

Panthers...from Page 1A

Research has shown that these custom fitted mouthpieces cut down on concussions and Dr. Causey began fitting the players at 8 a.m.

The process takes about 15 minutes per player, so Dr. Causey and staff, worked well into the afternoon, to fit each and every player that took advantage of this opportunity.

"Other than the helmet, a custom mouth guard is one of the most important pieces of equipment that a football player can have," Dr. Causey said. "Just a blow to the mouth can cause a concussion."

Back in January, Causey Orthodontics opened an office in Blairsville, joining his offices in Cumming and

Flowers Branch.

"I've been looking for a way to get involved in the community," Dr. Causey said. "I grew up playing sports and played basketball throughout college. I thought this would be a great opportunity to meet some people in the community and help out the athletic program."

On average, the price of a custom mouthpiece, including the time involved, is around a \$150 value for each player, however Dr. Causey and his staff, donated all of the materials and their time.

An impression is taken of each player's mouth and a

model is made, before they can fabricate the mouth guard to custom fit each player.

According to Dr. Causey, the mouthpieces he used are different than a normal mouthpiece and are more effective in preventing head injuries.

Each mouth guard will feature the Union County logo and will have the players' number on them.

"I've done this in the past so I called Coach (Brian) Allison and he set up a time where we could all get together, and my staff was very generous to donate their time," Dr. Causey said.

"I've been involved with (Dr.) Benny Erwin and started working in that office in January," he said.

Dr. Causey was quick to point out that if it wasn't for his staff, none of this would have been possible.

Robin Deaver, Beth Schakat, Bonnie Blackmer, Tiffani Wasko, Katelynn Shultz, Courtney Wheeler, Mitch Franklin, and Danielle Causey all played an integral role in fitting close to 55 mouthpieces.

"This event wasn't just me," Dr. Causey said. "I helped organize it but it takes a full staff to pull this off."

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Flower... from Page 1A

more youth entries," Baumgardner said. "We'd like to get the children involved in the flower show. That's a must."

The magic of the show is to enter, see how the entry compares to other flowers, and get educated about rare plants that are indigenous to the Mountains region.

"The very last entry we had, the whole first day, we couldn't identify it," Baumgardner said.

"Even we got educated on that one," Allen said.

After a meeting of the minds of master gardeners, and horticulture experts, it was finally revealed that mystery plant was a Chameleon Tri-Color, entered by Union County Master Gardener Dovie Smith.

It's botanical name is *Houttuynia*, and, it's a plant native to Southeast Asia, but now growing wild in Union County.

An ever so modest Allen took Best in Show for her begonia 'Marmaduke.'

"I just fertilized and water it, God actually grows it," Allen said. "I'm just proud to be a part of it all."

As for the future of the Flower Show, both Baumgardner and Allen say an influx of youth is a must.

"We can't stress this enough, we need more young people getting interested in gardening," Allen said. "And we'd like more local participation. This is such a great event. We know that there are a lot of talented gardeners out there that haven't even given this show a chance. It's the real deal and we'd like for them to be a part of all this."

Ribbon winners include,



Jo Anne Allen with her Best in Show, "Marmaduke." Photo/Lowell Nicholson

in the Design Division, the Award of Design Excellence, presented to Sil Schell; the Table Artistry Award went to Elaine Bacon. In the Education Division, the Educational Award was presented to Tom Allen for his display on the Night Blooming Cereus.

In the Horticulture Division, Horticulture Excellence Awards went to Dovie Smith for her Dahlia "Duet," Richard Urban for his Horseshoe Fern, Elaine Delcuze for her Ruffled Bird's Nest Fern, Jo Anne Allen for her Sedum, and Elaine Bacon for her Hydrangea.

And of course, the Best in Show Award went to Allen for her begonia 'Marmaduke.'

Following the show, the cut flowers and foliage specimens were donated to Regency Hospice for them to share with their patients, Allen and Baumgardner said.

Volunteers from Towns and Union County Master Gardeners included Donna Cates, Elaine Bacon, Patti Bransford, Judy Caines, Henry Coleman,

Gerri O'Brien, Annette Hopgood, Sheleila O'Neal, Peggy West, Dovie Smith and Allen.

Blairsville Garden Club members volunteering included Paula Holley, Baumgardner, Virginia Fancher, Stephanie Gray, and Pat Smith.

Hiwassee Garden Club volunteers included Chris Cooney, Virginia Palmer, Sharon Payne, Dorothy Lee, Patti Bransford, Judy Caines, Peggy West, Sheleila O'Neal and Elaine Bacon. Elaine Delcuze from the Enotah Garden Club in Young Harris and Linda Ragland, Edna McClellan and Ruth West from the Ellijay Garden Club also volunteered.

"In addition, we had the support and help from many of our spouses and others from our community," Allen said. "All of the volunteers, with the help and support of the Union County Cooperative Extension Service and Commissioner Lamar Paris, Peggy Deyton and Larry Garrett of the County Commissioner's Office, made this event a great success."

Goodies from the Heart Weekend Snack Pack Program

Goodies from the Heart is a nonprofit organization that will provide primary and elementary school aged children in Union County with an assortment of healthy, convenient meals and snacks when regular food service programs are unavailable. Goodies from the Heart will purchase food directly from the Georgia Mountain Food Bank to keep cost at a minimum.

If you talk with any teacher in our school system, you will hear stories about children that are hungry. Many teachers will tell you about a student who came to school on Monday, not reluctant to start the school week but eager to get back to school after going through the weekend without a square meal. It is alarming to hear of the number of students that depend on the school meals as their primary source of food. Those children are the reason we started Goodies from the Heart.

A typical bag will contain items such as beef stew, macaroni and cheese, cereal, and granola bars. The packs will be assembled by volunteers every week and delivered to the school for discreet distribution.

Goodies from the Heart is a community and volunteer supported program. The program was implemented by Day of Grace Baptist Church and has quickly grown with other churches and organizations becoming involved.

For more information, please contact Leslie Shields, Day of Grace Baptist Church at 706-897-0019 or Katy Jones, Union County Family Connection Coordinator at

706-745-9615 or email goodiesfromtheheart@yahoo.com.

If you would like to make a donation, please mail your check, made payable

to Goodies from the Heart to PO Box 2813, Blairsville, GA 30514 and include the amount, your name, address, phone number and email. N(Aug14,220)CA

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