

Cummings... continued from Page 4A

ger that wee little one will tell me. Won't you, Honey?" As he looked into Shirley's eyes, she remembered the words of Aunt Tudler. She looked right back at Fat Morgan and replied, "No sir, I won't, because I like sugar cookies and cider." Fat Morgan roared with laughter. As the trio sang "O Little Town of Bethlehem," Mrs. Morgan brought out some sorghum cake and more hot cider.

FatMorgan never guessed the identity of the trio and they all enjoyed the cake and cookies prepared by Mrs. Morgan. Later in the day, the three left Fat's house for the walk back to Tudler's house. While walking back to the main road, they had to cross a mud hole, and little

Shirley stretched her short legs as far as possible but missed the dry ground by about a foot. The little girl's shoe came off in the mud and she began to cry for fear of getting into trouble for losing the shoe. She then heard the voice of her Aunt, "Don't be afraid Sis, we'll find your shoe."

All three of the ladies began searching for the shoe and soon found it in the bottom of the mud hole. Soon they were back at home warming themselves by the fire.

Although most of these people are now gone, the sweet memory of their Christmas Serenade at Fat Morgan's home lives on in the mind of my mother.

Chamber... continued from Page A4

the beautiful Tour of Trees at the Community Center now through the end of the month. There are some amazing Christmas trees on display, and we hope you will bring the family and enjoy the spectacle.

Also on display through the end of the month is the Gingerbread Village, and the houses are fantastic! Between the trees and the Gingerbread Village, you will be in the Christmas spirit when you leave. Be sure to vote for your favorite tree and gingerbread house. This year we will have Fan Favorite, Most Creative and Most Traditional! So, bring the kids and vote for your favorite. These trees must be seen to be believed.

Come out to celebrate the Holiday season at Vogel State park on December 14! Festivi-

ties will start at 4 p.m. Hayrides will begin carrying participants from the Visitor's Center to the ball field. Santa Claus will arrive at 5 p.m. Caroling will start at 5:30 p.m. around the tree. Hot cider and hot chocolate will be available to all at no cost. Please bring a blanket and chair for seating. The highlight of the evening will be at 6 p.m. with the lighting of a 35-foot Blue Spruce.

Be sure to check out our events calendar online at visitblairsvillega.com to learn more about additional Christmas activities taking place this month. And please don't forget to support our local merchants that are here to support us year-round as you knock out all of your Christmas shopping over the next couple of weeks.

Drug Free... continued from Page 4A

marijuana both originate from the cannabis plant, but cannabis crops grown for their flowers have high THC levels, while when grown for their fibers and stalks are usually called hemp.

Georgia's medical marijuana law, first passed in 2015, refers to the legal possession and use of "low-THC" cannabis oil, which is defined as any oil containing "no more than 5% THC, and an amount of CBD that is equal to or greater than the THC content."

The U.S. in general is becoming increasingly interested in CBD because it is seen as a potential medicine without the side effects typically associated with marijuana — especially for cancer, serious chronic pain and epilepsy. For the first time, the FDA approved a new drug based upon CBD derived from marijuana called Epidiolex in June 2018. It provides patients with a concentrated dose of CBD to treat seizures in rare forms of epilepsy.

The biggest problem with CBD is that there is a lack of well-controlled trials and little understanding of the long-term effects. Further, the trials are focused on the action and benefits of the purified CBD compound, not an extract of CBD, which is typically found in commercial products. CBD products are for the most part unregulated, so users must rely on the quality assurances of the companies that manufacture and sell them.

CBD does not appear to be dangerous in and of itself for short-term use, but many CBD products contain dangerous chemicals or synthetic CBD oil. For example, there were 52 cases of serious adverse effects including seizures, loss of consciousness, vomiting, nausea

and altered mental status, in Utah from 2017 to 2018 after people ingested a CBD product. Surprisingly, no CBD was found in blood samples, only 4-cyano CUMYL-BUTINACA (4-CCB), or fake CBD oil.

For the most part, side effects from CBD alone are minor (dry mouth, dizziness, nausea), but they can be serious if the CBD products interact with other medications. CBD and other plant cannabinoids can interact with many pharmaceuticals by hindering the activity of a group of liver enzymes, so other drugs don't metabolize as expected. Steroids, antihistamines, calcium channel blockers, immune modulators, benzodiazepines, antibiotics, anesthetics, antipsychotics, antidepressants, anti-epileptics and beta blockers could all potentially cause an adverse reaction when taken with CBD.

It may be hard to know if your child is consuming CBD because of the minimal side effects and absence of a psychoactive effect. If you learn that your child is using CBD without a doctor's or your permission, you should question it, and may even want to discuss the health impacts of it with your child's doctor.

The World Health Organization declared CBD non-addictive, writing, "In humans, CBD exhibits no effects indicative of any abuse or dependence potential." They do not, however, recommend consumption.

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.

Riley... continued from Page 4A

"After years of collaboration with our stakeholders and partners, and environmental analysis by Forest Service experts, I'm proud to share our plan to address complex conservation challenges in the Foothills Landscape," said Forest Supervisor Betty Jewett. "From the beginning, this project reflected community values to guide our work in the right places for the right reasons. I believe this new approach will bring lasting benefits to the forest and the people we serve for generations to come."

This landscape includes a diversity of forested and rare habitats, more than 1,100 miles of streams, 188 miles of trails and dozens of recreation destinations. But unhealthy forest conditions, impairments to waterways, and impacts from human use are threatening the natural resiliency of the landscape and its inhabitants. The project proposes a variety of management activities to help achieve the desired future conditions for the area, including: Maintaining and restoring pine and oak habitat; Increased prescribed burning; Conserving more areas for threatened hemlocks; Protecting old growth forests; Addressing impacts to streams and waterways; Creating more wildlife openings and canopy gaps; Restoring rare habitats such as canebrakes, mountain bogs, and woodlands; Enhancing sustainable recreation opportunities like trails, campgrounds, and day-use sites The Foothills landscape project was designed to be different from the very beginning.

Collaborating with a di-

versity of stakeholders from surrounding communities, the Forest Service strived to create a balanced plan that reflects local values and meets forest objectives. "Our team and collaborators did tremendous work to put this project together. Accomplishing landscape-scale restoration is no easy feat, but the significant contributions of the public in the very early stages of the project resulted in a comprehensive and thorough proposal," said Stephanie Israel, who became the new team leader for the project in 2018. Israel added, "Completing this first phase of environmental analysis is a huge milestone. We are excited to be moving the project forward and will continue to involve and value the contributions of stakeholders for years to come."

About the Chattahoochee-Oconee National Forests: The mission of the USDA Forest Service is to sustain the health, diversity, and productivity of the nation's forests and grasslands to meet the needs of present and future generations. To comment on this project, check the Chattahoochee-Oconee national forest website for more information. To receive instant alerts and updates on forest information, follow @ChattOconeeNF on Twitter and Facebook or visit us on the

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ers. Dogwood anthracnose is a disease that can kill dogwoods. The symptoms are leaf spots and stem cankers. Spot anthracnose can also cause leaf spot, but is usually not fatal to the tree.

Kousa dogwoods have become popular because of their brilliant blooms in the spring. They will put on a ton of large flowers. Our native dogwoods are *Cornus florida* and the kousa dogwood is *Cornus kousa*. Kousa dogwoods are originally from Japan, Korea, and China.

If you are ever in Chattanooga on the Incline Railway there are some beautiful dogwoods planted along the ascent. Dogwoods are beneficial to wildlife and well adapted to our environment, so they are a great choice for planting. If you have questions about dogwoods contact your County Extension Office or email me at Jacob.Williams@uga.edu.

Fowler...

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comprehend. "God, after He spoke long ago to the fathers in the prophets in many portions and in many ways, in these last days has spoken to us in His Son, whom He appointed heir of all things, through whom also He made the world" (Heb. 1:1-2). What He has spoken to you is, "He who believes in Me will live even if he dies" (John 11:25). The gift of Christmas is that by faith, you are no longer limited to a place in time.

Dyer...

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Department recommends that anyone who has heating units or other equipment that may produce CO gas to purchase a CO monitor for their home or building.

Union County Fire Department ~ Our Family Protecting Your Family ~

Paris...

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the Civic Center. Please make the check payable to the Union County Food Pantry.

Q. Who operates the Union County Food Pantry?

A. The Food Pantry is operated by the Ninth District Opportunity which is a community action agency. The Ninth District Opportunity serves a total of 25 counties in the northern part of the State of Georgia. They provide a wide range of services designed to assist low-income families. Some of these services are the Head Start Program, Housing Programs, Heating Assistance Programs, and the Food Pantry. Ann Sullivan is the Community Resource Coordinator for the Ninth District here in Union County.

If you have any question regarding any of the above programs or questions about what types of food can be donated, please call Ms. Sullivan at 706-745-6596.

Q. Does money or food that is donated go to other counties serviced by the Ninth District Opportunity?

A. No. All things that are donated stay in Union County.

Bell Ringing Union County Old Courthouse



December 3, 2019
In honor of my daughter,
Joan Manheim
In honor of her birthday
By: Shirley Walker

December 10, 2019
In memory of
Billy Decker
By: UC Historical Society

December 10, 2019
In memory of
Elmer Hogue
By: UC Historical Society
Bell ringing information
at 706-745-5493

UNION COUNTY COMMUNITY CALENDAR

| | | |
|---------------------------|---|----------------|
| Children's Story Time | Every Monday: 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 | Every Tuesday: 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 | Every Wednesday: Skillet Cafe | Noon |
| BINGO | Civic Center | 7 p.m. |
| Masonic Luncheon | Every Thursday: Cook's Restaurant | 11:30 a.m. |
| Rotary Club | NGTC | Noon |
| Shape Note Music | Third Monday of each month: 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 | Third Tuesday of each month: 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 | Third Wednesday of each month: Coosa Methodist Ch | 9:30 a.m. |
| GA Mtn. Writers Club | Appalachian Reg. Library | 10 a.m. |
| Blairsville Garden Club | Location not listed | 1 p.m. |
| Beta Sigma Phi, Iota Iota | So. Bank & Trust | 7 p.m. |
| Kinship Care | Third Thursday of each month: Civic Center | Noon |
| Commissioner's Meet. | County Courthouse | 6 p.m. |
| Good N' bors Auto | Rib Country, Murphy | 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 | Third Friday of each month: | |
| Joshua's Warriors | Third Saturday of each month: The Skillet Café | 8 a.m. |
| UC Republican Party | The Skillet Café | 10 a.m. |
| Goldwing Road Riders | Daniels Steak House | 11 a.m. |

web at www.fs.usda.gov/conf.

To keep up with Chesta-tee-Chattahoochee RC&D Ac-

tivities go to: www.chestchat-trecd.org

www.appcofac.org or www.appcofac.org