Station from 5 p.m. to 8:30 p.m., so call the Union County Extension Office at 706-439-6030 to reserve your spot. Dinner and pesticide credit are provided for those who pre-register!

## Thompson...

continued from Page 4A

own home.

Please think very seriously, how much more money does the school board need from the residents of Union County. We need to cut back on spending. Times are tough.

This affects everyone. Take it seriously and remember that every vote counts.

**Charlotte Thompson  
Union County Tax Payer**

## Gibson...

continued from Page 4A

are persons who have grown to adulthood without ever learning some of the basic principles of civilization such as owning and using trash cans. In fact, some seem to believe that highways were built with wide shoulders just to provide a place for them to throw their trash. Most smoke cigarettes, drink Bud Light and eat fast food. Although 12-14 miles away, all of the fast food restaurants in town are well represented by abandoned styrofoam cups, food scraps and packaging.

I want anyone who passes this way to clearly understand that we are not trashy people although we must share the planet with some others who are. While mine is a hopeless job (there will always be more litterers) I will continue for as long as I am able to stand and walk. This is my home and I am proud of it.

**Wm. Ronald Gibson**

## Hope House

Hope House is a faith-based, non-profit benevolence center to help Union County residents and homeless in times of critical need. Hours of operation: Monday 9 a.m.-12 p.m. & Thursday 1 p.m.-4 p.m., located at 178 Brackett's Way, Blairsville, (706)781-3090. NI Feb 7 ZJCA

## UNION COUNTY COMMUNITY CALENDAR

|                         |   |                |
|-------------------------|---|----------------|
| Children's Story Time   | <b>Every Monday:</b><br>Union County Library                | 11 am          |
| Kiwanis Club            | Steve's Steakhouse  | Noon           |
| Civil Air Patrol        | Blairsville Airport   | 6:30 pm        |
| Boy Scouts #101         | United Methodist Ch   | 7 pm           |
| Tri State Bus. Women    | <b>Every Tuesday:</b><br>Cabin Coffee                       | 8 am           |
| MMQG Tues. Strippers    | Mtn. Presbyterian Ch  | 9:30-2:30 pm   |
| Get Fit                 | First UMC   | 5:15 pm        |
| Smoky Mtn. Melodies     | United Methodist Ch   | 6:30 pm        |
| Hi Country Harmonizers  | Branan Lodge  | 6:30 pm        |
| BINGO                   | <b>Every Wednesday:</b><br>Civic Center                     | 7 pm           |
| Masonic Luncheon        | <b>Every Thursday:</b><br>Cooks Restaurant                  | 11:30 am       |
| Rotary Club             | NGTC  | Noon           |
| Get Fit                 | First UMC   | 5:15 pm        |
| MMQG Sewcials           | <b>Second Monday of each month:</b><br>Mtn. Presbyterian Ch | 10 am-3 pm     |
| Enotah Chapter #24      | Masonic Lodge   | 7:30 pm        |
| Disabled Am Veterans    | Veterans Center   | 7 pm (Jan-Oct) |
| FPL Retirees            | <b>Second Tuesday of each month:</b><br>Hole in Wall Rest.  | 9 am           |
| Historical Society Bd.  | Old Courthouse  | 9:30 am        |
| Mtn Laurel Arts/Crafts  | Union County Library  | 10 am          |
| Active/Retired Fed Emp. | Grinds & Glazes   | Noon           |
| Mtn. Sounds Dulcimer    | Sr. Citizens Center   | 1:30-3:30 pm   |
| Mountain Coin Club      | N. GA Tech  | 6 pm           |
| Blairsville PTO         | UC Primary School   | 6 pm           |
| Blue Ridge Mtn Jeepers  | Steve's Steakhouse  | 6:00 pm        |
| Eastern Star #304       | Location not listed   | 7:30 pm        |
| Band Boosters           | UC Middle School  | 7:30 pm        |
|                         | (Aug through May, except Dec)                               |                |
| Lions Club              | <b>Second Thursday of each month:</b><br>Steve's Cookie Jar | 6 pm           |
| Appalachian Shrine Club | Shrine Building   | 6:30 pm        |
| Democratic Party        | Unity Church of B'ville                                     | 6:30 pm        |
| Trout Unlimited         | UC Community Cntr - A                                       | 6:30 pm        |
| Sons Confederate Vet.   | UCB Community Rm  | 7 pm           |
| Knights of Columbus     | Marian Hall   | 7:30 pm        |
| Eastern Star #471       | <b>Second Friday of each month:</b><br>Location not listed  | 7:30 pm        |
| No activities listed    | <b>Second Saturday of each month:</b>                       |                |
|                         | <b>Second Sunday of each month:</b>                         |                |
| PFLAG                   | Call 706-389-5269 for Info                                  |                |

## Bell Ringing Union County Old Courthouse



February 1, 2018

**In memory of  
Emma Lena Kelseo**  
date of death 2/1/2017  
by Dale, Sue, Mary and Jesse

February 13, 2018

**In memory of  
John and Virginia B. Meeks**  
**Wedding Anniversary**  
by Ginger and Terry Meeks

Bell ringing information  
at 706-745-5493