

Flu...from Page 1

the flu shot is made from killed virus strains.

Because Flumist contains live forms of the virus, it is designed for healthy people.

"It's what they call a Live Attenuated Influenza Vaccine," said Palmer. "It's a weakened flu virus, so some people can experience some symptoms of flu with the live virus. They may run a little elevated fever or may have some body aches, that type of thing, with the Flumist, whereas the flu shot is made with a killed virus."

A common misconception is that the flu shot, or Inactivated Influenza Vaccine, can cause people to develop the flu.

"Really, you can't get the flu from the shot because it is a killed virus," said Palmer. "But it has enough of the attributes of the virus left, that when it's injected into your body, it tricks your immune system into thinking that, hey, we've been invaded by this virus, and we need to send out our T-cells to attack it. "And that's how it builds up the antibodies in our body, in our immune system, so that we can then be protected against flu," said Palmer. "Generally, what experts have found, though, is if someone has the flu shot and then they get the flu, generally they were exposed to the flu before they got the shot."

The flu shot takes about two weeks to build an effective immunity against the flu, leaving a window of opportunity in which someone could still catch the flu. This is why early prevention is so important.

"The CDC estimates that somewhere in the neighborhood of 36,000 people per year die from Influenza related illnesses," said Palmer. "Generally what happens, people get the flu, and oftentimes their immune systems are compromised, they're weakened. They get the flu, and then that leads to other health conditions, which cause death, like pneumonia and bronchitis and other respiratory illnesses that cause distress on the other parts of the body."

Effectiveness of the vaccine is based "on the person's immune system, age and health condition," said Palmer. "And the second thing that's really key is how well the flu shot

matches up to the viruses that are circulating."

Currently, there are two types of flu shots available: trivalent, which protects against three flu strains, and quadrivalent, which protects against four. The quadrivalent shot is in limited production, so most people will only be able to get the trivalent shot.

If the specific strains in the shot are the ones circulating, "then it's going to be a pretty good match, and therefore the protection is going to be better," said Palmer. "But if there's a different strain that comes in, experts believe that still having the flu shot will offer some protection, but how much is probably going to be less than the strains that it's made for."

Flumist is made mainly for people who don't like to get a flu shot, which is especially true of children.

"It's a little easier to give the Flumist to kids than it is to give a shot," said Palmer. "A lot of kids, they get really scared if they know they've got to have a shot."

Both the flu injection and the nasal mist cover the same strains of flu.

"This year, 2014-2015, the CDC recommends that nasal spray can be used in children as young as 2," said Palmer. "So, now it's approved for 2 through 49 years of age."

What can people expect from a flu shot?

"It's a very small needle," said Palmer. "You feel a little prick, and the common reaction to the flu shot is some people may have a little soreness in the injection site because you are putting a medicine into the muscle."

Getting vaccinated against the flu each year limits the spread of the flu in multiple ways. One, whoever receives the shot has better protection against the flu, and two, the more people vaccinated, the smaller the chances that the flu can spread.

"Our thought in public health is if we can prevent disease with vaccines and have everybody get vaccinated, then we've got a healthier community," said Palmer. "The disease can't spread if people don't catch it."

Nunn...from Page 1

"I've seen what happens when people apply their creativity and entrepreneurship, and most of all, a spirit of collaboration to get things done," said Michelle Nunn. "I have been to many meetings - party meetings and church meetings and business meetings and school meetings, and people do not always agree."

"And yet, they keep going. They don't shut down the school, they don't shut down the church - they work together to resolve problems, meet challenges and to seize opportunities, and we need a lot more of that in Washington."

She highlighted the importance of addressing the national deficit and protecting Social Security and Medicare by working in a bipartisan manner.

"We know that we can do better, we know that we can tackle the important issues to Georgians," said Michelle Nunn. "I've been talking about jobs, fiscal stewardship, I've been talking about education. There's common sense things that we can do."

"We can invest in our infrastructure, we can simplify



our tax code, we can alleviate the regulatory burden, we can pass bipartisan immigration reform and we can get our economy going," said Michelle Nunn. "And by the way, we can also pass and lift up minimum wage so that families can be self-sufficient."

Michelle Nunn contrasted herself with Republican candidate David Perdue, whom she is running against for Georgia's U.S. Senate seat.

"David Perdue, my opponent, I think he may be, today or yesterday or tomorrow, he's traveling around Georgia with Ted Cruz," said Michelle Nunn. "And y'all might remember that he's the architect of our

shutting down the government - just a perfect example of the dysfunction in Washington, and we don't need any more of that."

"What we need is people to come together, to sit around tables like this, and to get things done that matter in the lives of people. And so that's why I'm in this race. I've carried that same spirit that I've learned over the last 26 years into this race, and I hope to bring that to Washington. I carry the family values that I learned from my own father and my mother."

Michelle Nunn called her father "a great inspiration"

and "great advisor."

"And I tell people that one of the joys of the campaign trail that I just hadn't expected is that every single day, I meet someone who tells me that my dad made a difference for them," said Michelle Nunn.

Albert Jones, who is chairman of the Democratic Party of Towns County, thanked the more than 300 residents from Fannin, White, Rabun, Union and Towns counties who turned out to hear Michelle and Sam speak.

"The Towns County Democratic Party would like to make a donation of \$300 to Michelle's campaign," said Jones.

Jimmy and Johnny Hoggard performed Gospel music leading up to the event, and Hiawassee Mayor Barbara Mathis and Towns County Sole Commissioner Bill Kendall also attended Thursday.

"It is indeed a pleasure to have you here with us in Towns County, Michelle," said Commissioner Kendall. "There's just a feeling in this fall air that Michelle has the momentum going for her in this race."

Zell...from Page 1

gift from the Atlanta-based O. Wayne Rollins Foundation.

"The building was made possible because of contributions from very generous people, like the Millers and the Rollins family. They have given an incredible gift that will forever change our campus," said sophomore business and public policy major and Student Government Association President Espen Myklebust of Asker, Norway, during the Rollins Campus Center ceremony.

Zell and Shirley Miller met as students at Young Harris College, and the namesake library dedicated to both of them seems only fitting for a couple that has meant so much to the city of Young Harris and the entire state of Georgia.

"We thank our Young Harris College family," said



Shirley Miller. "We're always at home when we're on this campus. And our community and church, who have loved us - we cherish our memories with them, and have enjoyed living in such a wonderful community and being a part of this college."

Zell Miller spoke candidly about his feelings Thursday, just before he and Shirley, along with family members, cut the ribbon to officially open the namesake library.

"Thank you so much for coming," said Miller. "Thank you for understanding, I hope,

just how much this means to me. I went through it yesterday and I could not believe it, they've done a wonderful job with it."

The Rollins Campus Center boasts 121,000 square feet of space. Housed within the center is the 40,000-square-foot Zell and Shirley Miller Library, which is more than twice the size of the previous campus library.

Students can peruse the library's growing permanent and special collections, and now have new study spaces, featuring a 24-hour study area and study rooms, reading carrels and computer stations.

There's also plenty of places to eat, with the Grace Rollins Dining Hall, which can seat more than 500 people, and a Chik-fil-A Express and Starbucks.

Halloween...from Page 1

For past Halloween celebrations, the Jeepers have dressed their Jeeps up as hospitals, graveyards and more.

"We had a Jeep where we had a monster sitting on the back in a rocking chair,"

said Simpson. "We've had a mummy, we've had spiders, we've had pumpkins, we've had devils, we've had angels - it just varies."

Each Jeep will bring candy, and the Jeepers will be calling businesses around town to ask for assistance in making this Halloween on the Square extra special for Towns County's children.

"The kids absolutely love seeing the Jeeps," said Simpson. "It's not just the candy for them, it's seeing all the Jeeps decorated."

The club started July 15, 2010, and has been going strong ever since.

"We do an organization in April for Autism Rides,

and we try to do a ride each month somewhere, whether it be North Georgia or out of town," said Simpson, noting that the club had recently visited Uwharrie National Forest in North Carolina.

North Georgia Jeepers started riding in Hiawassee in 2011.

"We trick or treat, we do a parade from the fairgrounds to the square," said Simpson. "We decorate our Jeeps, and then while on the square, the kids are trick-or-treating, and they actually get to vote on their favorite Jeep, and then we give out prizes for favorite Jeep."

The club boasts about

260 members from all over the state with the common bond of family-friendly love of Jeeps, and club activities range from casual trail rides and picnics to charity fundraising rides, such as the Autism Ride.

"It just depends on what the occasion is," said Simpson. "We do a Toys for Tots ride - we don't sponsor it, but our members do ride it."

Hiawassee Mayor Barbara Mathis has encouraged the community and businesses within the community to set up tables with candy, where spots will be first come, first served on Saturday for the event that begins at 5 p.m. on the Hiawassee Square.

BOE...from Page 1

roundtable with some community stakeholders," said Dr. Behrens of Towns County Schools Facilities Director Roy Perrin. "I believe that's next month, and he wanted me to make you aware of that."

"We're starting to hear more and more about the Ebola virus, and we've got some communication from the Department of Education and from the health department about how to identify that," said Dr. Behrens. "And he's in the process of disseminating that information, to get it out to the staff so that they can see it."

Dr. Behrens commended the teaching staff of all three schools for a job well done.

"Everybody's working hard, the kids are on task," said Dr. Behrens. "Administrators - I don't have a chance to talk to them because they're running around too much to try to keep everybody squared away, so that's a compliment. Things are really looking good here."

Dr. Page spoke about what's been going on at the elementary school, touching on the school council that was established in

September.

"I'm excited about our school council this year because we have a couple of fundraisers that are in place," said Dr. Page. "And one of the fundraisers is focused on the playground."

The playground has not seen any changes since the school was built, and the council is looking into putting a new material beneath the playground in place of the mulch, perhaps a more rubber-like substance.

"Mr. Perrin and I talked about it, so we're looking at some kind of a new material to put underneath all of the equipment up there," said Dr. Page.

One of the fundraisers aimed at accomplishing this goal will be the Third Annual Spooky Science Night, which took place on Tuesday, Oct. 28.

"This is when all of our teachers get together and have science experiments in the building for Halloween," said Dr. Page.

Middle School Principal Dr. Berrong thanked the teachers who came to the meeting to present their System Leadership

Team reports.

System Leadership Teams connect faculty from the elementary, middle and high schools to get a dialogue going on what works and progress made in learning and teaching.

"It's great for us to hear what's happening at the other schools as well," said Dr. Berrong. "And just to know we have a great system, but then to hear all the success we've been having from all the grade levels - it's fantastic, so I enjoyed hearing that."

Principal Gibson expressed his excitement over last year's SAT scores, and relayed that 10th graders would be taking the PSAT the day following the meeting.

The Towns County Board of Education will hold three called board meetings this week on Tuesday the 28th, at 5:30 p.m.; Wednesday the 29th at 5:30 p.m.; and Thursday the 30th, at 5 p.m.

All meetings will be held at Young Harris College in the Pruitt/Barrett Administrative Office building. The BOE is expected to discuss the Superintendent Search.

Hold...from Page 1

Republican David Perdue faces stiff opposition from Democrat Michelle Nunn and Libertarian Amanda Swafford in the U.S. Senate race.

Also, the Governor's seat, Lieutenant Governor's seat, Secretary of State, and Attorney General are at stake. Also up for grabs, seats for Commissioners of agriculture, insurance and labor, state school superintendent and two seats on the Public Service Commission, which regulates and sets rates for public utilities.

Gov. Nathan Deal, (R), faces opposition from State Sen. Jason Carter, (D), and Libertarian Andrew Hunt; Lt. Gov. Casey Cagle, (R), faces opposition from Connie Stokes, (D); and Secretary of State

Brian Kemp, (R), faces opposition from Democrat Doreen Carter.

Attorney General Sam Ovens, (R), faces opposition from Democrat Greg Hecht; Agriculture Commissioner Gary Black, (R), faces opposition from Christopher Irvin; Insurance Commissioner Ralph Hudgens, (R), is up against Democrat Liz Johnson, and Libertarian Ted Metz.

In the race for State School Superintendent, Republican Richard Woods faces Democrat Valarie Wilson - the winner replaces John Barge, who made a failed run for the Governor's Mansion.

Labor Commissioner Mark Butler, (R), faces Democrat Robbin Shipp.

There are two Public Service Commissioner races. Republican Incumbent Doug Everett faces Libertarian John Monds; Republican Incumbent Bubba McDonald faces Democrat Daniel Blackmon, and Libertarian Robin Gilmer.

On Tuesday, Nov. 4, polls will be open from 7 a.m. to 7 p.m. throughout Towns County.

The newspaper will be delivered on Wednesday, Nov. 5, instead of the usual Tuesday delivery.

Also, remember that the time changes back an hour on Sunday morning at 2 a.m. when Daylight Savings Time finally comes to its annual end.

And, folks will get an extra hour of sleep to boot.