

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

between the ages of 25 and 34, and helps explain why drug overdose deaths have spiked in nearly every corner of America. The National Safety Council examined a physician study of Medicare claims in Pennsylvania and New Jersey and found those taking opioids experienced: A greater risk of having a cardiovascular event; Equal rates of GI bleeding; Four times as many fractures; 68% greater risk for being hospitalized for an adverse drug event; 87% greater risk of dying during the study period.

Centers for Disease Control and Prevention guidelines call for everyone on chronic opioid treatment to undergo periodic evaluation to assess the risk of opioid-related side effects.

When a person is prescribed an opioid painkiller for

any reason and the prescription is used for any extended period, this can lead to physical dependence on the drug. Physical dependence increases tolerance and increased tolerance means that a person must take more than prescribed to feel the effects of the drugs. Addiction to prescription opioids often leads to heroin use. In fact, studies show 4% to 6% of opioid misusers will transition to heroin.

While there is an appropriate use for prescription painkillers, there are alternative approaches that can treat pain without the high risk of dependence associated with opioids. In summary, there are risk associated with prescription opioids. Be aware and take some time to educate yourself about the medications you or your family members are prescribed.

## Chamber... continued from Page A4

vide samples, there is no booth fee; vendor booths are \$65 for Chamber members and \$75 for future members. The Buy Local Extravaganza is free to the public and offers plenty of sample tastings, locally made goods, and giveaways!

Why not get ahead on your Christmas shopping list and support growth and development in Blairsville?

Don't forget to register for this month's Monthly

Mingle on 9/11. Our speaker, Chief David Dyer of the Union County Fire Department, will be sharing a patriotic conversation with us. The Monthly Mingle is sponsored by Service Plumbing, a locally owned business by Veteran John Chitwood.

Come out, eat a lunch catered by The View Grill, and connect with the community. You can register online at VisitBlairsvilleGA.com.

## Rock Against Violence, S.A.F.E. Benefit Concert September 21st

"If it was not for the people at S.A.F.E. and the Butterfly House Child Advocacy Center's visitation area, I would not get to see my child that I am currently working toward getting back to my custody. I was involved in a relationship that was full of domestic violence and now thank to everyone at both of these places I am headed in the right direction in getting me and my child back together." Quote from previous client who received services from S.A.F.E.

Between July 2018 and June 2019 S.A.F.E. provided services to 309 clients who suffered sexual or domestic abuse. Of these clients, 89 were children who suffered or witnessed abuse. S.A.F.E. Advocates supported each of these clients, providing 14,350 services in total. We would never have been able to do this without the support of our community.

S.A.F.E. asks you to join us and celebrate the accomplishment of providing services to victims of abuse for 30 years! Our community has come together for 30 years

to work towards assisting victims and such as task deserves recognition.

On September 21st Copperhead Lodge is hosting the Rock Against Violence Concert at 6:30 PM, featuring the entertaining band Everyday Clever. Delicious food and drinks will be available for purchase through Copperhead Lodge.

Tickets are available at SAFE Thrift Stores, Copperhead Lodge, our website [www.safeservices.org](http://www.safeservices.org), Selah Hair Salon and Cone and Associates CPA's Accounting and Tax Services. For more information contact Molly at 706-379-1901. Thank you Everyday Clever and Copperhead Lodge for your support!

### NARFE meeting

Attention Blairsville and surrounding area, there will be a meeting of the National Association of Retired Federal Employees (NARFE) at 11:30 a.m. on September 10, 2019. The meeting will be at the Circle J Restaurant in Blue Ridge, GA. This will be a good opportunity to share information concerning all members.

## Cummings... continued from Page 4A

ets after he had left them on the porch. She found the girl's underwear in his pocket. She grabbed the first thing handy, which was a broom, and marched into her son's bedroom.

There stood Papa trying to put on a clean pair of britches. Papa said, "All I heard was, 'Columbus Cummings.' I looked up and was struck across the top of my head with a broom handle." Papa tried to explain what happened to his mother. But, each time he opened his mouth, he was struck with the broom again and again. Later that evening, Lon came into Coon's room to give him the Father and Son talk. Papa said, "Mom and Dad always believed I was guilty. But, this was one time I was innocent."

Papa told me he had five to six knots on his head where his Momma had struck him with the broom. And he and the other boys were forbidden to go swimming for the rest of that summer at their favorite swimming hole. Each time he would meet the Lauderdale Girls at Church or at the Eb Trapp's Store, Sarah Lauderdale would smile saying, "Coon, the water is mighty fine down at the creek," while smiling and tossing her auburn-colored hair over her delicate shoulder. You would think he would be mad at this gall. But, he always said that Sarah Lauderdale was too pretty to be mad at very long.

The next two Saturdays at the Farmers Market will be especially sweet. We are planning on letting folks try locally made jams, jellies, and of course, the best honey in Georgia. So, if you have a sweet

## Paris...

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Georgia Forestry Commission. The number you call to get a permit is 877-652-2876. This is an automated system and it will walk you through the process, or you can go online to [www.gatrees.org](http://www.gatrees.org) and get your permit online. If the weather is dry or windy, permits may not be issued. Even with a burn permit always use extreme caution when burning leaves or debris.

## Williams...

### continued from Page 4A

ter? Are the roots turning black or are there mushrooms growing around the base of the tree? These are all questions that will help you determine if your plant is in decline and get to the root of the issue.

If you have questions about lichen growing on your plants contact your County Extension Office or send me an email at [Jacob.Williams@uga.edu](mailto:Jacob.Williams@uga.edu).

On September 26, Union County Extension is hosting a Radon Education Program at 5:30 in the Union County Civic Center. Call 706-439-6030 or Email me to RSVP.

The Towns-Union Master Gardeners are having their annual Fall Plant Sale on September 28 at the Union County Farmers Market. Stop by to get some perennial plants that are adapted to our climate.

## Fowler...

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The father waits and watches. When he sees the son in the distance, he is overwhelmed with compassion and mercy, running to embrace his son.

This is really about you and God. Once you have received the mercy of the Father, mercy becomes your calling. "Be merciful, just as your Father is merciful," Jesus said (Luke 6:36). When you do that, you invite the dead to find life, and the lost to their lasting home.

## Dyer...

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The last step is to practice these plans. It is much easier to practice a plan and know what to do during normal times than it is to try to figure it out when a disaster is happening.

Disaster preparedness is everyone's responsibility. Everyone should make a plan and practice it with their family. For more information on National Preparedness Month and how to be prepared, visit [www.ready.gov](http://www.ready.gov).

Union County Fire Department ~Our Family Protecting Your Family~

## Gray...

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I was awed by the writer's credentials, which included a degree in History and service as a military officer!

Respectfully submitted,

Arlene M. Gray

### S.A.F.E. Inc. Volunteer Training Workshop

S.A.F.E. Inc. will be holding a volunteer training workshop September 23rd & 24th from 1 - 5 PM and the 25th & 26th from 9 AM - 1 PM.

S.A.F.E. stands for Support in Abusive Family Emergencies, and is the Domestic Violence, Sexual Assault and Child Advocacy program serving Towns and Union counties since 1989.

There are several areas of need for volunteers: at our emergency shelter, our child advocacy center, and at both our thrift stores. If you would like to register for this training, or would like more information about volunteering with S.A.F.E., please contact our Volunteer Coordinator, Vicki Franklin at 706-379-1901, or email her at [vfranklin@safeservices.org](mailto:vfranklin@safeservices.org).

## UNION COUNTY COMMUNITY CALENDAR

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