

## ARC...from Page 1A

in local funding leveraged because of the ARC funding in Georgia.

The agency's work "has served to strengthen the region's economy and improve living standards in our Appalachian counties," Feldman said.

Projects funded by the agency have "created jobs, encouraged business development, increased education and job training opportunities, and improved telecommunications, infrastructure and transportation" in the region, she said.

Since forging the partnership in 1966 with a \$14,500 grant to build a sewage treatment plant at Vogel State Park, Union County and Blairsville have received a combined \$4,223,037 in grants from the commission, which is celebrating its 50th anniversary this year.

"In celebrating the work of the Appalachian Regional Commission, we must look back to see the progress we've made," said Union County Sole Commissioner Lamar Paris.

Just last year the Union

County Board of Education received \$11,826 to build a PAES (Practical Assessment Exploration System) lab and in 2011 the Union County Development Authority received \$151,770 for the Blairsville Airport Regional Industrial Park.

The Byron Herbert Reece Farm has received an estimated \$100,000 in grant money from the agency which has been used to restore farm buildings and design and put into place education exhibits in the structures.

Other money was used

to develop a video to tell the North Georgia poet and novelist's life story.

The 9.4 acre historic site near Vogel State Park is one example of how the agency has spent \$66.5 million since its founding 50 years ago for projects in the 13 counties that make up the Gainesville-based Georgia Mountains Regional Commission.

"They have been doing things for us since the 1960s and have been a good source of needed money for Union County," Commissioner Paris said.

## Showdown...from Page 1A

the "Benjie Award."

It is named after Rev. Ben Lewis who helped form Hope House and who also won the first Showdown.

This year's Benjie Award went to Dr. Cindy Libert of Life Wellness Center.

The band Leather 'n Lace also entertained the crowd as they roamed the gym in search of their favorite bites.

Hope House greatly appreciates all the chefs who participated in this year's event.

The chefs included Dr. Greg Wilson, Dr. Cindy Libert, Union County Schools' Nutrition Department, Kids Cook 2, the Rev. Dave Wesche of All Saints Lutheran Church, Brian Reid of CSB Bank, Randy Day of Union County Commission Office, the Rev. Mark Burgess of First United Methodist, Eric Collins of United Community Bank, Michael Baxter and Shawn Dyer of the Blairsville



Police Department, Andy Gwynn and Jeff Gwynn of North Georgia Beverage, the Rev. Roy Watkins of Coosa Methodist, the Rev. Don Parmely of New Life Family Church, Trisha Sanders Gregory of

Church of Christ, John Barber of St. Clare's Episcopal, and attorney David Barrett.

A huge thank you also goes out to our sponsors Ingles, Bi-Lo, Wendy's, Busy Bee Printing, Blairsville Cin-

ema, G & G Bakery, Rest Haven Florist, United Community Bank, Coosa Embroidery, North Georgia News, Nelson's Tractor, Business Continuity Solutions, Zaxby's, Monet's, Alexanders, Beautiful Things, Fatz Café, Steve's Cookie Jar, Thomas Tire, Pat's Hallmark, Monte Alban, Select Tire, Austin Bleu, Armadillo Café, Robynne's Nest, Seafood Catch, Hughes Outdoor Store, Sawmill Restaurant, Head Shots Salon, Nelson's Ace Hardware, First United Methodist Church and Sharon's Fashions.

Hope House is a faith-based, non-profit benevolence center to help those in our county who are in need.

The proceeds from the Chef Showdown go towards meeting these needs.

The office is open Mondays from 9 a.m. till noon and Thursdays from 1 p.m. till 4 p.m. The office is located at 178 Brackett's Way, Suite 3 at (706) 781-3090.

## Haralson...from Page 1A

lots on the market," Mayor Conley said. "The only way you can market a project is having a way into the project. Of course, this new road is the key for us to be able to sell the lots and bring more businesses into Downtown."

The development lots will be developed on the city's terms, Mayor Conley said.

The new road also gives more accessibility to motorists

traveling Georgia 515 to the Downtown Blairsville area, Mayor Conley said.

"It gives the tourism traffic the option of coming off Georgia 515 into Downtown Blairsville," Mayor Conley said. "We want that tourism traffic in Downtown. That traffic will provide a boost to the Downtown economy and we'll really see a difference once we get more retail busi-

ness in Downtown."

Mayor Conley expects the soon-to-be open Cabin Coffee Co. to provide a boost to Downtown foot traffic, much like the retail establishments that have located in the renovated King's 5 & 10 building.

"It will be a great asset for Downtown," he said. "The businesses at the King's 5 & 10 building have changed the

atmosphere a lot in Downtown already. More changes are necessary to develop the desired Downtown atmosphere.

"We need businesses to stay open on the weekends, and we need foot traffic in Downtown to support those businesses," Mayor Conley said. "It's important to have businesses open on Saturday and Sunday. That's when the tourists are here."

## Parkinson's...from Page 1A

— 60,000 more Americans have been diagnosed with Parkinson's Disease."

According to Esposito, Parkinson's is basically, but, not only, a movement disorder. Diagnosis is typically done by a clinician interviewing and examining the patient, and observing if the patient displays any of the common Parkinson's motor symptoms such as tremor of the hands, arms, legs, jaw or face, slowness of movements and reflexes, rigidity, or stiffness of the limbs and trunk, and impaired balance and coordination, instability when standing, difficulty walking, and stooped posture.

Parkinson's is not only

a movement disorder, Esposito said, it is much more.

"There are many nonmotor deficiencies, and for a large number of Parkinsonians, the nonmotor deficiencies are more troubling than the motor symptoms," Esposito said. "Examples of nonmotor deficiencies include depression, runny nose, sleep disturbances, constipation, pain, fear, anxiety, confusion, dementia, memory

difficulties, slowed thinking, cognitive impairment, and both excessive salivation — and the opposite condition — dry mouth, which can cause dental problems," Esposito said.

Esposito said that the local Parkinson's Disease Support Group meets at 3 p.m. the second Wednesday of the month at Southern Bank & Trust (formerly Cadence Bank) in Blairsville (361 Blue Ridge St.).

## Hike...

continued from Page 1A

to return the favor.

His wife Kathie will help him along the way. She will be driving the couple's RV along the route Don follows, camping at campgrounds along the way, meeting up with Don every five days to provide food and supplies.

Don and Kathie will celebrate their 55th anniversary on June 18th — a big event for both during their emotional journey.

Don Havener's adventure included coming up with a hiker's name. He chose Enoch, a personal favorite figure from the Bible.

"If we live our lives led by scripture, as Enoch did, we lose the desire for the material trappings and pitfalls," Don Havener said.

Don Havener hopes to find another dimension to his spiritual life during his journey.

He said his goal was to complete the through hike of the Appalachian Trail by averaging 15 miles per day over the full course of the trail that ends on Mt. Katahdin in northern Maine sometime in later August, or possibly in early September.

Another portion of his goal is to generate donations to benefit the Parkinson's Foundation by raising \$100 per mile by developing a daily journal about his travels, both physical and spiritual.

"Hopefully bringing greater understanding and awareness of Parkinson's, to those who donate and follow our through hike," Don Havener said.

Follow Don Havener's adventures via the Internet at [www.gen524.com](http://www.gen524.com).