

## Testing Tips for Parents

Even good kids can sometimes make poor choices when faced with peer pressure. The temptation is real and intimidation can be intense when it comes to experimenting with drugs and alcohol. Naturally you want to trust your child, but you still wonder if they can hold up to the pressure. The easiest way to get an answer to the question "Is my child using drugs?" is a simple test. Here are some testing tips to ensure an accurate test result with an integrated cup device:



Choose a day that is soon after their last opportunity to use drugs (camping with friends, sleepover, party, etc.). Without warning, wake your child in the morning and escort him/her into the bathroom and let them know you will be testing them for drugs. Use first morning urine since it is more concentrated, making it best for detecting any drugs your child may have taken. Stay in the bathroom and supervise the collection of urine from start to finish. Your child may be more comfortable if the parent of the same sex does the supervising.

Have your child hand

you the urine-filled cup immediately after collection. The exterior of the container should feel warm to the touch, as fresh urine is body temperature. Some cups have temperature strips on the outside registering from 90 to 100 degrees. Do not leave the sample unattended until you have read the results. Follow device instructions.

If the results are negative, hug your child and congratulate them on making good choices. If the test result is a Preliminary Positive and you are still unsure if your child took drugs (or if your child disputes the positive result), you have the option of sending it to a lab for confirmatory testing. Do not leave the sample unattended at any time as positive urine can easily be tampered with. Contact your drug testing company to have the sample sent to a lab for confirmation testing.

Written by Paula Padgett

*Paula Padgett is owner of Alpha Drug Testing Services, LLC in Blairsville, Georgia, providing Workplace and Individual Drug Testing, DNA Paternity Testing and Background Check services.*

## Appalachian Spring Awards honors those who exemplify and promote community service

The Appalachian Spring Awards recognize individuals who exemplify and promote community service and makes the community a better place. The awards were presented at a Gala, coordinated by the Blairsville Rotary Club, held on top of Brasstown Bald.

Outstanding Public Servant of the Year is Sheriff Mack Mason. He has a deep commitment and appreciation for Union County, is active in local churches, and enjoys writing gospel music. Sheriff Mason has taken an active role in increasing training hours to deal with domestic violence and crimes against families and children. He spend more than 29 years with the Georgia State Patrol and is currently engaged with civic organizations and is a member of the Union County Anti-Drug Coalition.

Educator of the Year is Sherry Manuel, a para professional at Union County Elementary School. She has a positive impact on faculty, students and community. She was chosen based on several factors, but most importantly for going the extra step by getting to know each student and recognize when things might not be going well for them. She established a student group *Responsible Citizens* with a project to support a local animal shelter. Sherry just doesn't do her job, she makes a difference in the lives of children.

Outstanding Business Person of the Year is Andy Williams. Andy is a Regional President for United Community Banks and has been the local bank president for the United Community Bank within Blairsville. He has demonstrated through servant leadership a passion for customer service and was instrumental in establishing a United Community Bank Junior Board of Directors. He is a former chairman for the Georgia Bankers Association, served on the GBA credit committee, Marketing committee, member of the GBA board of directors and the board of directors for the GBA Insurance Trust.

Outstanding Healthcare Professional of the year is Doctor Alan Lee, Doctor of Physical Therapy. Doctor Lee is the clinical director for the Benchmark Pro Therapy office. Alan has served as

the team physical therapist for the Union County High School football team. His office has seen all athletes that needed rehabilitation.

Community Volunteer of the Year is Sue Upchurch, a retired educator and the main driving force for the annual Relay for Life event. Her efforts has given the Union County Relay for Life a designation as the #1 per capita Relay event in the United States. Her passion has brought the community together to fight for a common cause. Sue is the current president for the Coosa United Methodist women's group and active with the community council's mountain research and education center

"We are excited to recognize and honor individuals who have exhibited outstanding community service," said Rotary President William Stone. "Rotary has a goal and commitment in trying to make our world and our community a better place to live through service where service is needed. We hope this event becomes an annual tradition that honors those that dare to make a difference in our world and community on a daily basis."

*The Rotary Club of Union County began in 1989.*



There are moments when troubles enter our lives and we can do nothing to avoid them. But they are there for a reason. Only when we have overcome them will we understand why they were there.

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