

Opinions

Everybody has one...

Guest Editorial

What is LBD – Lewy Body Dementia?

By Kelly Schroter

It will be a year ago March 29th that I lost my Mom, Jo Knight, to LBD. So many people have NEVER heard of LBD, yet it is quite common. I hope this article will raise awareness and help others who may be misdiagnosed with Alzheimer's. Mom was initially misdiagnosed, making caring for her even more complicated. The wrong meds (antipsychotics) for hallucinating and Alzheimer's made things worse instead of better. Thankfully, Dr. Serbanescu of Peachtree Neurological Clinic (Hiwassee location) was familiar with this disease and its symptoms and immediately diagnosed her correctly. Knowing what we were up against and what to expect was helpful in dealing with this difficult disorder.

This is what Robin Williams had. Per the Mayo Clinic, "Lewy Body Dementia - the second most common type of progressive dementia after Alzheimer's disease - causes a progressive decline in mental abilities. It may also cause visual hallucinations, which generally take the form of objects, people or animals that aren't there. Another indicator of LBD may be significant fluctuations in alertness and attention, which may include daytime drowsiness or periods of staring into space. And, like Parkinson's disease, LBD can result in rigid muscles, slowed movement and tremors. In LBD, protein deposits, called Lewy bodies, develop in nerve cells in regions of the brain involved in thinking, memory and movement (motor control). The cause of Lewy body dementia isn't known, but the disorder may be related to Alzheimer's or Parkinson's disease. Lewy bodies contain a protein associated with Parkinson's disease."

<http://www.mayoclinic.org/diseases-conditions/lewy-body-dementia/basics/symptoms/con-20025038>

An invaluable resource for us was the Lewy Body Dementia Resource Center. Mom would have been 88 on April 1st, 4 days after she passed. On her 87th birthday she was relatively "fine" for



Jo Knight
4/1/1933 – 3/29/2021

Habitat for Humanity

As we enter the spring season, we are expecting warmer weather, annual spring cleaning, more customers coming out to see us and more volunteers eager to help. We are expecting big changes and new faces here at our ReStore this spring. In order to make this happen we are in need of a few things to help us work efficiently this spring and summer season. We are asking community members to help us in the following ways:

Volunteers: We are always eager to expand our volunteer groups. Habitat has multiple opportunities available to volunteer at our organization. There is something for everyone! You can offer time helping in the ReStore, work on home projects through our Helping Hands program, or sign up to help on our newest habitat home build. This May, we are planning a volunteer event at our ReStore with refreshments, ReStore sales, and more! We hope you will sign up and join our volunteer family! Stop by the store,



Habitat Happenings
Madelyn Bailey

Letters to the Editor

More Than Meets the Eye

Dear Editor,

In reference to Georgia State Rep. Stan Gunter's House report in the March 6 North Georgia News, he announced the passage of Georgia House Bill 1013 and glowingly described its purpose as to ensure that mental health and/or substance abuse disorders be covered in all medical health policies and require that the treatment for these illnesses be available to the same degree as the treatment of other types of physical illnesses.

That sounds great until you look closely at what ELSE the bill includes that affects your taxpayer dollars and potentially your freedom, rights and safety. The bill is vast and vague while building massive new government bureaucracy with enormous enforcement and data collection powers to perform questionably effective functions. Some examples for concern are:

- 1) Gender reassignment surgery will fall under mental health illness and will be required to be covered... with no church exemptions.
- 2) Pedophilia will be considered a "disorder" versus a crime and treated as such.
- 3) Universal mental health screenings will be required on both adults and children, and mental health data will be collected on everyone.

See Claypool, page 5A

No Politics Allowed

Dear Editor,

I was totally flabbergasted when I read the March 16 letter to the editor titled "Biden Gaslighting on Gas Prices." I wonder where, or from whom, the writer gets his information. Our current gas price situation has nothing whatsoever to do with "Biden's policies." I was encouraged to read the "Real Reasons for Gas Prices" rebuttal comments — now that's dealing with and talking about the facts and not political conjecture or outright lies. As the second letter writer said, many things have caused this gas situation to exist, and we should all be concentrating on facts, not political BS.

Personally — contrary to some other local folks — I agree with many/most of the Joe Biden policies; he's trying to do what he can to gain control over this gas situation and get it resolved, just like he's done with the pandemic and other problems he was left with. Let's all deal with the facts: blaming electric cars, pipelines, drilling or not drilling, fossil fuels and all that other stuff is terribly shortsighted. The "fossil fuel" situation is real; "Global Warming" is real; and we need to do everything that we possibly can to control it and slow the process down! Those that call this a farce are "in another world," and as far as I'm

See Holzinger, page 5A

Restless Heart

Some years ago, our county installed a kayak launch in a park on the headwaters of TVA Lake Nottely. I decided to enjoy the amenity in a different way than other boaters.

I grew up in the country close to a river. Summer days fishing in the creek (only after doing my chores), camping under the stars near the swamp... I was Tom Sawyer and Huck Finn. Maybe a return to childhood is why I launched my skiff in the Nottely at dusk. I drifted downstream. The kayakers were gone but I was not alone. I lit my lantern as the orange glow sank into the western sky.

It was as though nature began turning up the volume. Peepers, bullfrogs, crickets, and other noisy insects competed for airtime. A screech owl and a lone whip-poor-will added to the chorus. Against the moonlit sky, bats darted about for supper. My presence convinced something heavy to splash nearby. I was mesmerized. I captured audio to share online, but I couldn't capture the moment.

Recently, I came across the work of Gordon Hempton, a professional sound recorder. He struggled to describe the Amazon rainforest at dusk. "I begin to hear the insect patterns, and how each rhythm is a different insect, especially as the light weakens," he said. "Oh my God! I realized this is the sound of the spinning Earth, like a huge clock. It's just so elaborate and precise, beyond human invention."

Cut to images of destruction and death in Ukraine. Mothers crying. Refugees attacked. Conscripts captured. Body bags. Smoke. Fire. Pleas for help.

The contrast is wrenching. The peaceful chorus of nature at dusk versus the agonizing cries of humans at war. It points to the deep longings of a restless heart. God reveals much about us through contrasts, which draw out those longings. We desire peace, not war; love, not hate; safety, not danger. We admire wisdom, not ignorance; beauty, not ugliness; sacrifice, not selfishness. We cherish life, not death.

The contrasts stir your restless heart for answers. Here is one. "He is not far from each one of us; for in Him we live and move and exist" (Acts 17:27-28). In Jesus, your soul has peace,



All Things New
Wayne Fowler

See Fowler, page 5A

Commissioner's Questions

Q. When does the Farmers Market open this year? We can't wait!

A. The Union County Farmers Market is scheduled to open June 4 this year. The hours will be 8am to 1pm on Saturdays and 9am to 1pm on Tuesdays. A pre-season (Ramp Day) event will be held April 30 from 10am – 2pm. We are looking forward to another busy season this year with many return vendors and some new additions. For more information, you can visit their website at www.ucfarmersmarket.com or you can call them at 706-439-6043.

Q. Can I bring my dog to the Farmers Market?

A. If you would like to bring your dog, the Humane Society's Mountain Shelter has volunteers there offering pet sitting for a donation to the shelter, however there are no pets allowed under the covered area of the Farmers Market, with the exception of legitimate service dogs. This is because of safety regulations pertaining to the sale of food. It is the same reason you cannot take your dog into the grocery store.

Q. I grow tomatoes and peppers in my back yard. Can I rent a booth at the Farmers Market this year?

A. Many of the current vendors return year after year. This means that very few booths come available each season. The Farmers Market did accept applications for the 2022 season for the few booths that were available; however, all booths for 2022 are now filled. A few spaces are left available for walk-up vendors. Walk-up vendors can obtain a space on a first-come first served basis. Preference is given to agricultural products.

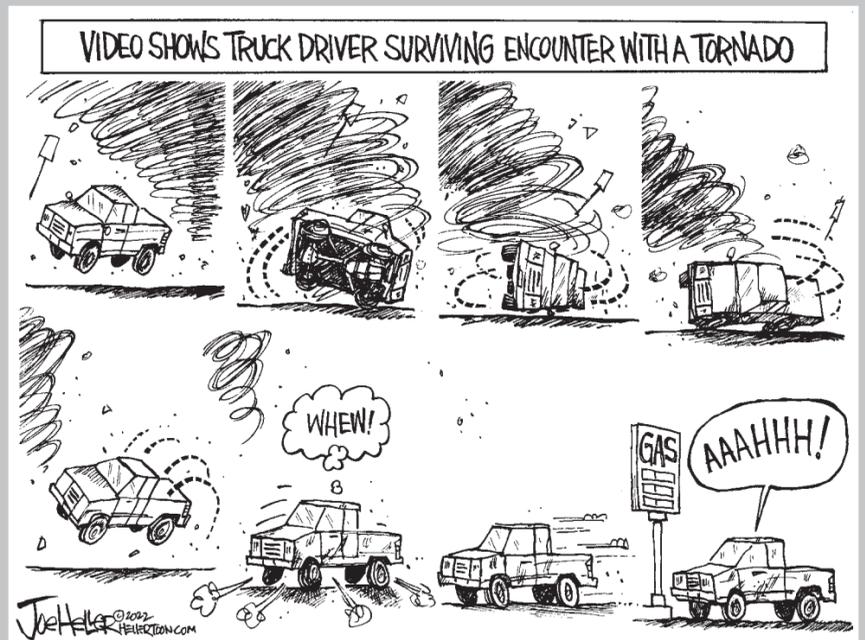
Q. What can be sold at the Union County Farmers Market?

A. All vendors must meet and abide by license requirements from the Georgia Department of Agriculture, the Union County Health Department as well as those required by the USDA. Vendors can sell food in its raw or natural state including fruits, vegetables, grains, herbs, honey, USDA-approved meat, candied eggs. Bedding plants and potted plants grown from seed, plugs, cuttings, bulbs, and bare root. Woody plants and bedding plants may be re-potted and sold if they have been in the seller's possession.



Q & A from Union County Commissioner
Lamar Paris

See Paris, page 5A



VIDEO SHOWS TRUCK DRIVER SURVIVING ENCOUNTER WITH A TORNADO

Letters to the Editor

On Joining/Rejoining JCPOA

Dear Editor,

Article II Section II of the Constitution of the United States of America, referring to the President, reads in part: "He shall have Power, by and with the Advice and Consent of the Senate, to make Treaties, provided two thirds of the Senators present concur: ..."

The dictionary defines a treaty as "a formal agreement between two or more states in reference to peace, alliance, commerce or other international relations."

The Joint Comprehensive Plan of Action is clearly "a formal agreement between two or more states in reference to peace."

Therefore, any decision to join or rejoin the JCPOA, unless consented to by two thirds of the United States Senate present, is unconstitutional.

Carol McKechnie

Responding to "Re: Gas Prices"

Dear Editor,

I want to start out with agreeing mostly with the letter writer from last week's edition of the newspaper, with a couple of inconsistencies. I am not a tree hugger or major Green Peace type person, just a practical person who likes technology.

As an owner of an electric vehicle for two years, I challenge you on your statements on electric vehicle batteries and dirty electricity. Firstly, the lithium batteries in most electric vehicles are now about 97% recyclable. Also, the technology is beginning to use LPV batteries, aka iron phosphate. Also, they are developing lithium magnesium batteries. The average lifespan of most batteries are good for approximately one million miles. Bust number one.

Secondly, coal-fired electricity may be true, but more and more charging stations are using solar, wind and other sources as well as coal-fired power. I'm sure you don't refuse to use your home or business because of coal-fired power. That too will change. It's a combination of energy types to be an independent country.

I'm not making excuses about where the power comes from. But until all energy consumption gets to the next level, we have to supplement with other sources, including nuclear.

You know, it's taken us approximately 135 years to get to where we are today — the automobile, train, truck, airplane, boat, etc. What's wrong with exploring new technology? My problem is the American reluctance to embrace new technology. I don't care if you want to drive around in your 1950's designed gas-powered vehicle. I know not everyone can afford a new car,

See Michael, page 5A

Spring Tonic

During the early 1940s, there weren't very many doctors in the Tennessee Valley. The ones which were present were hard to get to because of the lack of good roads. The closest one to our farm in Northern Alabama was some 15 miles from Papa's farm. During this time, "Doc Underwood" rode a big white horse everywhere. So, when my 4-year-old Daddy came down with the Scarlet Fever, it was more than a day before "doc" arrived.

Doc suggested bed rest and plenty of water and food along with the medicine he left for Granny to give to her son. Paul was a scrawny little boy, and the "fever" left him without an appetite. He even turned down his favorite, "biscuits and syrup." Granny was worried about her boy because he wouldn't eat and was losing weight fast. Papa's mother, Laura, came over to check on her grandson. She asked the little fellow, "Paul, what would you like for us to cook for ye?" Dad looked at his grandmother and stated that he wanted some "poke salat and scrambled eggs."

All the little boy ate for two to three weeks was poke salat mixed up with scrambled eggs. The more of this "Spring Tonic" he ate, the stronger his little body became. And after a short period of time the little man was back to his old self. Since those days, "Poke Salat" has been the spring tonic in my family. Each year, the grandkids were fed the leaves of Poke Berry scrambled up with a few eggs. I think the leaves are high in iron. But, we never ate the mature leaves. They can be toxic.

Another spring tonic my Grand Maw Adams used to give us was a tea made from the roots of a Sassafras Tree. This tea tastes just like a root beer. It is difficult to remember just how pleasing the tea was. However, the memories provided to me by Grand Maw will be etched in my mind forever.

Another springtime delicacy that I learned of after moving to North Georgia is that "Ramps" will make most anything taste better. You can cook them with fried potatoes, scrambled eggs, meatloaf, hushpuppies, cornbread, spaghetti, potato casserole, or you can deep fry them like an onion. One of my favorite methods of preparing ramps is to pickle them. They are good!

However, one of the most enjoyable ways of eating ramps is to simply slice them up and place them on a sandwich. It can be a bologna, ham, turkey or any other type of cold cut. The ramp makes the sandwich taste better. Another

See Cummings, page 5A



Around The Farm
Mickey Cummings

To Burn or Not to Burn

We are entering the time of year when prescribed burns are more and more common. I want to talk about why prescribed burns are important. I think that generally we understand that they are important, otherwise we wouldn't take the risk of doing them, but they are important in more ways than many understand.

To talk about the importance of prescribed burns we also have to talk about natural forest succession. Forest succession can look different depending on where you live. For us, it can start with meadow lands. Meadows would have plants like asters, queen Anne's lace, and broom sedge. After about five years, the meadows will start to grow up some more and brush like sumac and blackberry will start to take over. At year 20, we would see a young pine forest start to emerge. This pine forest would start to mature and at about year 70, we would see an understory of hardwoods begin to emerge in the mature pine stand. From year 70 on, the forest begins to transition to a hardwood forest. At 100 years, we've reached the forest climax which is a mature oak-hickory forest. If there is no intervention, either natural or man-made, our forests will remain at the mature oak-hickory forest stage.

So, what's wrong with allowing our forests to stay at the mature oak-hickory stage? And if it is wrong then what can be done about it? To answer the first question when all or a majority of our habitat is in the mature oak-hickory stage we have less diversity of habitat. Diversity of habitat is necessary to be able to support a diversity of wildlife, plants, fungi, and everything else that creeps, crawls, and grows in the woods. Deer need a diverse habitat to thrive. They need brush cover to protect fawns. Mature forests have very little cover and leave fawns exposed to roaming coyotes and bears. The deer also need mature forest for the mast crop (acorns and other nuts) that those trees provide every year. Our deer population is in decline, which is not due to overhunting as there are fewer and fewer hunters each year. Turkey populations are also in decline, in part because there is not sufficient brush cover for poult (baby turkeys). Bobwhite quail have become very rare in Georgia, because they need brush for their habitat. Grouse have also become rare because they make their home in the transition area between habitat types. These are just a few examples of species that we have seen a decline or significant decline in population.

Controlled burns reset the natural forest succession process, allowing a diverse array of habitats that support a diverse array of wildlife.

See Williams, page 5A



Watching and Working
Jacob Williams

Paris... continued from Page 4A

sion for 45 days (no resale of pre-finished plants is allowed). Fresh cut flowers and cultivated mushrooms are permitted if grown by the vendor on their property. No foraged items are permitted.

B. Value-Added Agricultural Products are those grown by a vendor and modified/enhanced by the same vendor such as cheese, cider, dog treats, fiber products, etc. Vendors selling these types of products must have any applicable licenses from the Georgia Department of Agriculture (ie Dairy or Feed Licenses) and meet all federal, state and local regulations.

C. Pre-packaged foods prepared by any process other than washing such as breads, rolls, biscuits, cakes, pastries, jams, granola, etc., can be sold. These must be prepared from scratch meaning there shall be nothing sold using commercially prepared mixes, crusts/shells, or fillings. Vendors selling these products must package, label, and have a Cottage Food License in accordance with the Georgia Department of Agriculture and meet all federal, state and local regulations.

A full list of product qualifications is available online at: ucfarmersmarket.com.

Q. Can non-food items be sold at the Union County

Farmers Market?

A. All crafts are reviewed on a case-by-case basis. They shall be a product of a home or cottage type industry and include handmade soap (not produced by a farmer), woodworking, pottery, quilted/knitted/crocheted products, jewelry, candles, etc. Members selling these items must have created them. The items must be handcrafted, original, and exhibit a high level of quality and design.

Q. When is the Trash to Treasures open at the Farmers Market?

A. Trash to Treasures is open every Friday from May 20 – Oct. 14. It is open to customers from 8 a.m. to 1 p.m. Vendors can begin to set up at 6:30 a.m. and must be packed up and exited the market by 2 p.m.

Q. What items can be sold at the Trash to Treasures sales?

A. Anything can be sold including crafts, new items for resale and gently used items. Generally, food items are not sold at the Trash to Treasures weekly event. There are a few things which cannot be sold. These items include home canned foods, produce, and other food items. Also, people selling plants must obtain a live plant license from the Georgia Department of Agriculture.

Schroter... continued from Page 4A

an 87-year-old. She could still drive under good conditions, got her own groceries, taught canasta, took care of herself, her home and her dog... She was beginning to slow down because of A-Fib and heart failure, but then the strange symptoms began. She started hallucinating, a recurrent scary vision that she was “falling” down a dark staircase that was very real to her. It was just here and there at first, and then more and more often. It happened when she was in bed, sitting in her recliner, daytime, nighttime, anytime... She began to get weaker and weaker and lose weight. She got confused and searched for words. Fortunately, she was

a trooper and never got mean, never lost her sense of humor, and she never had any episodes of not knowing who she (or I) was. That was a gift. But sadly, on a regular basis she lost some mental or physical ability until she was finally bedridden. It all happened so fast, I am thankful it did not drag on for a long time, but finally knowing what we were confronting made a huge difference.

If you have a loved one with similar symptoms, please read up on this, seek professional advice from someone familiar with this condition, and make sure the right disease is being “treated.” Visit <https://lewybodyresourcecenter.org/>.

Habitat...continued from Page 4A

let us know you are interested, and we will get you started! We are located at 225 Wellborn Street Blairsville.

Delivery: We have customers everyday in our ReStore purchasing big and small items. We are so thankful for the generosity of our community. However, our customers are often unable to load and transport furniture that they have purchased, and we don't have the help in the ReStore to deliver or lift these heavy items on a reliable basis. If you are a delivery service, or simply have a truck and are willing to lift or deliver items to customer's homes, we need your resources. Habitat is always looking to benefit local businesses and volunteers whenever we can.

Pick-Ups: Decluttering and spring cleaning? We have a pickup service and are always in need of more items for our ReStore! Our truck will come out to your homes and pick up gently used items that are still in good working condition, for donation. We take all kinds of items to sell and go toward our mission of making sure everyone has affordable housing. There are a few items we do not take, including sleeper sofas, mattresses, box springs, entertainment centers,

and box TVs. Call us at 706-745-7101 to schedule a pickup. Please call a week in advance as we book up quickly.

Get The Word Out: We have a Facebook group called “Habitat for Humanity of Towns/Union Counties ReStore.” We post our daily ReStore sales, event information, staff and volunteer highlights, customer engagements, and so much more! Join our Facebook group to stay up to date on our latest projects and ReStore deals. Help us grow and reach more people by sharing our content.

Donate: We are always accepting donations. Currently we are accepting donations for the Snow Family. As we begin building their Habitat home, we are thankful for generous donations that help the process move efficiently and reliably. You can donate in the store or send donations in the mail. Be sure to specify the donation being for the Snow Family, and we will make sure it goes to their home build.

On behalf of Habitat employees, board members and officers, Thank YOU for being actively involved in our cause in bringing about positive change in our community.

Michael... continued from Page 4A

but as more electric vehicles come into the market, the price will drop. Why do you think GM, Ford, Chrysler are spending like crazy to go electric? My choice is different; I want to try out the next generation of engineering. No oil changes, no spark plugs, no transmission problems, etc. Faster, better handling, less maintenance, etc. Lower cost of ownership. The cost of electric vehicles is not as high as you think when you take in to consideration the total cost of ownership including maintenance. The average

new Chevy vehicle today is \$48,000, according to Kelly Blue Book.

My problem is we need to embrace charging stations in the North Georgia area. There are no high-speed chargers anywhere within 50 miles or greater. Not sure why the power companies and electric vehicle manufactures are not collaborating. There is money to be made on this needed infrastructure. There are federal and state funds available. Let's plan for the future now!

Harold Michael

Holzinger... continued from Page 4A

concerned, it would be alright with me if they would just go there. Let's not forget the Putin War that has certainly affected the gas prices. I certainly recognize that President Biden has a big job to do trying to “fix” the countless “mistakes” that many past administrations have made, and we all need to help.

In my view, it is our individual responsibility, as American citizens, to actively support our current president and his/her administration, whether we align with his/their political party or not. They need and deserve the full support of all citizens of this great country. We also need to do our part to elect folks that will support their current ad-

ministration — not talk it down or stop it altogether, like quite a few are doing today. We all should be careful to not only talk “facts” and not spread other “stuff” we obviously don't understand (just to make the Trumpers happy). We must all do everything we possibly can to ensure that this country remains a strong democracy and not become a weak autocracy!

I certainly agree that we (this newspaper and all other media) need to ensure that we/they are dealing with, and supporting, real facts and dis-regarding all of the conspiracy “junk” that's floating around. Truth is good!

**Jim Holzinger
Still Concerned Citizen**

Cummings... continued from Page 4A

benefit of eating ramps is to make sure your teenager eats them two to three times per week. This will prevent your kids from going on dates because nobody will want to get close enough to your kid due to the smell of their breath.

Another reason for eating ramps is in regard to your health. I have heard their consumption helps to lower cholesterol.

Clyde Collins was a retired Union County School Superintendent, and he told me that back during the 1960s, kids used to eat ramps this time of year just to get sent home from school.

The kids smelled so bad after eating the ramps the teachers could not tolerate them in the classroom.

This was especially true after getting hot and sweaty on the playground and then com-

ing back into the classroom. You could always tell when the ramps were ready simply by the smell of the kids after recess.

Many people want to know where and how do you find the ramps. You've got to be willing to walk. Most of the ramp patches that I know of are high up in north-facing coves. The slope leading up to the ramp patch is usually “steeper than a mule's face,” as one old-timer told me. You know you are in a good spot when the ground is rocky and the soil is rich and black in color.

The ramp is in the on-ion family. The plant comes from a small bulb and has two leaves. I have found some with a purple-red bulb, and some are white. A big one will be a little larger than a thumb nail. You can find them beginning now. But, they are easier to find and dig beginning in mid to late April.

Each year I enjoy going to dig a few for my own consumption. If you know of a patch you should keep its location to yourself.

Fowler...

continued from Page 4A

love, safety and wisdom. He sacrificed His life and makes beauty from ugly so you may enjoy a fulfilled life even when wrong seems strong. The hymnist mused about the music of the spheres, the birds their carols raise, and hearing Him pass in the rustling grass. Then this: “Oh, let me ne'er forget, that though the wrong seems oft so strong, God is the ruler yet. This is my Father's world.”

When the sublime and suffering on Earth point your heart heavenward, you find peace and meaning. “Thou hast made us for Thyself,” Saint Augustine wrote, “and our hearts are restless until they find their rest in Thee.”

Williams...

continued from Page 4A

Historically, in the southern US, wildfires would burn parts of the landscape every one to three years. Now in the Southeast it's estimated that 4% of lands that could be burned are in a burn rotation. With the development that we have now it's a good thing that we don't have wildfires raging through the southeast every one to three years. Controlled burns are able to keep the fuel load in the forest down to prevent that from happening. But if we don't have enough controlled burns or responsible timber harvest from public lands, then we won't see the rejuvenation of the forest necessary for it to sustain a diverse group of species generation after generation.

This column is not meant to be me taking a shot at any of the people or agencies that are responsible in managing our public lands. Often times those individuals are hampered by not having the resources that they need to manage public lands to their full potential or they are hindered by public opinion that does not support controlled burns.

Hopefully, this column has educated people on the need for more management on our public lands so that they can reach their full potential. If you have questions about controlled burns you can contact the Georgia Forestry Commission, the US Forest Service, or email me at Jacob.Williams@uga.edu.

Chamber...

continued from Page 4A

using them for TikTok and Reels on June 15th. This is a great opportunity for businesses to learn new marketing techniques from the experts at an affordable price - \$5 for Chamber members, \$10 for future Chamber members. We are excited to bring these classes back to help our businesses, and we hope everyone takes advantage of them to make things even better in Blairsville!

Claypool...

continued from Page 4A

4) Gun ownership could be jeopardized.

This bill, co-sponsored by House Speaker David Ralston and six other congressmen, passed in the State House with only three “nay” votes, none of which were Rep Gunter's. I suspect many 8th District constituents would question whether the dangers of this bill in its present form outweigh the benefits, and I suggest the need to follow Rep. Gunter's voting record more carefully. Is he representing his constituents or pleasing Speaker Ralston and his cronies?

This bill, now passed in the House, has been sent to the Senate and will be voted on shortly. I urge you to become acquainted with this bill and contact State Sen. Steve Gooch with your concerns.

Elizabeth Claypool