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Q. If you have flu, how is it cured?

A. There's no cure, but the symptoms of flu can be treated with antivirals, over-the-counter medicines, and natural remedies. If you have flu symptoms, you should consult your health care provider. Some common suggestions are:

1. Stay home and get plenty of rest. Mind your flu manners. On the first day you have symptoms, call your work or school and tell them you won't be coming in for a few days. You're sick -- and very contagious! Take advantage of down time and give your body some much-needed rest. Curl up on the couch and spend some time reading, watching DVDs, or just cat-napping while your body battles the virus.

2. Drink plenty of fluids. Make sure you get plenty of liquids. It doesn't all have to be water -- fruit juices, sports drinks, and broth-based soups (like chicken noodle soup) also count. They keep your respiratory system hydrated and turn that thick mucus into a thin liquid you can cough up. If it builds up in your lungs in large amounts, it could lead to more serious complications or illnesses.

3. Treat aches and fever. Got fever? That's because your body has turned up the heat to fight off the flu virus. This illness is different from a cold. While more than 100 different viruses can cause a cold, only influenza virus types A, B, and

C cause the flu. Type A and B viruses cause the large seasonal outbreaks. Type C usually causes milder respiratory symptoms.

Q. How can you tell if you have the flu?

A. Flu symptoms are usually more severe than cold symptoms and come on quickly. Symptoms of the flu include sore throat, fever, headache, muscle aches and soreness, congestion, fatigue and cough. A few indirect complications might also include bacterial pneumonia, ear infections, sinus infections and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. A quick test from your doctor can confirm the diagnosis.

Q. How long should you stay home from work if you have the flu?

A. CDC recommends that you stay home for at least 24 hours after your fever is gone - except to get medical care or other necessities. Your fever should be gone without the use of a fever-reducing medicine.

Q. How long does the flu last?

A. The flu typically lasts one to two weeks, with severe symptoms subsiding in two to three days. However, weakness, fatigue, dry cough, and a reduced ability to exercise can linger for three to seven days.

If you have had the crud or the flu this season, you know how horrible it can be. We hope you are feeling better soon.

Chamber... continued from Page 4A

Nobody seemed to mind the red reindeer tracks every six feet on the floor, and in fact, everyone was willing to follow them all the way to Santa. The North Georgia News has done an outstanding job covering these events, and I am left only to shout out to the individuals who truly stepped up to make Holly Jolly possible -- Sharon Arnold and United Community Bank, The Junior Board -- a group of dedicated students who clearly love serving the community, Chick-fil-A, Melissa's Custom Cakes, Ambassadors Deanna Sue Meyers and Alysia Hargus, Jennifer Puryear of Union General Health Systems, Camie George, Board Members, Chris Collins and David Murphy, Grace Point Apostolic Church, The Gospel Lighthouse Church, the Chamber Team and my daughter, Megan Rowe.

Adding to the festivity of Holly Jolly are the 40 exquisitely decorated trees, wreaths, and a massive Frozen-themed gingerbread house display. Chamber members from throughout the community come together to deck these trees out in what becomes a stunning showcase of Christmas spirit. This year, winning most creative is Homestead

Hospice's uniquely mirrored tree celebrating diversity. Winning most traditional was Sugar Magnolia with their debut tree surrounded by reindeer, Santa, and deep red berries. Alexander's took large tree fan favorite with their timeless, cozy tree filled with lanterns and vintage red trucks with Nottely Marina taking second. In the small tree category, Crossing Creek's RV themed tree snagged first with House of Prayer Church taking second. In the wreath category, Darren Harper from Downtown Development Authority, clinched fan favorite with his brightly colored and lavishly laden elf-themed wreath and Chick-fil-A took second. Granddaughters of Lewis and Kathie McAfee, Abigail and Kaitlin, took the Gingerbread House win for yet another year with a frosty Frozen-themed display. If you haven't had a chance to view the Tour of Trees, there's still time as the display runs through the entire month of December.

Be sure to check our website www.visitblairsvillage.com and Facebook page for the most up-to-date event listings for this month and we wish happiness and cheer as you prepare for the Christmas season.

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forever; and Joe Biden wants to raise taxes, do away with the Trump Tax Act, provide an opportunity for citizenship for 11 million illegals currently living in the United States, open up immigration to allow in up to 250,000 new immigrants per year, place job-killing regulations on manufacturing to drive manufacturing out of country, rejoin the Paris Accords that placed immediate requirements on the United States but allowed China and India to belch out pollution for several more years, and have Christian groups that do not follow the LGBTQ agenda classified as terrorist organizations. This is not the country I grew up in and I hoped my grandchildren would grow up in.

How can people who claim to love Americans choose to destroy America? This is not an election to vote as a Democrat or Republican, but to vote for the future of our country and for our children or grandchildren's futures. We had people who purport to support Trump as he seeks to correct the election tell his Georgia supporters to sit out the runoff in protest. Why would you let the liberal Democrat Party win by default? I don't fight for me, as my days are numbered, but I will fight for my children and grandchildren. Back in December 1776, Thomas Paine wrote "The Crisis," wherein he said, "These are the times that try men's souls." But he went on to speak of a person who said, "Well! Give me peace in my day." Paine responded, "A generous parent should have said, 'If there must be trouble, let it be in my day, that my child may have peace.'" We are now in that position: take the road of stay home or vote for America and our family.

Zell Miller, our Senator at the beginning of this century, said, "My family is more im-

portant than my party." If you choose to stay home or vote to approve the liberal agenda, then at least look into the eyes of your children or grandchildren as they ask why they did not get to live in the country you grew up in and say, "It's our fault. Papa and Nana just thought the liberals were bluffing when they said they were going to do things that change our country."

Edmund Burke said it centuries ago: "The only thing necessary for the triumph of evil is for good men to do nothing." It is up to you. Party over family, party over America -- or family over party and America over party. Our future as a free nation is up to us.

Kenny O'Donnell in "Thirteen Days" said, "If the sun comes up tomorrow, it is only because of men of good will. And that's all there is between us and the devil." So, it could be said that, when the ballots are counted in the January runoff and at least one of the conservative senators win, it will only have been because of men and women of good will who were all there was between us and the devil.

Dale A. Allison Jr.

Fowler...

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come to seek and to save that which was lost" (Luke 19:10). So if joy comes from the Lord and He seeks you, then it follows that you don't have to pursue happiness because a greater Joy is in pursuit of you! Respond to the cry of the carol, "Let every heart prepare him room!"

Joy isn't elusive when you realize it's not an emotion, but a Person. By faith, Christ Jesus lives in you (Gal. 2:20). His Christmas gift to you is Himself, your Abiding Joy.

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Gift" before the other person.

Still another tradition was to go to the woods to cut a Christmas Tree. The area around the Baker Farm was over limestone, so the Eastern Red Cedar grew in abundance. All the neighborhood kids would walk all over the country to find that special tree.

Back in those days, kids learned to use an axe at an early age, and no one questioned a 10-year-old boy or girl walking through the woods with an axe. They would walk for miles trying to find the perfect tree, and the kids decorated the tree they had cut. People didn't have fancy ornaments. They strung popcorn and cut out strips of paper to decorate the trees. Mom said many times her brothers would get cowboy outfits with toy pistols while the girls would get dolls. However, she remembers two special gifts. One was a doll house outfitted with furniture and the other was a wrist watch. During the days leading up to Christmas, the families would do a lot of baking.

They would always have sorghum cake, apple pies and

Fire...

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This information is then provided to FEMA for reimbursement.

The Debris Management Plan is a valuable tool when a major incident or disaster occurs. Having this plan makes us better prepared and can help us recover faster from an incident. We are extremely pleased to have updated the plan this year and we are hoping that we may never have to use it.

Union County Fire Department ~Our Family Protecting Your Family~

Williams...

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Early intervention is critical when dealing with mistletoe infection. If you simply remove the mistletoe shoot it will mostly likely grow back, so repeated removal would be necessary. Pruning tree branches that are infected is an effective method of removing mistletoe. Remove the branch at least 14 inches below the point of infection. Ethephon is as chemical application that can be used to control mistletoe. Whenever you apply any chemical, read the label before application.

Control of mistletoe on old and socially significant trees can be important. Having a mistletoe infection does not necessarily mean that death is imminent for a tree, but mistletoe can have a drastic impact on the tree's ability to thrive. If you have any questions about mistletoe contact your local Extension Office or email me at Jacob.Williams@uga.edu.

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norance. We now know how to protect ourselves from viruses and marauding lions and tigers. This virus might be manmade, or it could simply be a naturally occurring mutation. Life will find a way, and sometimes it isn't pretty. God isn't out to get us, and it's God's gift of intelligence that will protect us. Sitting back, doing nothing and waiting for God's divine intervention is very ignorant and dangerous and I think a blasphemous way to behave in the face of this or any malevolent force.

The herd immunity thing isn't even a little bit viable for two reasons. First, if the current mortality rate prevails, we would lose millions of lives trying to achieve the 70% infection rate necessary for herd immunity to be effective. Second, a vaccination is imminent, and herd immunity is only achievable through vaccination.

Ridge Magee

Lausier...

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And the people that live here in this area, do you not comprehend the gift that is this area? The stunning beauty, the remoteness, the goodness of the people. This is like the America I grew up in 70 years ago. Churchgoing people, polite, manners, young people taught to respect, teachers that teach and are trustworthy. Hardworking, kind people who don't deserve to be ignored and abused by the unjust behavior of our state leaders and those in other states.

I love this area and the people except for those still delusional that this was an honest election.

Eva Lausier,
Proud American

sugar cookies. I can remember my Maw Maw Adams making apple sauce cake for the holidays as well. But, one cake we have to this day has always been a Christmas Tradition. We call it "Ice Box Fruit Cake." It is made a couple of weeks prior to Christmas with the following ingredients: walnuts, raisins, vanilla wafers, cherries and pecans. The batch is mixed up and placed in a pan. The cake is soaked in cherry juice and refrigerated for a week or two. The cake is pretty sweet, but, it must be good for you since it contains all that fruit.

The family would all gather at Dad Baker's Farm on Christmas Day. There must have been close to 10 or 15 of Mom's cousins and all of them together had a great time on Christmas Day. However, there was one problem. Dad Baker had an old Tom turkey that was the meanest critter any of them had ever been around. Mom said the old turkey had a sharp bill and long spurs. Any time one of the kids came outside, the old turkey would lower his head, spread his wings and chase every one of them. The mean old bird terrorized all the kids in the family. Mom doesn't know what happened to the old bird. But, Mommie Baker must've known, because the Christmas Dinner included turkey, ham, chicken, sweet potatoes, collard greens, stuffing, green beans, Irish potatoes, pickled corn, pickled beets, butter beans, corn bread, and all of the baked sweets you could imagine. None of them ever missed the old turkey.