

## Paris... continued from Page 4A

to put a time limit on speaking, but this has not happened in several years.

I do encourage you to first bring up any significant problems you may have with my office or related offices prior to the county meeting. But if it is something unresolved or new, you are more than welcome to bring it up at the meeting.

I would like to take a moment to reflect on the momentous occasion the 9/11 date represents. I personally will never forget the tragedies that were suffered on September 11th, 2001. It was through unconscionable acts of terrorism our country was changed forever. I am so very grateful for all of the men and women that served our country on that fateful day. It is also with great

reverence that I am thankful for all of the men and women that live in our county that have served or are currently serving our great nation in the armed forces. Our county also has a phenomenal group of Fireman, Sheriff's Deputies, 911 dispatchers and EMS personnel that need to be recognized as well for all of their hard work and service. I know it is easy to get caught up in our daily lives and forget to appreciate what we have around us, that is the reason we should take time to reflect on our gifts, liberties and freedoms we enjoy. If you see a Veteran, Serviceman, Fireman, Sheriff's Deputy, Dispatcher, or EMS employee out in the community, shake their hand and let them know you appreciate the work they do.

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

experience a mental illness will also experience a substance use disorder at some point in their lives and vice versa. Few studies have been done on comorbidity in children, but those that have been conducted suggest that youth with substance use disorders also have high rates of co-occurring mental illness, such as depression and anxiety.

Although substance use disorders commonly occur with other mental illnesses, this does not mean that one caused the other, even if one appeared first. In fact, establishing which came first or why can be difficult. However, research suggests three possibilities for this common co-occurrence.

1. Common risk factors can contribute to both mental illness and substance use disorders. Research suggests that there are many genes that can contribute to the risk of developing both a substance use disorder and a mental illness. For example, some people have a specific gene that can make them at increased risk of mental illness as an adult, if they frequently used marijuana as a child. A gene can also influence how a person responds to a drug - whether or not using the drug makes them feel good. Environmental factors, such as stress or trauma, can cause genetic changes that are passed down through generations and

may contribute to the development of mental illnesses or a substance use disorder.

2. Mental illnesses can contribute to drug use and substance use disorders. Some mental health conditions have been identified as risk factors for developing a substance use disorder. For example, some research suggests that people with mental illness may use drugs or alcohol as a form of self-medication. Although some drugs may help with mental illness symptoms, sometimes this can also make the symptoms worse. Additionally, when a person develops a mental illness, brain changes may enhance the rewarding effects of substances, predisposing the person to continue using the substance.

3. Substance use and addiction can contribute to the development of mental illness. Substance use may change the brain in ways that make a person more likely to develop a mental illness.

The high rate of comorbidity between substance use disorders and other mental illnesses calls for a comprehensive approach that identifies and evaluates both. Accordingly, anyone seeking help for either substance use, misuse, or addiction or another mental disorder should be evaluated for both and treated accordingly.

## Cummings... continued from Page 4A

Marine Corps. He was coming home on leave and wanted to do a little hiking. So, Tom Starrett and I met Evan at 9 a.m. last Wednesday and traveled to the Byron Herbert Reece Memorial Trail. We parked our vehicle and began the hike up to Blood Mountain.

The distance from the parking lot up to the Appalachian Trail is about 7/10 of a mile on the Reece Memorial Trail. As you will recall, Wednesday was a hot day, and I was soaking wet by the time we reached the junction with the A.T. However, I noticed that our young friend had barely broken a sweat. We traveled around the south side of Blood Mountain on the Freeman Trail to the junction with the A.T. at Byrd Gap. There were places where we walked through boulder fields and climbed over rocks as big as small cars. I stopped to take photographs of Lobelia and Cowbane. I noticed that Evan was still not sweating. We placed him in front of us, and

he never was hurried. He kept a steady pace while I quizzed him about what he'd learned in the military.

As a 4-H Club Member, he was shy and you had to pry information out of him. Last week, I found that Evan had grown into a mature young man. Now when you ask him a question, he gives a very confident answer. He can explain himself in a manner that provides the proper amount of information without going overboard with a lot of words. He is sure of himself and his decisions, yet covers himself with humility. He walks with a gait that lets you know that he is sure of finding his way regardless of his location. I am not going to tell you all about his assignment. However, I just want each of you to know that our future is secure with people like Evan Browning defending our country and freedom. "Semper Fi," Evan!

I hope you enjoy Septembers as much as I do.

## Riley... continued from Page 4A

fire that mimics this natural cycle. The plants and animals of the pine woods are accustomed to frequent fires and depend on these fires for their survival.

Fire is as natural as sunshine, rain and wind in many plant communities including upland pine, pine flatwoods, marshes and wet prairies. Fire also benefits many of the rare animal species in our state that are declining.

Some of these declines are caused almost totally by fire exclusion. Frequent fires prevent the build-up of flammable fuels in the forest that set the stage for destructive wild-

## Williams...

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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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love, one with firm foundations. "They desire a better country, that is, a heavenly one. Therefore God is not ashamed to be called their God; for He has prepared a city for them" (Heb. 11:16). That city and its residents have a firm foundation. "Since we receive a kingdom which cannot be shaken, let us show gratitude, by which we may offer to God an acceptable service with reverence and awe" (Heb. 12:27-28).

So whether here and now, or there and then, this truth remains: "He only is my rock and my salvation, my stronghold; I shall not be greatly shaken" (Psa. 62:2).

## Dyer...

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deal with emergencies not only helps them prepare today but instills emergency awareness and confidence to deal with these situations.

For more information on National Preparedness Month and how to be prepared, visit [www.ready.gov/september](http://www.ready.gov/september).

Union County Fire Department ~Our Family Protecting Your Family~.

## Chamber...

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tion expert, is moving on to a new adventure. She and her new husband are moving to Spain to teach English to local students for one year. We are so thankful to have had Anna work with us the past few months. She has brought a level of professionalism and creativity to the Chamber team, and she will be greatly missed! If you happen to see Anna out and about this coming week, please make sure to wish her well as she embarks on this next step and keep Anna and her husband, Paxton, in your thoughts and prayers.

## Lance...

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from the get-go. I remember attending the meeting back in the early summer and finding it was actually just a pep rally in support of the project. That's not how "proposals" are proposed; that's how decrees or mandates are forced on the people. Having the officials draw up their own guidelines and then brag that they are following them to a "T" only serves to remove all credibility from them. This is a project which should get sincere consideration rather than just crammed down peoples' throats like some dictator might do.

I think it may well be that the officials fear to do so because they know they very possibly may fail to get public approval for this project if they present it in an honest and straightforward way.

## Will Lance

## GWRRA meetings

Chapter J of the Gold Wing Road Riders Association (GWRRA) meets on the third Saturday of each month (excluding December) at Daniels Steakhouse, Hiawassee. Fellowship/food at 11 a.m. with the meeting at noon. We welcome riders of all motorcycle brands located in the north Georgia area. We focus on friends, fun, riding safety, and knowledge. Check our website for ride schedule. For further information, you may contact Dave or Pam Worsham at 828-360-2242. [www.chapterj.gwr-ra-ga.com](http://www.chapterj.gwr-ra-ga.com).

get our forests back into the fire cycle as nature intended. Check the Georgia Pre-

scribed Fire website for registration information.

# 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 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.
Butternut Ladies Golf	<b>Every Thursday:</b> Golf Course (Apr-Oct)	8:30 a.m.
Masonic Luncheon	Cook's Restaurant	11:30 a.m.
Rotary Club	NGTC	Noon
Shape Note Music	<b>Third Monday of each month:</b> Old Courthouse	6:30 p.m.
High Country Artisan	U.C.Bank Com Room	6:30 p.m.
Allegheny Lodge #114	Masonic Lodge	6:30 p.m.
Exp Aviation Assoc #1211	Blairsville Airport	7 p.m.
UC Homemakers	<b>Third Tuesday of each month:</b> Dooley Chapter	Noon
Healthy Hearts Support	UGH 2nd Floor Class	2 p.m.
Am. Legion Post 121	Veteran's Center	6:30 p.m.
American Legion, Aux	Veteran's Center	6:30 p.m.
Chatuge Gun Club	Senior Center, Hia.	7 p.m.
Compassionate Friends	UCB Community Room	7 p.m.
Quilts of Valor	<b>Third Wednesday of each month:</b> Coosa Methodist Ch	9:30 a.m.
GA Mtn. Writers Club	Grinds & Glazes (G&G)	10 a.m.
Blairsville Garden Club	Location not listed	1 p.m.
Beta Sigma Phi, Iota Iota	So. Bank & Trust	7 p.m.
MMQG	<b>Third Thursday of each month:</b> Mtn. Presbyterian Ch	10 a.m.-3 p.m.
Kinship Care	Civic Center	Noon
Commissioner's Meet.	County Courthouse	6 p.m.
Good N' bors Auto	Rib Country, Murphy	6:30 p.m.
UT Home Builders	Moschetto's	6:30 p.m.
Cub Scouts Trp. #101	United Methodist Ch.	6:30 p.m.
Beta Sigma Phi	Civic Center	7 p.m.
Tip-off Club	UC High School	7 p.m.
UC Saddle Club	Arena Clubhouse	7 p.m.
No activities listed	<b>Third Friday of each month:</b>	
UC Republican Party	<b>Third Saturday of each month:</b> Civic Center	10 a.m.
Goldwing Road Riders	Daniels Steak House	11 a.m.