

Opinions

Everybody has one...

Automatic External Defibrillator

Automatic External Defibrillator – A Lifesaver: Working in emergency medical services for over 28 years, I have responded to many calls. I have seen procedures and medical equipment come and go. Of all the life saving equipment that I have seen, an Automatic External Defibrillator (AED) is one that has been proven to save the lives of victims of primary cardiac arrest.

An AED is a machine used to analyze the heart rhythm and defibrillate or “shock” a person whose heart has stopped beating. We have all seen this on TV where a person is “shocked” using the paddles. The AED does the same exact thing but through pads placed on the person’s chest. The good part is that anyone can do CPR and use an AED. The bad part is having an AED available. That is why we encourage organizations and business to purchase an AED that can be used by their organization and the public.

An AED is used on a person who is in cardiac arrest. Cardiac arrest is when the heart suddenly stops pumping. It can be caused by a heart attack or heart rhythm dysfunction. The victim will be unresponsive; not breathing or not breathing normally; and have no palpable pulse. A victim’s chance of survival decreases by 7 to 10 percent for every minute that passes without defibrillation. That is why it is vitally important that cardiac arrest be recognized; CPR performed quickly; and an AED used on the victim.

During a cardiac arrest, CPR will be performed, and the AED pads will be placed on the person’s chest. Most AEDs have voice prompts that walk people through each step. CPR will be stopped just long enough for the AED to analyze the heart rhythm of the victim. If needed, the AED will deliver a defibrillation or shock. This shock is attempting to return the victim’s heart rhythm back to normal.

There are times where the AED does not always return the normal heart beat or heart rhythm. 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.

Recently, Union County Fire Department was able to purchase an AED with the help of a grant from our local Walmart.

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Fire Dept. from Union County Fire Chief
David Dyer



Road Less Traveled

Robert Frost enjoyed strolls with fellow poet Edward Thomas. He reflected on a walk in a wood with two different but equal paths. “I shall be telling this with a sigh somewhere ages and ages hence: Two roads diverged in a wood, and I – I took the one less traveled by, and that has made all the difference.” It’s a thoughtful verse about travelers and choices, probably intended as a light-hearted poke at Thomas.

Jesus also walked with friends and had a sense of humor. But His two roads are quite serious and not equal. “Enter through the narrow gate; for the gate is wide and the way is broad that leads to destruction, and there are many who enter through it. For the gate is small and the way is narrow that leads to life, and there are few who find it” (Mat. 7:13-14). One road is attractive. The other is less traveled, more difficult, but rewarding. To be plain, Jesus is the gate and living by faith is the way. Before you believe Him, “Consider the cost,” He said (Luke 14:28).

People have counted the cost of the narrow way. History says Moses confronted Pharaoh, David fought Goliath, and Daniel faced lions. Hall of Faith truth-holders took the narrow road and the world was not worthy of them (Heb. 11). The church in China withstood the communist onslaught of Mao and will survive Xi’s new crackdowns. The church in Syria, Iraq, and Iran has endured bloody cleansing by radicals.

The church in the West faces a more subtle threat, to take the less costly broad way and align with popular culture. Or we can truthfully answer vital questions. Is Jesus is the only way? Is all human life valued? Did God create us in His image? Does God determine our identity, and define morality and holiness? We can be either an echo chamber for, or sanctuary from today’s noise.

In “Impossible People,” Os Guinness lists three cultural trends worth challenging: Judeo-Christian beliefs and values are repudiated as a barrier to, rather than the key to human flourishing. Freedom is libertine behavior that should be blessed and flaunted, rather than a gift that allows us to resemble our Creator. Alternative philosophies seek to redefine ideals such as dignity, justice, unity, and equality, cutting off their Christian root. These are the clanking machines grading the broad road that would lead

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All Things New
Wayne Fowler



Commissioner’s Questions

Q. Does Union General Hospital still offer the free emergency helicopter service to county residents?

A. Union County Government and Union General Hospital split the cost of providing the insurance coverage for the use of the emergency helicopter. While this does make it virtually free, the insurance covers the amount of money not covered by your private insurance, Medicare or Medicaid. It has really been a blessing for many people already. Union General Hospital offers the company the helipad and office space just outside our emergency room at Union General Hospital.

Q. Who is covered under this emergency helicopter service that is provided for free to the residents?

A. If you or your family live here or have a home, part-time or full-time, you are covered.

Q. We saw in the North Georgia News that Lewis Kelley, CEO of Union General Hospital, is retiring. When will that happen?

A. By the time you read this, Lewis will already be retired. He was asked by the board to fill in three years ago when the previous CEO left. Lewis has done an outstanding job no matter what it has been. His entire life has been about serving people whether at Brannon Lodge, Chatuge Regional Nursing Home, his church, his country while in the military and now in retirement, his wife. We all know that for every good man, there must be a good woman and that has certainly been the case with Lewis and his family. He will be missed. Thank you, Lewis, for your service for so long to so many.

Q. Do you know what the economic impact of Union General Hospital, Inc. is to our county and region?

A. At a minimum, you only have to look to the annual payroll for the entire Union General Hospital System and their 1300 employees, which is about \$45 million per year. Then consider that there are 26 full-time physicians and 34 part-time physicians either practicing at the hospital or in their individual offices. For each doctor there is usually at least 2 to 4 staff members. When you take all of these people and then consider the amount of money

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Q & A from Union County Commissioner
Lamar Paris



Drug Free Mountain Life

Prevention is More Than “Just Say No!”

Mental illness and substance use disorders are among the top conditions that cause disability in this country.

Substance use dependence impacts a person’s ability to work, impairs their ability to fulfill major life responsibilities and negatively affects personal and family relationships. Drug and alcohol use can lead to chronic diseases such as diabetes and heart disease and associated high risk behaviors increase accident related injuries. Preventing substance use and abuse is critical to the physical and mental health of our community.

Successful prevention strategies go beyond “Just Say No!” and promote critical thinking skills that lead participants to informed decision making. We don’t just say no, but we know why we should say no. Safe and supportive pro-

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The DRUG FREE MOUNTAIN LIFE campaign supports an overall safe community by providing information, education and support services to children, families, and community toward prevention of illegal substance abuse.



"It's easy getting my clocks to spring forward. It's my body that keeps falling back."

Chamber of Commerce

Five Reasons to Attend a Ribbon Cutting

March is here and with it comes the kickoff of our Ribbon Cutting Celebrations for 2019.

Each ribbon cutting gives us a chance to celebrate that, in our community, business is thriving, jobs are being created, and new products and services are being offered. Yet I can’t help but wonder how many readers have actually attended a ribbon cutting. If you haven’t, I encourage you to join us for at least a few this year. Allow me to share five great reasons to join us at our upcoming celebrations.

1. Everyone is invited! Ribbon cuttings are not just for chamber members, business owners, or special guests; everyone in our community is welcome and encouraged to attend. Business owners are eager to meet you and learn about your needs as a customer. They are interested in your ideas and they need your support. Showing

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Blairsville - Union County Chamber President
Steve Rowe



Letters to the Editor

Critical Times

Dear Editor,

Never in the history of our nation have we experienced such hatred, bigotry and disrespect for our president who is doing the best job at striving to keep his promises to the American people that voted him in.

There has always been division among the Democratic and Republican parties on different issues of life, but I have never seen such behavior from grown men and women who are like playing in a sandbox, and because they can’t have their own shovel and bucket, they start screaming and kicking until there is no more sand to play in.

I have lived long enough to know that evildoers are in the midst of our government and they have an agenda to bring our nation under their leadership, a leadership of tyranny where they call the shots. Where our freedoms and liberties would be restricted to their laws, not to our Constitution, even our traveling places would be limited.

A dictatorship which would allow abortions in or out of the womb to be mandatory and

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Is It Time to Listen to the Experts?

Dear Editor,

Over the last several months, many expert scientific, economic and governmental reports have been issued about climate change.

The IPCC and the U.S. National Climate Assessment reports have both issued dire warnings about the impending Climate Change crisis. The National Intelligence Agency, the Pentagon and the Government Accountability Office have also issued recent reports warning of national security risks from unchecked climate change.

The annual Global Risks Report ranked failure to act on climate change as the second most dangerous problem in our world today, and a recent report by some of the leading conservative economists of our time warned of the dangers from climate change and recommended a revenue neutral carbon tax as the solution.

Yet, the leaders of our government say they do not believe any of this. This seems extremely dangerous and foolish. Isn’t it about time that we listened to the advice of the world’s experts?

The bipartisan Energy Innovation and Carbon Dividend Act, HR 763, is a free market, conservative solution that would go a long way towards solving this crisis while still growing our economy. Hopefully our leaders will endorse it.

Vernon Dixon, MD

North Georgia Tech

The origins of Georgia’s Technical College System of Georgia date back to 1917, when federal legislation provided funds to support vocational education in agriculture. The Smith-Hughes Act was cosponsored by Hoke Smith, U.S. senator and future Georgia governor, who recognized the need for modern training, especially in the wake of the cotton economy’s decline. Under the Smith-Hughes Act, each state was required to create a state board for vocational education.

In the early 20th century the primary purpose of vocational education was to prepare students to enter the workforce, and this is still the case today. More than 7 million workers were trained vocationally for defense and war production employment during World War II (1941-45). As early as 1943, the Georgia state director of vocational education, M. D. Mobley, lobbied for a system of area trade schools. In 1944 the North Georgia Trade and Vocational School, the first vocational school in Georgia, opened in Clarksville. The South Georgia Trade and Vocational School opened four years later in Americus.

In 1958 State Supervisor of Trade and Industrial Education W. M. Hicks developed a set of policies for area vocational-technical schools, thus paving the way for a unified system of vocational training in Georgia. By the late 1960s nineteen vocational-technical schools had opened in the state, and in 1967 Quick Start, today a nationally recognized program, was established to develop training for new and expanding industries in Georgia. 1986 marked the beginning of more than twenty area technical schools converting from local to state governance. The conversion was complete in 2002, when Gwinnett Technical College, one of the largest technical colleges in the state, turned over control to the DTAE. In 2007 the DTAE created the Technical College System of Georgia, an entity comprising the technical colleges under its administration, and in 2008 the DTAE’s name officially changed to TCSG. Today TCSG consists of 22 colleges offering technical education, custom business and industry training, and adult education programs for the Citizens of Georgia and surrounding areas.

Our North Georgia Technical College has campuses in Blairsville, Clarksville, and Toccoa. The TCSG serves the people and the state by creating a system of technical education whose purpose is to use the latest Technology and easy access for all adult Georgians and corporate citizens. The Technical College System and

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RC&D Executive Director

Frank Riley



Basketball Tryouts

After his understanding developed with his cousin, Junior, Paul decided to try out for the Phil Campbell Varsity Basketball Team. The team was coached by a very young coach who was in his first job out of college. Coach Newman was a little All American at Florence State College and this was his first job as a coach and teacher. The previous year Dad had played in Chicago for Wells High School. The center on that team could dunk the ball and went on to play with the Harlem Globe Trotters. Coach Newman was a good coach and a great motivator. He watched this young Cummings fellow play and knew he was good. He also knew the young man was over confident to the point of being cocky.

So, after a few days of practice Coach told the young man, “I really don’t think you can make this team there is too much talent ahead of you.” Many people would have quit and walked away. However, this made the stubborn young man angry and he decided he would just show this new coach that he was the best player on the team. The Coach now knew he had someone special. So he told him if he expected to make the team he would have to stay late after scheduled team practices to practice one on one with him.

The first day of these extra practices taught my father a valuable lesson. Newman had the ball and faked to his right. Paul took the fake and moved to the right. The Coach’s elbow came up and caught his nose. The coach told the young man, “If you can’t take the heat stay out of the fire.” This only caused the young man to work harder. He practiced with the coach for 5 straight days after the regular practices. Then he had to jog the 5 miles home to the family farm in Trapptown. During their final extra practice session he showed his Coach a thing or two.

He had the ball and faked to his left then raised his elbow and moved right catching his Coach in the nose and knocking him to the floor. The Coach jumped to his feet and reached for the young man. The player said, “If you can’t take the heat stay out of the fire. There is no way I am quitting this team. I will be playing point guard for the Bobcats real soon.” The Coach grinned and realized the young player was nearly ready. Some of his teammates had trouble adjusting to his style of play. Jerry Cohen was the center and was the first one to adopt to Dad’s no look passes. The center’s nose got bloodied a time or two before he told his teammates, “If Paul isn’t looking at you that means he is about to throw it to you.” After this was said other team mem-

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Around The Farm

Mickey Cummings



Planting Well

As we get ever closer to spring, I know that some people are starting to get itchy fingers in eager anticipation of getting out into the garden to begin planting again. As we get closer to spring and further away from winter I’d like to take a minute and talk about how to make a proper site selection and planting in a way to get the most life out of your plants.

Deciding where and what you plant are probably the most important decisions that you can make regarding plant health. Planting the right plants, in the right place, with the right soil conditions can solve a host of other problems. These are especially important considerations when planting perennial plants because they will probably be around for five years or more.

Planting the right plant in the right place means choosing plants that are adapted to the microclimate where you are planting them. Try to think about varieties of plants that are resistant to diseases. There are many new hybrids available that have disease resistance. If deer nibbling on your plants is a concern for you then look for plants that deer dislike to discourage them from browsing your yard. For example, this could mean planting peonies instead of hosta.

It’s also important to think of spacing when planting. Putting many plants in a small space may give you lots of color at first, but down the road, you’ll run into issues with disease. Plants cramped into a tight space means that there isn’t room for airflow. Decreased airflow is going to increase humidity, leading to more disease taking place. Planting without working the soil to improve drainage can also lead to root rot diseases. Disease can make any garden wither away, and the climate that we have here with hot summers with high rainfall and humidity make disease a constant battle. Make that battle a little easier on yourself and space plants to allow more airflow. Pruning perennials is also important because it increases airflow too.

With perennials think about how the plant is going to grow. A Leyland Cypress may be small when you plant it but they’ll grow to be 120 feet tall. A tree that grows to be that size is going to need to have some space between the trees, or else the roots and leaves begin competing for space leaving the plant stressed and susceptible to disease.

The right soil conditions are also very important. Knowing which nutrients are in your soil and what your soil pH is, through a soil test, will help you grow healthy plants. Our heavy clay soil can be amended so that it is produc-

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Watching and Working
Jacob Williams



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Phone: 706-745-6343 Fax: 706-745-1830 * P.O. Box 2029, Blairsville, Georgia 30514

Website: www.nganews.com

Email: northgeorgianews@hotmail.com

Mailing: P.O. Box 2029, Blairsville, Georgia 30514

Lowell Nicholson
Photographer