# Opinions

### Xanax: Dangers and Risks with Misuse

The fact is that Xanax, a benzodiazepine, has become one of the most abused prescription drugs, resulting in addiction for a growing number of users. The American Psychiatric Association (APA) says that every year doctors write more than 50 million prescriptions for benzodiazepines and that 11 to 15 percent of American

adults have a bottle of benzos in their medicine cabinet. That statistic alone should be enough to be alarming, especially since that's a huge population potentially risking addiction to the drug.

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.

But long before a person becomes addicted, Xanax use carries a number of risks and dangers. Although Xanax itself rarely kills, the most alarming of the risks of Xanax misuse and abuse is the risk of death when Xanax is combined with alcohol consumption. Death from overdose is sometimes the tragic result of playing

with this deadly combination. There are, of course, legitimate reasons for physicians to prescribe Xanax to patients. Those suffering from anxiety and panic attacks may benefit from taking the medication. Where people get into trouble with Xanax is when they start becoming addicted to the kind of euphoric feeling that the drug brings about, or to its depressive properties. This can happen even when they are taking the medication as prescribed by their doctor.

But Xanax addiction can also occur, and this is increasing in frequency, when individuals obtain the drug either from friends or a drug dealer and begin using it on a recreational, nonmedical basis. In other words, they're taking it purely as a party drug to get to the desired state of euphoria or to "take the edge" off what may otherwise be a stressful situation.

Just as with other addictive drugs, once an individual becomes addicted to Xanax, he or she will find themselves having to use more of the drug and more often, just to achieve the desired effect. The fact is that this desired effect becomes increasingly elusive. The more Xanax the person takes, the deeper they sink into addiction and perpetuate the addictive cycle.

What does Xanax addiction look like? What are some of the See Xanax, page 5A

### Letters to the Editor... **National Day of Prayer**

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Dear Editor,

May 5, 2016, 6:30 p.m., First Baptist Church, Blairsville, GA. You may think "why is someone talking about this now?" People are crying "America needs God, God bless America, we want changes, I believe in Jesus or I don't believe in Jesus, I believe in prayer, I believe it when I see it. What's the use, nobody listens." The list goes on.

See Wells, page 5A

### Thanks

### Dear Editor,

Our family would like to express their gratitude to Sheriff Mack Mason, Chief Deputy George and all the other law enforcement officers committed to their service in Union County. Over the past several years, we have relied on them to assist our family in difficult and trying times. They have been prompt, professional, and most of all, caring. They are not just there to protect, but to truly serve. They showed a level of compassion with a family

### See Adams, page 5A

### Thanks

To All Concerned: On Friday, Feb 12th my husband and I were in a car wreck by Chick-Fil-A. We want to thank all of you for your prayers and assistance. We really thank the Blairsville Police, the State Patrol, the Sheriff's Department, the wonderful the doctors and nurses at Union General

Everybody has one...

### **Supreme Justice**

Supreme Court Justice Antonin Scalia died in his sleep during a quail hunting trip to Texas this month. He was 79. His passing shocked those who relied on his intellect to keep this country within its constitutional boundaries. His departure adds new drama to this election year.

He was the longest-serving current Justice, nominated by Reagan in 1986. His wit during oral arguments and his fiery dissenting opinions are legendary. He was committed to the original meaning of the Constitution's text, rather than the



modern legal theory of a living document that can be changed per the mood of the day. Though polar opposites on the bench, he was close friends with Justice Ginsburg, against type for Washington elites. President Obama said, "He will no doubt be remembered as one of the most consequential judges and thinkers to serve on the Supreme Court."

Justice Scalia was a devout Catholic and a defender of religious liberty. He said, "I think the main fight is to dissuade Americans from what the secularists are trying to persuade them to be true: that the separation of church and state means that the government cannot favor religion over nonreligion... To say that's what the Constitution requires is utterly absurd." Thomas Jefferson did not even practice that interpretation of the phrase he coined. Scalia believed that America is great to the extent that we follow our founders. "One of the reasons God has been good to us is that we have done Him honor. There is nothing wrong with that, and do not let anybody tell you that there is anything wrong with that." I would add, why abandon what made America free and good?

America was fortunate to have such a Justice because if secularism is successful in removing all vestiges of our Judeo-Christian heritage, the unintended consequences may be overwhelming (i.e. Europe?). Even the atheist proponent of secularism, Richard Dawkins, admits that Christianity provides a bulwark against destructive worldviews. Ravi Zacharias said that what threatens Western culture is "a rabid secularism that cannot provide a basis for moral reasoning." Is that what Scalia endeav-

See Fowler, page 5A

### **Commissioner's Questions**

Q. We heard that the county was going to take over maintenance of the US Forest Service Road going to Helton Creek Falls and we were wondering why?

A. We are not taking over maintenance of the road, but we

are working with the Forest Service to help them improve the road. Helton Creek Falls is one of the most visited scenic areas of the county. The vast majority of the USFS budget goes to fight forest fires and when they have a year like last year, there is little money left to maintain their roads and recreation areas.



### Q. So what is the county going to do with the road?

A. We have agreed to grade the road if they provide the gravel, which is the most expensive part. If the road can be properly shaped and ditched, along with applying new gravel where needed, it will help the road to drain properly which will help it to hold up longer. When visitors and our local people come to Union County, we want them to have a good experience so that they will want to come back, stay longer, and add their revenue to our county busi-

### Q. Is the county planning on doing anything else to work with the USFS on Helton Creek Falls?

A. Yes, we have applied for a trail grant to improve the trail from the parking area down to the waterfalls. It can be muddy, slick and just plain gross sometimes, and when it is like this it does not represent our county well nor the UFSF. If we receive the trails grant, we will work with the USFS on the matching funds, but there may be some cost to the county. Again, once repaired, it should be stable for several years.

### Q. What happened to all the beautiful trees on the way to **Helton Creek Falls?**

A. It is very unfortunate, but the beautiful towering Hemlock trees all became infested with the Hemlock Woolly Adelgid (HWA) and died a few years ago. They were in danger of falling and many were cut down, leaving a mess in and around the trail. We have volunteered to take a detainee work crew, supplemented by our Road Dept, when and if they get any down time, and go in and underbrush and clean up some of the ugly remains of the giant

See Paris, page 5A

### Leadership: A measurable competency

For decades, experts have said that leadership is an intangible that is un-measureable. But if you look at any great leader, you see that leadership is clearly measurable. Leaders are determined by their followers. No followers. No leader.

In business leadership occurs at all levels - from the executive suite to the shop floor and at every level in



between. Influential leaders, no matter what title they have or role they play, are those with willing followers

Leadership is merely getting wholehearted followers for a given course of action. Unfortunately, too many potential leaders ignore followership and focus instead on being more engaging, more convincing, or more interesting. Successful leaders, on the other hand, are interested.

In the extreme, unsuccessful leaders rely on their positional and/or economic power and end up with followers that have agreed, complied or surrendered. This lack of wholehearted commitment never results in optimal business outcomes

Whole-hearted followers imply leaders have engaged their followers emotionally and intellectually - both in the heart and in the head. Whole-hearted also implies that the follower makes the decision. The follower is the one who decides to give his or her commitment.

Most successful people start their leadership interactions by establishing a common goal. Leaders understand the difference between goals and strategies. Goals are always outcome-oriented, starting with the end in mind. Strategies are plans a

leader has for reaching the desired outcome.



## Your Fire Department

The fire department's primary mission

jobs and duties that Fire Dept. the department perfrom Union forms including re-County

**Fire Chief** David jor pieces of equip-

### **Farm Animals**

My occupation as a County Agent for 33 years was full of wonderful memories and many of those memories involve farm animals. Even before I became a County Agent animals around

farm captured my interest. As a young boy I jumped onto the back of a friend's pony. The night pre-

**The Farm** Mickey

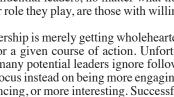
**Equipment That Can Shock You** 

is to fight fires. However there are many other

sponding to medical calls. One of the ma-

my grandfather's

Around



and Young's Wrecker Service. All of you were so prompt and polite and helpful. Thank God for seat belts and for all of you. Sincerely,

Mr. and Mrs. Charles Rolon

### **Union General Hospital**

### Dear Editor,

We had a horrible experience in the emergency room this week. Not from the hospital; but from the medical condition. The staff in the ER were more than competent and the care (and caring) that my wife and I received was exceptional. Union General is still the best, maybe better. Zeb Blanchard

### **On the Other Hand**

### Dear Editor,

Last week on Sunday we had a missions person give an update on the conditions over in the Middle East and yes it's alarming to hear of what persecution believers in God are going through but on the other hand he told us that many Muslims are coming to the Lord in droves, in fact he was sitting in a restaurant having a meal and the waiter came up to him and asked

> See Combs, page 5A •

### **Term Limits**

### Dear Editor,

Hardly a day goes by but that someone will mention imposing "term limits" on Congress. In 1993, the Supreme Court ruled that

term limits were unconstitutional.

The Constitution, they ruled, already contained provisions for term limits. İt's called voting.

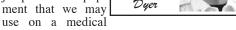
George A. Mitchell

### What does all this snow say about climate change?

Dear Editor,

All this snow and cold weather proves climate change is not real. Wrong! For years, climate models have predicted that warmer air holds more moisture, and more moisture would mean more intense rain and snow. The Arctic is warming twice as fast as the rest of the world, and this causes a lesser gradient of temperatures between the Arctic and the lower altitudes. Again, climate

See **Dixon**, page 5A



call is an Automatic External Defibrillator or AED. An AED is a machine used to defibrillate or "shock" a person whose heart has stopped beating. We have all seen on the TV where a person is "shocked" using the paddles on their chest. The AED does the same exact thing but through pads placed on the person's chest.

The AED will be used when we respond to a medical call where the patient is in cardiac arrest or more plainly put, when the person is not breathing, has no pulse, and the heart is not pumping blood. CPR will be performed and the AED pads will be placed on the person's chest. CPR will be stopped just long enough for the AED to analyze the heart rhythm of the patient and deliver a defibrillation or shock.

It helps to know how the electrical part of your heart works. The heart is a muscle that pumps in an organized fashion to circulate blood. That organization is due to the electrical impulses that start at one area of the heart and travel through the heart in an organized way. The electrical impulses cause each heart cell to contract in turn thus resulting in an organized pumping of blood. This is known as your heart rhythm or heartbeat.

There are times when a patient has a problem with their heart such as a heart attack and the electrical activity of the heart may not work in an organized fashion. The most common and life threatening of these conditions is called Ventricular Fibrillation. Ventricular Fibrillation is a sudden change in rhythm and the leading cause of sudden cardiac death. In Ventricular Fibrillation, the bottom of the heart (the main pump) fibrillates from too much disorganized or chaotic electrical activity and the heart is unable to pump in an organized way. The AED is used to deliver a defibrillation or "shock" which sends electricity through the heart to wipe out all the disorganized electrical activity and return the normal electrical activity.

There are times where the AED does not always return the normal organized heart rhythm or heartbeat. However, it is scientifically proven that the use of an AED, along with CPR, can double a patient's chances of survival from sudden cardiac arrest if used quickly. An AED is truly a lifesaver. We are very proud to have this lifesaving equipment.

Union County Fire Department - Our Family Protecting Your Family.

Cummings ceding this incident I watched a movie in

which a cowboy was nearly dragged to death because he failed to adequately jump on to the back of his waiting horse. So, when I decided to jump I cleared the horse and landed clear on the other side of the animal and broke my arm.

Years later I went coon hunting with my uncle. Instead of walking we rode mules and while crossing a creek the mule I was riding fell into the water with me on its back. The mule's foot became entangled in the belly strap and it nearly drowned before we could cut the belly strap and get the mule out of the creek.

A few years later I graduated UGA and went to work for Cooperative Extension. My first job was located in Washington, GA and one of the first individuals to call me was Mr. Grady. He wanted my opinion on what type of bull he should choose. His herd consisted of a bunch of Herford crossed females. We talked about an hour and I encouraged him to purchase a bull with no Hereford genetics. Mr. Grady purchased a rather nice looking Santa Gertudis bull from a breeder just down the road.

Later he needed help in working his herd of cattle. So, I went to his home and we moved the cattle into a working corral. The cattle were pushed through a chute and their individual heads were caught in a head chute which was attached to 2 fence posts set into the ground. While the cattle were held there we vaccinated and dewormed all the females. Finally, we pushed the big old red "Gert" bull into the head chute and as I pushed the syringe full of vaccine into the bull he raised up his head picking up the head chute and walked out of the corral. The bull didn't panic. He just walked away with the head chute still attached to his neck.

A few years later found me as a County Agent working in Trenton, GA. Once again I was called upon to help Mr. Clarence work his cattle. We worked more than 100 females and their calves on this day. Mr. Clarence had 5 other people helping us. We gave shots, dewormed and also castrated all the males. One of the people helping us that day was a 13 year old boy who wanted to become a farmer. He was enthralled by what was happening. He was particularly interested in the process of castration. He asked me about where I had learned to castrate these bulls. I told him I was a brain surgeon and that I had learned the process in medical school. The young man looked puzzled and so I said, See Cummings, page 5A

See Malone, page 5A

### - • **Mole Control**

Few things infuriate a homeowner as much as a mole problem. With their pointed noses, tiny eyes and ears, and rounded front paws perfect for digging, these critters are easily distinguished from other tunneling garden pests (if you ever

see them, that is). Moles are almost always underground and rarely surface, making them incredibly hard to eradicate. Because of this, it is important for the



mole-plagued homeowner to take a "know thy enemy" approach in order to get rid of these subterranean pests.

The Common Mole is the most likely culprit of those unsightly ridges in your yard or garden, which it creates as it tunnels through the earth looking for worms, grubs (immature beetles), and soil-dwelling insects. Even though moles don't eat plants, their constant digging damages bulbs and roots, and their tunnels can dry out grass roots as excessive air is allowed into the soil. Since moles are such efficient diggers, the number of tunnels in your yard is not indicative of the number of moles you have in your yard. Just one of these pests can construct an entire maze of tunnels in a very short time as it searches for food, and only a few of these paths are used regularly.

There are two main options for getting rid of moles once they've settled in your lawn or garden, and both require patience. The first is to get rid of their food source. Treating the infested area with insecticide will kill any grubs and decrease the mole's food source. However, there are two potential issues with this. Since moles also eat earthworms, which aren't affected by insecticides, they could still find food. Also, some of the most effective insecticides are often expensive and can kill pollinators. Because of this, they are strictly regulated and have specific guidelines for application, so be sure to follow the directions and store the chemicals in a safe See Mattee, page 5A

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