

# The Covington News

SATURDAY-SUNDAY, FEBRUARY 27-28, 2021



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### His Word

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Psalms 23:4, KJV

Newton senator requests study for proposed split of Alcovy Judicial Circuit >> [SEE A3](#) Newton County Jail inmate, guard treated after Tuesday scuffle >> [SEE A7](#)

## Covington

# Cherokee County woman sentenced to life in prison for 2017 murder

By TOM SPIGOLON  
tspigolon@covnews.com

COVINGTON, Ga. — A Cherokee County woman was sentenced to life in prison after her Wednesday conviction on charges from the 2017 shooting murder of a man in Covington.

Rita Mary Dugar, 30, of Canton, was convicted in Newton County Superior Court on one count of Felony Murder in the Feb. 28, 2017, shooting death of Jon Trevor Townley, 24, outside a Newton County residence.

See MURDER, A7

## Newton County

# Georgia Coroners Council cannot take action against coroner

Official says council has no jurisdiction over actions made before Bailey-Butts completed training

By TOM SPIGOLON  
tspigolon@covnews.com

COVINGTON, Ga. — The head of a state coroners training agency says it has no jurisdiction to take action on any complaints detailed in a county official's petition seeking the Newton County coroner's ouster.

Richard Stanley, chairman of the Georgia Coroners Training Council, said the Council on Tuesday, Feb. 24, was "advised by the attorney general's office that we can't do anything at this time" about complaints included in a Jan. 29

See CORONER, A7

See CORONER, A7

## Stanton Springs



Special Photo

The Joint Development Authority of Jasper, Morgan, Newton and Walton Counties approved a \$42 billion bond issue for a large-scale project at Stanton Springs. The industrial park is already home to multi-billion-dollar industries Facebook and Takeda.

# Building a mystery

## JDA approves \$42B bond issue for new unnamed development

By TAYLOR BECK  
tbeck@covnews.com

MADISON, Ga. — Another large-scale economic development project appears to be underway at Stanton Springs.

During its Tuesday meeting, the Joint Development Authority of Jasper, Morgan, Newton and Walton Counties approved a \$42 billion bond issuance, as well as a purchase and sale agreement with

an out-of-state company legally operating under the name Baymare.

Shane Short, executive director of the Development Authority of Walton County and lead economic development director for the JDA, said while

New deal 'fills out' remainder of Stanton Springs, so what's next for the JDA?  
[See A2](#)

Baymare was not a Georgia-based company, the company did already have a presence in the state.

"That bond resolution is to support their development," he said. "It's a pretty significant development. We also approved the purchase and sale agreement of the property today, along with that bond resolution."

See DEAL, A2

## Covington

# Officials announce plans for Starbucks at Newton Plaza

By TOM SPIGOLON  
tspigolon@covnews.com

COVINGTON, Ga. — Starbucks will open its first Covington location in the building that formerly housed Chick-fil-A on U.S. Hwy. 278.

The popular coffeehouse company is set to open a location this summer in an existing 3,857-square-foot building on an outparcel of Newton Plaza shopping center, which is anchored by Kroger supermarket.

John Brozovic, leasing director for Sandy

See STARBUCKS, A3



Special | Halpern Enterprises

Starbucks is set to open in the former location of Chick-fil-A this summer.

Volume 156, No. 17



## Inside

Enjoy what could be life-changing articles for you in today's issue

See HEALTHY LIVING, B1



## Weather

Saturday, Feb. 27  
High: 74° Low: 58°  
• Mostly cloudy.

Sunday, Feb. 28  
High: 77° Low: 58°  
• 20% chance of rain.

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# Covington man faces vehicular homicide, DUI charges in wreck that killed teen

**By TOM SPIGOLON**  
tspigolon@covnews.com

**COVINGTON, Ga.** — A Covington man has been charged with vehicular homicide more than four months after a head-on collision in which a teen passenger died.

Amayah Parris, 19, of Covington, died in the Oct. 24 wreck on Access Road, one mile west of Old Oxford Road.

Matthew Bartmess, 42, was arrested Feb. 19 and was being held in the Newton County Jail without bond on charges including vehicular homicide and DUI connected to the incident.

Bartmess allegedly was driving while at almost twice the legal blood alcohol concentration (BAC) level of .08% for DUI in Georgia, the Georgia State Patrol reported.

A GSP report stated

Bartmess was driving a 2000 Ford Explorer SUV east on Access Road at about 12:45 a.m. on Oct. 24 when his vehicle collided head-on with a 2006 Mercedes E350W driven by Briahna Volny, 20, of Covington.

The vehicles struck passenger side headlight to passenger side headlight near the center of the roadway, the report stated.

After impact, both vehicles rotated clockwise and came to final uncontrolled rests on the opposite shoulders of the roadway, it stated.

Parris was a front seat passenger in the Mercedes and was not ejected. She was pronounced dead at the scene.

Volny and a back seat passenger were not seriously injured

**See CHARGES, A7**

# What comes next for JDA?

Officials share excitement for future in wake of Stanton Springs nearing capacity

**By TAYLOR BECK**  
tbeck@covnews.com

**MADISON, Ga.** — With local industrial park Stanton Springs soon to be near max capacity, what’s next for the Joint Development Authority of Jasper, Morgan, Newton and Walton counties?

The JDA approved a \$42 billion bond issue and a purchase and sale agreement during its Tuesday, Feb. 23, meeting in Madison for a company named Baymare. As part of the deal, the JDA agreed to sell more than 620 acres of land within Stanton Springs, which Shane Short, executive director of the Development Authority of Walton County and lead economic development director for the JDA, said would essentially fill out the remainder of the industrial park.

Despite the JDA owning little property once the deal is finalized, Short said it does not signal the end of the road for the development authority.

“This is not the end of the JDA,” Short said. “There will be more information coming out soon about our future and where we’re headed. And we’re real

excited about that. This Joint Development Authority, even if we sold every bit of land that we had, would still be in existence because they’ve got park management, they’ve got bonds ... money comes to them and back to the county, so it’s going to be around.”

The JDA was originally formed in 1999. Short said the current agreement in place among the four counties was to last 50 years.

“I think we’re maybe six years into that agreement,” he said. “The JDA will exist way past my lifespan.”

In 2000, the JDA created the Stanton Springs site, which totals more than 1,600 acres near the intersection of Interstate 20 and U.S. 278. Although the industrial park project sets within portions of Morgan, Newton and Walton counties, Jasper County also elected to invest. Newton and Walton counties invested 37.5% stakes in the project, Morgan County 15% and Jasper County 10%.

It wasn’t until 2012 that Baxter International chose Stanton Springs to build what

would become a 1 million-square-foot Takeda Pharmaceuticals facility, which opened in 2018. Riding that momentum, state officials announced Facebook would invest \$42 billion to build a data center, which created 250 jobs and a big payout for the JDA. In June 2018, the JDA board distributed \$2.5 million to its four counties.

Serra P. Hall, vice president of project development with the Newton County Industrial Development Authority, echoed Short’s excitement for the future and said the JDA works well together, which has been vital to its success.

“I think we’re excited as a whole just about the bonds that it’s brought together with our four counties and what’s next,” Hall said. “As we’ve said, we’re not finished and so there’s a lot of exciting things to come, but the great news is that we work really well together within these four counties and we’re proud of that.”


Short said there was no telling how different each county’s landscape would be today if not for the JDA.

“I really honestly believe if it weren’t for those four counties joining together to share in the cost and the revenue, we wouldn’t be where we are today,” he said. “Because that burden is heavy for one governing entity to carry. And by everybody taking a piece of that big pill, it helps to swallow it a lot easier, and that’s what’s happened now.”

The JDA’s success has been unmatched to date, but Short said many counties and governing bodies have asked how they can replicate it.

“We are an example for other communities to follow,” Short said. “We’ve been asked to speak to other counties about how you do this and how do you make this work. When the JDA was first formed, it was innovative and it was controversial and it took a while for them to be successful. But when it did happen, you know, we have billion dollar industries there now. That’s no small feat. And we’re going to have another multi-billion dollar industry there really soon.”

## HAPPY 93rd BIRTHDAY CORA MITCHELL



Cora Mitchell, a native of Covington Georgia. Now a resident of Social Circle, Georgia celebrated her 93rd birthday earlier this month on February 7, 2021. Cora, is the oldest family member of five generations. She still enjoys reading the Bible, visits from her family and friends, watching television, playing solitary, shopping at her favorite store and eating her breakfast which is her favorite food to eat. She gives God glory each and every day for her blessed 93 years.

**DEAL:**  
Continued from A1

Short said the deal, which is expected to be finalized in March, would include the sale

of more than 620 acres the JDA currently owns at Stanton Springs. The JDA added 40-plus acres of land to the industrial park during its meeting. The triangular piece of property was recently rezoned by the Newton County Board of Commissioners for the “purpose of better market appeal.”

The new development would essentially occupy the rest of Stanton Springs, leaving the JDA with little property left.

Approving the bond issue allows Baymare to access the bond market through financing and much lower interest rates and among other incentives. In order to do that, a local development authority must approve them to go to market through what Short called a phantom bond.

On the tax digest, Short said, the JDA would be listed as the owner of the property through the tax abatement process because giving gratuities to companies goes against the state’s Constitution.

“The majority of states don’t do that. It’s just a local resolution by the governing authority and it’s over,” Short said. “In the state of Georgia, because we have that clause in our constitution, we have to go through this whole bond process in order to make that legal.”

The \$42 billion bond issue approved Tuesday was the same total as the JDA’s latest sizable development for Facebook’s Newton Data Center in 2018, who worked under the legal name Morning Hornet.

Short said he could not confirm or deny the bond was another development for Facebook or Takeda, which was the first occupant of Stanton Springs.

Serra P. Hall, vice president of project development with the Newton County Industrial Development Authority, said Baymare “fits the scheme of what we want to see and attract to Stanton Springs” that includes “companies with high-end, high-paying jobs.”

Facebook’s Newton Data Center ended up being one of the biggest economic investments in Georgia’s 233-year history after its announcement in 2018. The California-based social media company initially invested \$750 million with the creation of its 1 million-square-foot facility and, at the time, was expected to invest up to \$42 billion over the next two decades.

Last year, Facebook announced plans for at least one expansion, which included the addition of three buildings on a \$1 billion investment. With the expansion, Facebook will have created approximately 300 new jobs in the area.

Takeda came to Stanton Springs after years of recruiting when finally Baxter International chose the site for a biopharmaceutical plant in 2012 and later opened in 2018.

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Alcovy Judicial Circuit

# Local senator calls for study of proposed split

## Says legislative action likely to be postponed to 2022 session as Crossover Day looms

**By TAYLOR BECK**  
tbeck@covnews.com

COVINGTON, Ga. — State Sen. Brian Strickland, R-McDonough, said he wanted two types of studies to be conducted before the possibility of splitting the Alcovy Judicial Circuit could begin to move forward.

Members of Newton County’s delegation met Wednesday via Zoom to discuss the potential of pushing through what would be historic legislation.

Newton commissioners voted 3-2 during its meeting Feb. 2 to formally request legislators to consider breaking up the Alcovy Judicial Circuit that includes Walton and Newton counties and allow Newton to create its own single-county circuit.

Strickland, who represents

resents a portion of Newton County, said fellow Sen. Tonya Anderson, D-Lithonia, led the meeting.

Strickland said every member of the delegation was present for the meeting, although state Rep. Dave Belton, R-Buckhead, had to join the call late because he was presenting a bill at the same time the meeting started.

The county’s delegates heard from Newton County Chairman Marcello Banes, who argued the split was supported by locals and the 3-2 vote on Feb. 2 was proof, Strickland said. He said Banes also told legislators the



Brian Strickland

split would help alleviate the current caseload on the Superior Court and District Attorney.

“I said I take the 3-2 vote as a sign that the community is at least somewhat split on this,” Strickland told *The Covington News*, “and I have not seen any data that would indicate that splitting the circuit will actually cause our judges or district attorney to have less caseload or more resources.

“I think the Board of Commissioners needs to see a study on the feasibility of such a split before we discuss the matter further,” he said.

“We also need to know how much additional money a circuit split will cost the taxpayers of the state and the locals in Newton County since a circuit split will require

the Board of Commissioners and the state of Georgia to fund new positions and pay additional supplements.”

Covington attorney Stephanie Lindsey also attended the virtual meeting. She said her role was originally to seek information for different members of the community, but later became a key part of the meeting by answering several questions about Columbia County’s split from the Augusta Judicial Circuit.

Lindsey said she was not trying to make a case for the circuit’s split.

“Individuals and heads of community organizations reached out to me to inquire about the status of the judicial split process,” Lindsey said. “My involvement in the delegation call

was not to argue as to why the Alcovy Judicial Circuit should be split. While I was on the call, questions were asked about the Columbia County bill, which was passed unanimously by the Senate. I provided information regarding the Columbia County research, the Newton County caseload numbers and where the information was located for the delegation to reach their own conclusion.”

Newton’s delegation is in the process of having a study conducted by the state’s Judicial Council at Strickland’s request, though Lindsey said a study is not required.

In 2018, state Sen. Harold Jones, D-Augusta, requested a study be conducted by the Judicial Council to analyze the Augusta

Judicial Circuit, which consists of Columbia, Richmond and Burke counties. Upon review, the Judicial Council recommended the Augusta Circuit remain intact. However, a bill to propose the circuit’s break-up easily passed through the state Senate anyway approximately two weeks after this year’s legislative session began.

A timetable for a study of the Alcovy Judicial Circuit to be completed is unknown, but Strickland said there would be no legislative action taken during the 2021 session because Monday marks Crossover Day — generally considered the final day legislation must receive Senate or House approval in order to gain final approval by the end of this year’s session.

# Four-county area primed for economic growth

**By DAVID CLEMONS**  
The Walton Tribune

MADISON, Ga. — Four area counties are poised to see good economic news over the next few months.

Representatives of the four counties that make up the Joint Development Authority that owns Stanton Springs all had good news to share at their monthly meeting Tuesday.

“We’ve seen quite a

lot of interest recently,” Serra Hall, senior project manager of the Newton County Industrial Development Authority, said.

“We’ve also been pleased and continue to work with our friends in Walton (County).”

Hall said she expected to announce new businesses on the U.S. 278 corridor in Covington by the week’s end.

Likewise, Executive

Director Shane Short of the Development Authority of Walton County said activity has been good in his area.

Short said a small company that’s new to Walton is purchasing land in Social Circle.

“We’ve got a couple in Monroe that have said they’ll be moving forward with property purchases,” he said.

David Dyer, the executive authority of the

Development Authority of Jasper County, said one local business has really taken off.

“Our light industrial market continues to be strong, but one of the more unusual things — a company went public in the hemp business and within weeks raised \$75 million,” Dyer said.

Agrify Corp. had its initial public offering on Feb. 16. The Mas-

sachusetts company, which specializes in “highly advanced and proprietary precision hardware and software grow solutions for the indoor agriculture marketplace,” has a plant on Ross Road in Shady Dale.

And in Morgan County, JDA board member and county Commissioner Andy Ainslie said unemployment continues to fall

and he sees more and more advertisements from companies looking for workers.

“We’ve got a number of signs,” he said.

The recruiters made their reports before the authority board voted to stoke the economy even more, with a \$42 billion bond issuance that could bring a large employer to the Stanton Springs development the JDA owns.

Newton County

# Prices to rise at county garbage convenience centers, landfill in July

**By TOM SPIGOLON**  
tspigolon@covnews.com

COVINGTON, Ga. — The Newton County Solid Waste Management Authority on Wednesday, Feb. 24, voted to increase the price of dumping garbage at convenience centers and the landfill beginning in July.

All new rates will go into place on July 1 and are needed to help the Authority continue to be “good stewards of taxpayer funds and the environment” as it operates Newton County’s solid waste program, officials said in a news

release.

Access to the convenience centers will increase by \$10 to \$165 a year. Hang tags for use of the centers will go on sale June 1.

In addition, tipping fees will increase to \$48 per ton and the minimum charge to dispose of waste at the landfill will rise to \$30.

“The changes make our prices equal to other landfills around us,” Landfill Director Kevin Walter said. “We have been 25% cheaper than the closest landfill.”

He said the increase gives the Solid Waste

Authority a financial plan to operate the landfill and convenience centers in a fiscally responsible manner.

“The changes in fees are necessary to keep the budget of the landfill balanced,” Walter said.

“This will enable us to continue funding the day-to-day operations of the landfill and make improvements necessary to be good stewards of both taxpayer funds and the environment,” he said.

The vehicle hang tags for 2021-22 will go

on sale June 30 and be required to enter any of Newton County’s six convenience centers beginning July 1. The new tags will cost \$165.

Also Wednesday, Authority members voted to reduce the cost of hang tags for 2020-21 through the end of the fiscal year, which concludes June 30.

The cost of the hang tags will be \$75 starting March 1 for 2020-21 hang tags, which will expire on June 30.

Newton County’s trash collection convenience centers accept

household garbage, bulk waste and recyclables. Up to 10 bags of trash per week will be allowed, county officials said.

Residents can purchase hang tags online by visiting <https://www.co.newton.ga.us/FormCenter/County-Services-9/Residential-User-Access-Program-50>; or in person at the Newton County Historic Courthouse, 1124 Clark St., Covington, GA 30014.

In-person purchases are available Monday through Friday, 8 a.m.

to noon and 1 p.m. to 4:30 p.m.

In other action Wednesday, Authority members voted to deny a bid for the purchase of a tracked shredder using SPLOST Equipment Funds.

The shredder would have been used to shred bulky items like mattresses in order to lessen the amount of room needed for such items in the landfill.

Authority members had cited concerns about maintenance costs, among others.

## STARBUCKS:

Continued from A1

Springs-based Halpern Enterprises, said in a press release it will be the city’s first location for Starbucks. Its closest locations to Covington now include Conyers and Loganville.

“We’re excited about bringing the coffee-house to the area and adding another popu-

lar retailer to Newton Plaza’s stellar tenant line-up,” he said.

Starbucks has signed a 10-year lease and is retrofitting the former free-standing Chick-fil-A restaurant located on one of the shopping center’s outparcels.

Built by Halpern in 1974, Newton Plaza

is anchored by Kroger and home to more than 40 restaurant, retail and service tenants, including national brands Planet Fitness, Bealls, Goodwill, Big Lots and a Starbucks competitor, Dunkin’ Donuts, among others.

Chick-fil-A moved west on U.S. Hwy. 278

to a new building near West Street in June 2019.

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# OPINIONS

The Covington News

Scott Whitaker and Maria Thacker Goethe guest columnists

## Truth about ethylene oxide

Recent media stories have unnecessarily and dangerously raised concerns about the safety of ethylene oxide (EtO), a chemical used to sterilize 20 billion medical devices annually in the U.S. Let me first state that if we had learned about EtO through the media, we would be concerned, too. After all, we are parents, spouses, and we live in communities we want to know are safe. But the reporting has been wrong. Dead wrong. And it could have deadly consequences.

It's time for the truth about ethylene oxide: Studies have found EtO to be carcinogenic at high concentrations over an extended period of time, which is precisely why EtO medical device sterilization plants take their responsibility so seriously to operate safely. That's because our industry's first priority is — and always will be — safety.

Some of our nation's leading toxicologists assure us of a few important facts:

First, EtO exists all around us, even in areas where there are no known emitters of EtO to be found. Two years ago, the U.S. EPA initiated a study to determine whether EtO was more broadly found in ambient air than previously understood. Air

monitoring readings were taken by EPA at 18 sites across nine states, with broad ranging populations and climates, in rural and urban areas. Results showed higher levels of EtO than expected even in rural areas where there was no manufacturing of any kind.

Additionally, the Georgia Environmental Protection Division (EPD), which regularly performs air monitoring, also found that average levels of EtO in the ambient air in metro Atlanta are consistent with what EPA found nationwide. Even in areas of Georgia where there are no sterilizers or industrial users of ethylene oxide — like General Coffee State Park — levels of EtO were found as recently as January to be higher — yes, higher — than in Covington, on average. While recent data comes from several point-in-time readings, and we should rely on long-term data to get the policy right, the key point here is myriad sources, such as diesel trucks, lawn mowers and even gas grills, contribute to the amount present in the air virtually everywhere. Even our own bodies create EtO.

What this highlights is there's a serious problem with the media's understanding and characterization of the chemical.

One final point: Less than 0.5% of all commercial EtO is used for medical device sterilization. Put another way, 99.5% of EtO used by industry is to make everyday products including cosmetics, shampoos, laundry detergents, clothing, and

carpets. It is even used to sterilize food. This means if you shut down every medical device sterilization plant and every device manufacturer that uses EtO tomorrow, two things would happen: EtO emissions would not decline measurably, and you'd see a major shortage of crucial medical devices. That is the real threat to public health — particularly during a pandemic that has highlighted the need for sterile medical supplies.

Remember: 20 billion medical devices are sterilized annually with EtO — that's approximately 50% of all sterilized devices manufactured in the U.S. today. Many cannot be sterilized any other way. Adhesive bandage strips, surgical drapes, gowns, certain personal protective equipment (PPE), IVs, catheters, dialysis sets, and 80 percent of all surgical trays are sterilized with EtO. There's not one surgery performed today that doesn't have a device sterilized with EtO. It's that necessary and that effective in sterilizing equipment and thus helping to prevent infectious disease.

Also keep in mind this industry has studied alternatives to EtO for decades. The simple reality is, for many devices it's the only choice according to the FDA. Other sterilization methods are effective on some devices, but not all, and that's why we need to keep EtO as a viable method while we work with FDA, EPA and others to find alternatives.

Now here's the good news: While we search, our work to control

EtO emissions continues. That's done through:

- Constant vigilance over production operations to ensure patient safety and compliance with federal, state and local requirements designed to protect worker safety, public health and the environment

- Continual advances in the development of technologies to improve emission controls

There are many misperceptions out there surrounding EtO, driven largely and understandably by a concerned but not fully informed public. We need to change that. Working with lawmakers, regulators, patient groups and other stakeholders, we want to educate the public and raise awareness of this complex issue, so we can develop public health policies that are effective, science-based and keep both the communities in which EtO sterilization plants reside and the patients who rely on 20 billion medical devices they sterilize safe and healthy.

*Scott Whitaker is president and CEO of the Advanced Medical Technology Association (AdvaMed), the largest trade association in the world representing medical technology and device manufacturers; Maria Thacker Goethe, MPH, is CEO of the Center for Global Health Innovation as well as president and CEO of Georgia Bio, the state's largest trade association representing Georgia's life sciences industry*

Chanel Toson guest columnist

## New Year, new you

“A goal without a plan is just a wish.” — Antoine de Saint-Exupery

The New Year brings about a sense of “newness” in our lives. As the clock turns, we too like to find ways to “turn over a new leaf.” Whether it is letting go of old habits, picking up new exciting hobbies, or making new goals for the future, there is certainly a boost of energy that accompanies this exciting new time in our lives!

“Research shows that as many as 50% of adults in the United States make New Year's resolutions, but fewer than 10% keep them for more than a few months. Giving up on New Year's resolutions is often related to three issues: difficulty breaking old habits, focusing on specific outcomes, and problems with purpose.” — Dr. Charles Herrick - board certified psychiatrist, and the chair of psychiatry at NuVance Health's Danbury Hospital, New Milford Hospital, and Norwalk Hospital.

As you are making plans for success in 2021 and setting new goals, remember to Pace yourself, be Realistic with your goals, and Celebrate small wins along the way! Keeping these three things in mind will help keep you motivated and reduce the chance of becoming too self-critical.

I encourage you to look at your goals differently this year and set SMART goals.

Tips for Making SMART Goals

1. Specific: Be specific and clear with your goals. Ask yourself: “what do I want to accomplish and how can I make it happen?”

2. Measurable: How will you track your progress? What data will you use to measure your goal? Think: How much? How long? How well?

3. Attainable: Is your goal realistic? Can it be achieved? Ask yourself: “Do I have the skills necessary to accomplish this goal?”

4. Relevant: Does this goal align with your values and purpose? Why is this goal important? Be sure to set goals that really matter.

5. Time-bound: What is the time frame necessary to accomplish this goal? Be sure to give yourself enough time to achieve your goal, but not so much time that you lose focus on the goal.

Keep in mind:

- Your goals should be meaningful to you. Resist the urge to be pressured into someone else's goals and wishes for your future. When you work towards something you really want to do, the likelihood of remaining committed to accomplishing the goal is strengthened.

- Seek encouragement from your peers. It is great to have an, “accountability partner,” when working toward your goals. Identify an emotionally safe person to share your goals with. This is someone who is non-judgmental, but can provide you with motivation to keep going.

- Know when to ask for help. If you find that you need help, speak to a trusted friend, a counselor or a minister. Call your doctor or mental health provider. Call 911 or the National Suicide Prevention Lifeline at 800-273-8255 or Text CONNECT to 741741.

View Point Health has many resources in your local community that will service your mental health needs, including: outpatient family, group and individual counseling support; child and adolescent services; school-based services; veterans' services, employment and substance abuse services, among others.

For more information, please visit <https://myviewpointhealth.org/>

*Chanel Toson is program manager of Strive Clubhouse in Covington.*

Your Letters to the Editor

## Reader concerned about values being passed down to children

**Dear Editor:**  
What values are we passing on to our children?

I ask the question because of my granddaughter. This young woman had one long-time academic goal. She wanted, dreamed about and prepared herself academically to attend the University of Georgia in (Pre Med) upon graduation from high school. She is a well-rounded student,

having participated in varsity sports, invited to membership in Beta Club and mastered all the academically advanced class work requirements to achieve excellence. She did volunteer work at a major hospital and participated in many other extra-curricular activities.

When it was time to apply to the university, she was advised to apply to more than her first choice,

which she did. I should not neglect to tell you that she was ranked ninth in her class of over 325. You can tell where I am going with this. She was accepted at all the universities but her first choice!

I will also not neglect to tell you that a fellow student, who took no advanced classes, and was not ranked high in his class, was accepted at the UGA. His father was an UGA alumnus. I am not completely opposed to this practice as long as it does not preclude a more eligible student from being accepted. While the practice of precedence in admitting

family members of alumni over other qualified students may be standard to university protocol, does this make it right?

So why am I bothering to write this letter?

I cannot, in good conscience, just sit back and be silent while watching the dreams of the aspiring young people of our country, like my granddaughter, have their academic dreams shattered needlessly because of a university tradition.

Concerned grandmother,

*Sandy Akin  
Social Circle*

## The Covington News

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Engage with us

## What are the biggest issues that need to be addressed in Newton County?

Send us your detailed answers in the form of a letter to the editor — we may publish them here.





# CLASSIFIEDS & LEGALS

The Covington News

## CLASSIFIEDS

### Jobs

#### Help Wanted

**ANGEL'S SEAFOOD** & More LLC is looking for a Safe Serve Certification Food Service MGR. Must have the skills to operate & run a existing Seafood restaurant. Must be able to work at least 4 days a week. Hours & salary will be discuss upon interview please call **Alfreda Armstrong @ 404-484-4474** restaurant is located at 2308 Hwy 212 Covington, Ga. 30016

**THE LICENSE** and Boat Registration Unit announces a vacancy for a part-time position located at the Georgia Department of Natural Resources Wildlife Resources Conservation Center in Walton County. Under general supervision, this position provides excellent service to walk-in customers and over the phone for issues related to commercial licenses, hunting and fishing licenses, disability licenses, lifetime licenses, quota hunts, and boat registrations. **Pay Rate:** \$8.95/hourly up to 29 hours per workweek

**APPLICATION DEADLINE:** March 6, 2021

**FOR SPECIFIC** job-related information and instructions on how to apply, please go to <https://georgiawildlife.com/careers-internships> and look under Available Positions: Seasonal/Part-Time. You may also contact Daniel Brown via phone at 706-557-3251 or email [Daniel.Brown2@dnr.ga.gov](mailto:Daniel.Brown2@dnr.ga.gov).

## LEGALS

### Public Notices

#### Abandoned Vehicles

**ABANDONED MOTOR VEHICLE ADVERTISEMENT NOTICE (TOWING OR STORAGE COMPANY)**

**TANAM AXEL** Dump Truck VIN - W90RVK34337

**PUBLIC NOTICE #119954**  
**2/21,28**

#### Adoptions

**IN THE SUPERIOR COURT OF WALTON COUNTY STATE OF GEORGIA**

**RE: PETITION of GARRISON BRANDON DOUGHTY, FOR THE** Adoption of **IVY GRACE MASON** and **MILA KAY MASON**, Minor Children. **CIVIL ACTION** Adoption **FILE NO. 21-A001-1**

**NOTICE OF ADOPTION TO: JOHN THOMAS MASON**, Natural Father of **IVY GRACE MASON** and **MILA KAY MASON** **LAST KNOWN ADDRESS:** 10226 Stone Street NW., Apt A., Covington, Georgia 30014 **GREETINGS: BY** Order of Service by Publication, you are hereby notified that **GARRISON BRANDON DOUGHTY** has filed a petition to adopt **IVY GRACE MASON** and **MILA KAY MASON**, and when adopted to be known as **IVY GRACE DOUGHTY** and **MILA KAY DOUGHTY**, Adoption No.21-A001-1, in the Superior Court of Walton County, Georgia and you make known any objections you might have to the prayers in said petition at the hearing on the Motion for Termination of Parental Rights and Adoption and show cause why your rights in the above named children should not be terminated.

**JUDGE JEFFREY L. Foster** at the Court House in Walton County, Georgia. **WITNESS**, the Honorable **Jeffrey L. Foster**, Judge of the Superior Court. Honorable **Karen P. David** **CLERK, SUPERIOR** Court of Walton County **ALCOVY JUDICIAL** Circuit **THIS DAY** of February, 2021.

**PUBLIC NOTICE #119990**  
**2/28-3/7,14,21**

#### Bids

**THE CITY** of Covington, Georgia is seeking a qualified aviation consulting firm to provide **PROFESSIONAL PLANNING**, engineering, architectural, and construction administration services in connection with the Airport Capital Improvement Plan at the Covington Municipal Airport (KCVC) in Covington, Georgia. **IT IS** the intent of the City of Covington to enter into a multi-year Master Agreement with a consultant for the upcoming five (5) year period. The selected consultant will negotiate and enter into individual sub-agreements for services, based on the scope of work, with the City of Covington on an assignment-by-assignment basis during the term of the Master Agreement. The selection of the consultant is being done in accordance with FAA Advisory Circular 150/5100-14E and applicable Georgia statutes and laws. Responding firms must possess a current pre-qualification by the Georgia Department of Transportation in Area Classes No. 1.08 Airport Master Planning and No. 2.09 Aviation. **SEALED PROPOSALS** must be delivered to City Hall, 2194 Emory Street NW, Covington, GA 30014, Attn: Purchasing Department, no later than 10:00am on Tuesday, March 16, 2021.

**REQUEST FOR Bids/Proposals** and additional information may be obtained by accessing the request for proposals on the City's website at <https://www.cityofcovington.org/index.php?section=business-opportunities>

**THE CITY** of Covington reserves the

## Georgia STATEWIDE CLASSIFIEDS

Run your classified ad in 124+ Georgia newspapers reaching over 1 million readers for only \$350

Call Georgia Newspaper Service - 770-454-6776

We don't knowingly accept advertisements that discriminate, or intend to discriminate, on any illegal basis. Nor do we knowingly accept employment advertisements that are not bona-fide job offers. All real estate advertisements are subject to the fair housing act and we do not accept advertising that is in violation of the law. The law prohibits discrimination based on color, religion, sex, national origin, handicap or familial status.

WANTED

FREON WANTED. We pay \$\$\$ for cylinders and cans. R12 R500 R11 R113 R114 Convenient Certified Professionals. Call 312-291-9169 or visit [RefrigerantFinders.com](http://RefrigerantFinders.com)

EDUCATION /Career Training

Online Pharmacy Technician Training New Students Only. Call & Press 1. Financial Aid Available for those who qualify. 100% online Courses. Call 855-212-7763.

Medical Billing and Coding Training. New Students Only. Call and Press 1. 100% Online courses. Financial Aid Available for those who qualify. Call 833-628-2698.

HEALTHCARE

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! Strong, recent work history needed. Call to start your application or appeal today! 877-627-2704 [Steppacher Law Offices LLC Principal Office: 224 Adams Ave Scranton PA 18503]

HEARING AIDS! Buy one/get one FREE! High-quality rechargeable Nano hearing aids priced 90% less than competitors. Nearly invisible! 45-day money back guarantee! 866-395-1310

Denied Social Security Disability? Appeal! If you're 50+ filed for SSD and denied, our attorneys can help you get approved! No money out of pockets! Call 1-855-513-8730.

Portable Oxygen Concentrator may be covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 888-670-0461.

A Place For Mom. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. 1-855-508-8043.

ATTENTION; Oxygen users! Gain Freedom with a Portable Oxygen Concentrator! No more heavy tanks and refill! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 844-923-2359.

Attention Oxygen Users: THE NEW INOGEN ONEG5, 1-6 flow settings. Designed for 24 hour oxygen use. Compact and Lightweight. Get a Free Info Kit today: 855-968-2718.

Arthritis, COPD, Joint Pain or Mobility Issues on the Stairs? "STOP STRUGGLING!" Give Your Life A Lift! An Acorn Stairlift is a perfect solution! A BBB Rating. Call now for \$250 OFF your purchase. FREE DVD & brochure. 855-200-4205.

HOME IMPROVEMENT

Call Empire Today to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-866-971-9196.

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off and 0% financing for those who qualify. PLUS Senior & Military Discounts. Call 1-877-735-0477.

MISCELLANEOUS

Need IRS Relief \$10K - \$125K+ Great Fresh Start or Forgiveness Call 1-855-558-2664. Monday - Friday 7AM - 5PM PST.

SERIOUSLY INJURED in an AUTO ACCIDENT? Let us fight for you! Our network has recovered millions for clients! Call today for a FREE consultation! 855-399-5797

COMPUTER ISSUES? GEEKS ON SITE provides FREE diagnosis REMOTELY 24/7 SERVICE DURING COVID19. No home visit necessary. \$40 OFF with coupon 864071 Restrictions apply. 877-820-7565

Cash for Cars! We buy all cars! Junk, high-end, totaled!—It doesn't matter! Get free towing and same day cash! NEWER MODELS too! 833-882-3437.

Donate your car to charity. Receive the maximum value of write off for your taxes. Running or not! All Conditions accepted. Free pickup. Call for details 866-994-1146.

SsAVE YOUR HOME! Are you behind paying your MORTGAGE? Denied a Loan Modification? Threatened with FORECLOSURE? CALL the homeowners Relief Line Now for Help! 855-596-0109.

PROBLEM CREDIT REPORT? Lexington Law helps work to challenge inaccurate negative items including: Identity theft, collections, late payments, liens, and more from your credit report. Call for a free consultation 877-250-3937


TV/INTERNET

BEST SATELLITE TV with 2 Year Price Guarantee! \$59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 855-808-6843.

DISH TV \$59.99 FOR 190 Channels! + 14.95 High Speed Internet. Free Installation, Smart HD DVR Included. Free Voice Remote. Some restrictions apply. Promo Expires 7/21/21. 1-877-740-8994.

DISH Network \$59.99 For 190 Channels! Add High Speed Internet for ONLY \$19.95/month. Call Today for \$100 Gift Card! Best Value & Technology. FREE Installation. Call 1-866-369-1468 (some restrictions apply)

AT & T INTERNET. Starting at \$40/mo w/12 -mo. Includes 1 TB of data per month. Get more for your High-Speed Internet Thing. Ask us how to bundle and save! Geo & svc restrictions apply. Call us today 1-888-581-6815



### The Jasper County Charter System is currently seeking applicants for the following position(s):

Groundskeeper (Starting Pay \$11.07 per hour)

Substitute Bus Drivers (Starting Pay \$13.47 per hour)

Substitute School Nutrition Assistant (Starting Pay \$7.78 per hour)

Individuals interested in applying for any of these positions may submit an application located under Employment Opportunities at the Jasper County Charter System website [www.jasper.k12.ga.us](http://www.jasper.k12.ga.us).

right to reject any and all proposals.

**PUBLIC NOTICE #119958**  
**2/21,28**

### Citations

**CITATION**

**RE: ESTATE of Dorothy Ann Williams, Deceased**

**TRAVONNE LYNN Walker Executor** has petitioned to be discharged from Office and all Liability. All interested parties are hereby notified to show cause as to why said petition should not be granted. All objections must be in writing and filed with this Court on or before March 1, 2021, at ten o'clock am.

**MELANIE M. Bell, Judge BY: MARCIA Wynne, Clerk PROBATE COURT NEWTON COUNTY, GA**

**PUBLIC NOTICE #119917**  
**2/14,21,28-3/7**

**CITATION**

**RE: ESTATE of EDDIE VESTER MAUGHON, Deceased**

**CHRISTIE OZBURN Executor** has petitioned to be discharged from Office and all Liability. All interested parties are hereby notified to show cause as to why said petition should not be granted. All objections must be in writing and filed with this Court on or before March 1, 2021, at ten o'clock am.

**MELANIE M. Bell, Judge BY: MARCIA Wynne, Clerk PROBATE COURT NEWTON COUNTY, GA**

**PUBLIC NOTICE #119918**  
**2/14,21,28-3/7**

**Corporations**

"NOTICE IS given that Articles of Dissolution for **CAPES WAREHOUSE, INC.** have been delivered to the Secretary of State for filing in accordance with the Georgia Business Corporation Code. The registered office of the corporation is PO Box 589, 2120 Washington Street, Covington, Georgia, 30014-0589, and the registered agent at such address is the Estate of Jerry Capes.

**PUBLIC NOTICE #119922**  
**2/14,21,28-3/7**

**Debtors Creditors**

**ALL CREDITORS** of the estate of **Peggy Lou Humphreys**, late of Newton County, deceased, are hereby notified to render their demands to the undersigned according to law, and all persons indebted to said estate are required to make immediate payment to:

**NAME OF Executor: KELLY RENEE McCormick**

**EXECUTOR'S ADDRESS: KELLY RENEE McCormick C/O SHANNON D. Sneed ATTORNEY AT Law P.O. BOX 1245 COVINGTON, GA 30015**

**THIS 1ST** day of February, 2021.

**PUBLIC NOTICE #118884**  
**02/7,14,21,28**

### NOTICE OF DEBTORS AND CREDITORS

**ALL CREDITORS** of the Estate of **Tim Lawson Robinson**, late of Newton County, deceased, are hereby notified to render in their demands to the undersigned according to law, and all persons indebted to said Estate are required to make immediate payment.

**THIS 3RD,** day of February, 2021

**CRISTI ROBINSON**  
**9055 PRESTIGE Lane**  
**GAINESVILLE, GA 30506**

**PUBLIC NOTICE #119928**  
**2/14,21,28-3/7**

### NOTICE TO DEBTORS AND CREDITORS

**NOTICE IS** hereby given to the debtors and creditors of the Estate of **MARY L. WOOD**, deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law.

**THIS THE 1st** day of February, 2021.  
**Steven A. Wood, 1431 Madison St, Grayson, GA 30017.**

**PUBLIC NOTICE #118885**  
**02/7,14,21,28**

### NOTICE TO DEBTORS AND CREDITORS

**ALL CREDITORS** of the estate of **JAMES W. NAY**, deceased, a resident of Newton County, Georgia, are hereby notified to render in their demands to the undersigned according to law, and all persons indebted to said estate are required to make immediate payment.

**THIS 22<sup>nd</sup>** day of February, 2021.

**JODY RHOADES Tomei EXECUTRIX OF THE Estate of James W. Nay**  
**405 STEVENSON Avenue**  
**AKRON, OH 44312**

**PUBLIC NOTICE #119984**  
**2/28-3/7,14,21**

### NOTICE TO DEBTORS AND CREDITORS

**NOTICE IS** hereby given to the debtors and creditors of the **Estate of BOBBY LEE SMITH, SR.**, deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law.

**THIS THE 27TH** day of January, 2021.

**DENNIS R. SMITH**  
**120 SHEPHERD DR**  
**COVINGTON, GA 30016**

**PUBLIC NOTICE #119908**  
**2/14,21,28-3/7**

### NOTICE TO DEBTORS AND CREDITORS

**NOTICE IS** hereby given to the debtors and creditors of the **Estate of BRANDACE LESLIE, SR.**, deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative

according to law.  
**THIS THE 9TH** day of February, 2021.

**CHERYL B. HILL**  
**303 SALEM GLEN WAY**  
**CONYERS, GA 30013**

**PUBLIC NOTICE #119939**  
**2/14,21,28-3/7**

**NOTICE TO DEBTORS AND CREDITORS**

**NOTICE IS** hereby given to the debtors and creditors of the **Estate of BRANDON L. COOK.**, deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law.  
**THIS THE 27TH** day of January, 2021.

**DEBORAH COOK**  
**480 HINTON CHASE PARKWAY**  
**COVINGTON, GA 30016**

**PUBLIC NOTICE #119907**  
**2/14,21,28-3/7**

**NOTICE TO DEBTORS AND CREDITORS**

**NOTICE IS** hereby given to the debtors and creditors of the **Estate of CAROLE WEEKS PRATT.**, deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law.  
**THIS THE 1ST** day of February, 2021.

**SUSAN P. MITCHELL**  
**P.O. BOX 229**  
**MONTICELLO, GA 31064**

**PUBLIC NOTICE #119912**  
**2/14,21,28-3/7**

**NOTICE TO DEBTORS AND CREDITORS**

**NOTICE IS** hereby given to the debtors and creditors of the **Estate of DALTON LLOYD KNOX.**, deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law.  
**THIS THE 2ND** day of February, 2021.

**MELISSA MCCARTHY**  
**3701 DIXIE RD**  
**COVINGTON, GA 30014**

**PUBLIC NOTICE #119913**  
**2/14,21,28-3/7**

**NOTICE TO DEBTORS AND CREDITORS**

**NOTICE IS** hereby given to the debtors and creditors of the **Estate of EBBIE D. SYPHOE.**, deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law.  
**THIS THE 16TH** day of February, 2021.

**MICHAEL SYPHOE**  
**6105 EBERHARDT ST**  
**COVINGTON, GA 30014**

**PUBLIC NOTICE #119971**  
**2/28-3/7,14,21**

**NOTICE TO DEBTORS AND CREDITORS**

**NOTICE IS** hereby given to the debtors and creditors of the **Estate of GAIL JEAN ADAMS.**, deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law.  
**THIS THE 22ND** day of February, 2021.

**CYNTHIA GOODING**  
**1439 STATION RIDGE DR**  
**LAWRENCEVILLE, GA 30045**

**PUBLIC NOTICE #200000**  
**2/28-3/7,14,21**

**NOTICE TO DEBTORS AND CREDITORS**

**NOTICE IS** hereby given to the debtors and creditors of the **Estate of ISSAC RAY SNOWDEN JR.**, deceased, late of Newton County,

Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law.  
**THIS THE 16TH** day of February, 2021.

**MONIQUE R. SNOWDEN**  
**55 DEARING WOODS LN**  
**COVINGTON, GA 30014**

**PUBLIC NOTICE #119972**  
**2/28-3/7,14,21**

**NOTICE TO DEBTORS AND CREDITORS**

**NOTICE IS** hereby given to the debtors and creditors of the **Estate of JEAN PAMELA ANDERSON.**, deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law.  
**THIS THE 10TH** day of February, 2021.

**ELIZABETH POPE**  
**PO BOX 30**  
**COVINGTON, GA 30015**

**PUBLIC NOTICE #119967**  
**2/28-3/7,14,21**

**NOTICE TO DEBTORS AND CREDITORS**

**NOTICE IS** hereby given to the debtors and creditors of the **Estate of JOHN FORREST COLLINS.**, deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law.  
**THIS THE 2 ND** day of February, 2021.

**RITA A. COLLINS**  
**890 BETHANY RD**  
**COVINGTON, GA 30016**

**PUBLIC NOTICE #119909**  
**02/14,21,28-3/7**

**NOTICE TO DEBTORS AND CREDITORS**

**NOTICE IS** hereby given to the debtors and creditors of the **Estate of JOYCE O. DYAR.**, deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law.  
**THIS THE 20TH** day of January, 2021.

**WANDA CHATHAM**  
**243 BINGHAM ROAD SW**  
**CARTERSVILLE GA 30120**

**PUBLIC NOTICE #119915**  
**2/14,21,28-3/7**

**NOTICE TO DEBTORS AND CREDITORS**

**NOTICE IS** hereby given to the debtors and creditors of the **Estate of KENNETH DAVID POPE.**, deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law.  
**THIS THE 9TH** day of February, 2021.

**WANDA POPE**  
**846 CAMPBELL RD**  
**COVINGTON, GA 30014**

**PUBLIC NOTICE #119938**  
**2/14,21,28-3/7**

**NOTICE TO DEBTORS AND CREDITORS**

**NOTICE IS** hereby given to the debtors and creditors of the **Estate of LARRY RAY DELAMAR.**, deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law.  
**THIS THE 29TH** day of January, 2021.

**BOBBIE A. DELAMAR**  
**241 CROWELL RD**  
**COVINGTON, GA 30014**

**PUBLIC NOTICE #119911**  
**2/14,21,28-3/7**

**NOTICE TO DEBTORS AND CREDITORS**

**NOTICE IS** hereby given to the debtors and creditors of the **Estate of MARGARET JENNE ADAMS.**, deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law.  
**THIS THE 29TH** day of January, 2021.

**TIMOTHY ADAMS**  
**P.O. BOX 1026**  
**COVINGTON, GA 30015**

**PUBLIC NOTICE #119910**  
**2/14,21,28-3/7**

**NOTICE TO DEBTORS AND CREDITORS**

**NOTICE IS** hereby given to the debtors and creditors of the **Estate of MARGARET STIGGERS.**, deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law.  
**THIS THE 11TH** day of February, 2021.

**BRIAN N. STIGGERS**  
**65 SPRINGFIELD DR**  
**COVINGTON, GA 30016**

**PUBLIC NOTICE #119970**  
**2/28-3/7,14,21**

**NOTICE TO DEBTORS AND CREDITORS**

**NOTICE IS** hereby given to the debtors and creditors of the **Estate of MARGIE MARIE JEFFREYS.**, deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law.  
**THIS THE 23RD** day of February, 2021.

**LINDA HARALSON**  
**1258 WEST MACEDONIA CHURCH**

**RD**  
**OXFORD, GA 30054**

**PUBLIC NOTICE #119997**  
**2/28-3/7,14,21**

**NOTICE TO DEBTORS AND CREDITORS**

**NOTICE IS** hereby given to the debtors and creditors of the **Estate of MARTHA JANE ROBERTS.**, deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law.  
**THIS THE 16TH** day of February, 2021.

**DEBORAH JEAN ROBERTS**  
**104 DUCATI DR**  
**MCDONOUGH, GA 30252**

**PUBLIC NOTICE #119969**  
**2/28-3/7,14,21**

**NOTICE TO DEBTORS AND CREDITORS**

**NOTICE IS** hereby given to the debtors and creditors of the **Estate of MARY ANN FUCHS.**, deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law.  
**THIS THE 2ND** day of February, 2021.

**DIANA M. WRIGHT**  
**1200 SKYLINE DR**  
**COVINGTON, GA 30014**

**PUBLIC NOTICE #119916**  
**2/14,21,28-3/7**

**NOTICE TO DEBTORS AND CREDITORS**

**NOTICE IS** hereby given to the debtors and creditors of the **Estate of PLEAS EWING HAYS.**, deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law.  
**THIS THE 17TH** day of February, 2021.

**FRED HAYS**  
**1156 WOODLAWN RD**  
**MANSFIELD, GA 30013**

**PUBLIC NOTICE #119999**  
**2/28-3/7,14,21**

**NOTICE TO DEBTORS AND CREDITORS**

**NOTICE IS** hereby given to the debtors and creditors of the **Estate of RALPH MATTHEW JOHNSON, JR. a/k/a, RALPH JOHNSON** deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law.  
**THIS THE 16TH** day of February, 2021.

**REBECCA CREECH**  
**985 SEWELL RD**  
**MANSFIELD, GA 30055**

**PUBLIC NOTICE #119968**  
**2/28-3/7,14,21**

**NOTICE TO DEBTORS AND CREDITORS**

**NOTICE IS** hereby given to the debtors and creditors of the **Estate of ROBERT GEORGE PINKNEY JR.**, deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law.  
**THIS THE 19TH** day of February, 2021.

**BELINDA PINKNEY**  
**811 JUNIPER ST. APT 1507**  
**ATLANTA, GA 30308**

**PUBLIC NOTICE #119998**  
**2/28-3/7,14,21**

**NOTICE TO DEBTORS AND CREDITORS**

**NOTICE IS** hereby given to the debtors and creditors of the **Estate of SARAH PRATT MOORE.**, deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law.  
**THIS THE 24TH** day of February, 2021.

**ROERT T. MOORE**  
**4401 NW 13TH AVE**  
**POMPANO BEACH, FL 33064**

**PUBLIC NOTICE #119996**  
**2/28-3/7,14,21**

**NOTICE TO DEBTORS AND CREDITORS**

**NOT**



# LEGALS:

## Continued from A5

STATE OF GEORGIA COUNTY OF NEWTON

IN RE: ESTATE OF MICHAEL OMAR WARREN, DECEASED.

ALL CREDITORS of the estate of Michael Omar Warren, deceased, late of Newton County, are hereby notified to render their demands to the undersigned according to law, and all persons indebted to said Estate are required to make immediate payment to:

JAMES HUNTER WARREN, ADMINISTRATOR OF the Estate of Michael Omar Warren C/O CARRIE L. Bootcheck, Esq. WALDROP & Bootcheck, LLC 861 COMMERCE Drive CONYERS, GA 30094

THIS 15TH day of February, 2021

PUBLIC NOTICE #119986 2/28-3/7,14,21

### Divorces

IN THE SUPERIOR COURT OF NEWTON COUNTY STATE OF GEORGIA

DEMETRIUS JULIAO PLAINTIFF,

-VS- TONNY JULIAO DEFENDANT.

CIVIL ACTION No.: 2021-CV-369-1

### NOTICE OF PUBLICATION

TO: TONNY JULIAO 380 WISTERIA BLVD COVINGTON, GA 30016

BY ORDER of the court for service by publication dated FEBRUARY 1, 2021you are hereby notified that on JFEbruary 13, 2021(date of filing) DEMETRIUS JULIAO(plaintiff) filed suit against you for Divorce .

YOU ARE required to file an answer in writing within sixty (60) days of the date of the order for publication with the clerk of the Superior Court of Newton County and to serve a copy of the answer upon the plaintiff (if pro se) or upon the plaintiff's attorney (if represented).

WITNESS THE Honorable JEFFERY W. FOSTER, Judge Superior Court of Newton County.

THIS, THE 1ST day of FEBRUARY Y 2021.

LINDA D. Hays CLERK OF Superior Court

PUBLIC NOTICE #119924 2/14,21,28-3/7

IN THE SUPERIOR COURT OF NEWTON COUNTY STATE OF GEORGIA

EBONIE JOHNSON PLAINTIFF,

-VS- RONALD TAYLOR DEFENDANT.

CIVIL ACTION No.: 2021-CV-62-2

### NOTICE OF PUBLICATION

TO: RONALD TAYLOR 5152 HERITAGE OAKS CT HIRAM, GA 30141

BY ORDER of the court for service by publication dated JANUARY 29, 2021 you are hereby notified that on JANUARY 11, 2021(date of filing) EBONIE JOHNSON (plaintiff) filed suit against you for Divorce .

YOU ARE required to file an answer in writing within sixty (60) days of the date of the order for publication with the clerk of the Superior Court of Newton County and to serve a copy of the answer upon the plaintiff (if pro se) or upon the plaintiff's attorney (if represented).

WITNESS THE Honorable JOHN M. OTT, Judge Superior Court of Newton County.

THIS, THE 12th day of JANUARY 2021.

LINDA D. Hays CLERK OF Superior Court

PUBLIC NOTICE #118890 2/7,14,21,28

IN THE SUPERIOR COURT OF NEWTON COUNTY STATE OF GEORGIA

BIANCA L. BONNER PETITIONER,

V.

ADONIS D. BONNER RESPONDENT.

CIVIL ACTION NO.: SUCV2020001962

### NOTICE OF PUBLICATION

BY ORDER for Service by Publication dated the 5th day of February, 2021, you are hereby notified that on the 28th day of September, 2020 the Petitioner herein filed suit against you for Divorce.

YOU ARE required to file with the Clerk of the Superior Court of DeKalb County, and to serve upon the Petitioner's Attorney, Manchilo Guadie, Inc., 6157 Memorial Drive, Stone Mountain, GA 30083, an answer in writing within sixty (60) days of the date of the Order of Publication.

WITNESS THE Honorable JEFFREY L. FOSTER Judge of this Court.

THIS 5TH day of February, 2021.

PUBLIC NOTICE #119929 2/14,21,28-3/7

### DUI - Second

SECOND/SUBSEQUENT DUI CONVICTION



NAME: JAMES WESLEY BROOKS

ADDRESS:6130 GEIGER ST,

COVINGTON, GA 30014

DATE OF ARREST: DECEMBER 24, 2019

DATE OF OFFENSE: DECEMBER 24, 2019

TIME OF OFFENSE:1:53PM PLACE OF OFFENSE: OLD ATLANTA HWY @ WEST ST DISPOSITION: P L E A OF GUILTY-DEFENDANT IS SENTENCED TO A TOTAL OF 3 YEARS PLUS 24 MONTHS W/ THE FIRST 2 YEARS TO BE SERVED IN CONFINEMENT AND THE REMAINDER TO BE SERVED ON PROBATION- \$2,025.00 IN FINES PLUS ALL APPLICABLE STATUTORY FEES AND SURCHARGES - DEFENDANT SHALL PERFORM 40 HOURS OF COMMUNITY SERVICE & SHALL ATTEND AND COMPLETE A DUI RISK REDUCTION CLASS

SENTENCE DATE: JANUARY 27, 2021

NAME OF COURT: SUPERIOR COURT OF NEWTON COUNTY, GEORGIA

PUBLIC NOTICE #119988 2/28

### Name Changes

IN THE SUPERIOR COURT OF NEWTON COUNTY STATE OF GEORGIA

IN RE the Name Change of:

CHAMADINE SAMUELS PETITIONER CIVIL ACTION File Number: 2021-CV-173-2

### NOTICE OF PETITION TO CHANGE NAME OF ADULT

CHAMADINE SAMUELS filed a petition in the Newton County Superior Court on JANUARY 25, 2021to change the name from CHAMADINE SAMUELS to CHAMADINE HAMILTON. Any interested party has the right to appear in this case and file objections within 30 days after Petition was filed.

DATED JANUARY 25, 2021

CHAMADINE SAMUELS 95 LOGANS RUN COVINGTON, GA 30016

PUBLIC NOTICE #119923 2/14,21,28-3/7

IN THE SUPERIOR COURT OF NEWTON COUNTY STATE OF GEORGIA

IN RE: JASMINE ALEXIS NORRIS, A minor child.

NOTICE OF PETITION TO CHANGE NAME

NOTICE IS hereby given that MELISSA KITCHO, has filed her petition in the Superior Court of Newton County, Georgia on the 2nd day of February, 2021, praying for a change in the name of the petitioner's minor child from JASMINE ALEXIS NORRIS to JASMINE ALEXIS KITCHO. Notice is hereby given pursuant to law to any interested or affected party to appear in said Court and to file objections to such name change. Objections must be filed with said Court within 30 days of the filing of said petition.

CLERK, SUPERIOR Court NEWTON COUNTY, Georgia

PUBLIC NOTICE #118891 02/7,14,21,28

### NOTICE OF FILING OF NAME CHANGE PETITION

COMES NOW the Petitioner, VIRGINIA BROWN HARVEY, a/k/a BESSIE BROWN HARVEY, by and through counsel, who files this Notice to any interested or affected party to appear and file objections to her request for a name change from VIRGINIA BROWN HARVEY a/k/a BESSIE BROWN HARVEY to VIRGINIA BROWN HARVEY, such objections to be filed within thirty (30) days of February 8, 2021, the date of the filing of said Name Change Petition.

THIS 8TH day of February, 2021.

WILLIAM F. Todd, Jr. ATTORNEY FOR Petitioner P.O. BOX 80159 CONYERS, GA 30013 (770)860-1996

PUBLIC NOTICE #119955 2/21,28-3/7,14

### Public Hearings

### NOTICE OF PUBLIC HEARING

NOTICE IS hereby given that the Newton County Board of Commissioners will hold a public hearing to consider a proposed development agreement for property located at Newton County tax parcel ID Nos. 0134000000002000; 01340000000005C00; and 01340000000005000, and adjoining property in Morgan County and Walton County. THE PUBLIC hearing will occur on Tuesday, March 2, 2021, at 7:30 p.m. in the Newton County Historic Courthouse, located at 1124 Clark Street, Covington, Georgia 30014, Second Floor. The purpose of the public hearing shall be for public review. All Newton County residents and any other affected and/or interested persons are invited and encouraged to attend. A copy of the proposed agreement will be on file with the Clerk in the Newton County Historic Courthouse at 1124 Clark Street, Covington, GA 30014. NEWTON COUNTY Board of Commissioners

PUBLIC NOTICE #200001 2/28

### Public Notice

MODIFICATION TO CONDITIONS OF ZONING GEORGIA, NEWTON County A PETITION (MOD21-000001) HAS BEEN FILED WITH THE BOARD OF COMMISSIONERS

### CLUES ACROSS

1. Ancient Persian city
5. Spindles
11. Stake
12. Retrain
16. Close by
17. Commercial
18. One who publicly announces
19. American ballplayer
24. Junior's father
25. Go up or climb
26. Concern
27. When you hope to get there
28. Iacocca and Oswald are two
29. Plant of the lily family
30. Male college organization
31. National capital
33. Raccoonlike animal
34. Symbols of fertility
38. Astronomy unit
39. Series of ridges in anatomy
40. Hebrew leader
43. A portent of good or evil
44. Supreme goddess
45. Gelatinous substance
49. Engage in a contest
50. Famed ballplayer Ruth
51. Pledge
53. \_\_\_, denotes past
54. Revival
56. Spanish surname
58. Gold
59. Elsa's sister
60. Workplace
63. Large quantity of something
64. Engraved
65. Discount

## C R O S S W O R D

### CLUES DOWN

1. Shoe
2. Disquiet
3. Posture
4. Large nests
5. Soviet "Second Symphony" composer
6. Joins two pipes of different diameter
7. Exist
8. Overdose
9. Pleat of fabric
10. Predict the future
13. Burgeoning technology
14. Having made a valid will
15. Having no fixed course
20. \_\_\_ route

FOR A MODIFICATION TO THE CONDITIONS OF ZONING FOR THE PROPERTY BELONGING TO: THE ORCHARD GROUP OF GEORGIA LLC WHOSE SUBJECT PROPERTY ADDRESS/LOCATION "ORCHARD PARK" SUBDIVISION LOCATED ON RYAN WAY, BEING ON TAX MAP 79C PARCEL 121. APPLICANT IS REQUESTING TO MODIFY THE CONDITIONS OF ZONING TO CHANGE AN EXISTING 1.8 ACRES OF COMMERCIAL DESIGNATION TO A RESIDENTIAL DESIGNATION WITHIN AN EXISTING C.O.R.D. (COMMUNITY ORIENTED RESIDENTIAL DEVELOPMENT) KNOWN AS ORCHARD PARK. A PUBLIC HEARING WILL BE HEARD BY THE BOARD OF COMMISSIONERS ON THE: 16TH DAY OF MARCH, 2021 AT 7:30 PM THIS MEETING WILL BE HELD IN THE NEWTON COUNTY HISTORIC COURTHOUSE, 2ND FLOOR BOARDROOM. THOSE HAVING CONCERNS ABOUT THIS PETITION SHOULD ATTEND THIS MEETING.

PUBLIC NOTICE #119995 2/28

### NOTICE OF PUBLICATION

TO: NICHOLAS A. Tate 235 WLNNSTEAD Place COVINGTON, GEORGIA 30016

BY ORDEROF THE Court for service by publication dated February 16,2021 ,you are hereby notified that on July 7, 2020 (date of filing), Coopers Lake COA, Inc. (plaintiff) filed suit against you for MONEY DAMAGES

YOU ARE required to file an answer in writing within sixty (60) days of the date of the order for publication with the clerk of the Superior Court of Newton County and to serve a copy of the answer upon the plaintiff(ifpro se) or upon the plaintiff's attorney (if represented).

WITNESS, THE Honorable Layla H. Zon , Judge of the Superior Court of Newton County.

THIS, THE 16th day of February, 2021.

PUBLIC NOTICE #119985 2/28-3/7,14,21

### NOTICE TO THE PUBLIC

YOU ARE HEREBY NOTIFIED that on March 15, 2021, at 9:00 a.m., in the Morgan County Courthouse at 149 E. Jefferson Street, Madison, Georgia 30650, the presiding Judge of the Superior Court of Morgan County will hear the case of STATE OF GEORGIA vs. JOINT DEVELOPMENT AUTHORITY OF JASPER COUNTY, MORGAN COUNTY, NEWTON COUNTY AND WALTON COUNTY and BAYMARE LLC, Civil Action File No. 2021-SUCA-051, the same being proceeding to confirm and validate the Joint Development Authority of Jasper County, Morgan County, Newton County and Walton County (the "Issuer") for the purpose of financing the costs of acquiring, constructing, equipping, and installing a capital project, in one or more phases, consisting of certain land to be located in portions of Morgan County, Newton County, and Walton County, Georgia, together with improvements thereto and equipment thereon, including buildings, ancillary structures, infrastructure facilities, and associated personal property (the "Project"), for use as a data center and economic development project under Section 36-6-2(6)(N) of the Official Code of Georgia Annotated. The Project shall be owned by

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19				20	21			22	23				24	
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43				44						45	46	47	48	
49				50				51	52					
53			54					55						
56		57				58				59				
60					61	62				63				

21. Lethal dose
22. Indian musical pattern of notes
23. Athlete
27. Geological times
29. Atomic #21
30. In support of
31. Brew
32. Certificate of insurance
33. Taxi
34. Type of saying
35. For cigars
36. Phil \_\_\_, former CIA
37. Local area network
38. Gym class
40. Philippine Island
41. Not great or bad
42. Eastern part of NY state
44. Gov't lawyers
45. Constructions
46. Former British gold coin

47. Unkeyed
48. Rechristen
50. Threaten persistently
51. Southeast
52. Cools your home

54. Removes the leaves
55. Regretted
57. Thus
61. Relief organization (abbr.)
62. Exclamation of surprise

## LAST WEEK'S SOLUTION:

			I	B	M		C	H	O	S	E	N				
			S	E	I		M	A	D	A	M	E				
C	T		L	A	R			R	I	M	U					
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Metal Bed Frame, Toath, Julie B44 Weed-eater, Plastic Bins, Mini Fridge, Cooler. StJohn, Marlene A03 Heaters, Fans, Stand Up Lamp, Clothes. Martin SR., Terry S 1013 Mattress, Box Spring, Dresser, TV, Clothes. Roberts, Bradley 1027 Printer, Boxes, Clothes, Shoes. Stodghill, Derrick B71 Big Box, Wooden Pallets. The auction will be listed and advertised on lockerfox.com. Space Shop Self Storage may refuse any bid and may rescind any purchase up until the winning bidder takes possession of the personal property.

PUBLIC NOTICE #119927 2/21,28

### NOTICE OF PUBLIC AUCTION

A PUBLIC Auction for the non-PAYMENT OF storage fees at Speedy Storage will take place on Saturday, March 6, 2021 AT 10am located at 2222 HWY 212, Covington, GA. 30016

THE PERSONAL effects and household GOODS BELONGING to the following TENANTS, HAVING been properly notified, Will be sold for CASH to the highest bidder to satisfy the owner's lien for Rent due, in accordance with the Georgia Self Storage Act-, Section 10-1-210 to 10-4-215 THE PERSONAL effects and household goods belonging to THE FOLLOWING tenants.

SHENELLE BENNETT.....UNITS 66 & 121

PUBLIC NOTICE #119959 2/21,28

### Probate Notices

REPUBLICAN PARTY to Hold Precinct Caucus and County Convention

ON SATURDAY March 20, 2021, the Newton County Republican Party will convene Precinct Caucuses to elect Delegates and Alternate Delegates to the Newton County Republican Party Convention. ALL Newton County residents who are legally registered to vote and who believe in the principles of the Republican Party are eligible and encouraged to participate in the process. Location being The Lions Club Pavillion at Academy Springs at 3120 Conyers St. SE, Covington Ga. 30014, for precinct caucuses. With regards to the State of Emergency for COVID-19 and in compliance with the Governor's Executive Order 06.29.20.02 please refer to Newton County Party Web Site at http:// NewtonGAgop.org/ or Social Media page (https://www.facebook.com/ NewtonCountyRepublicanParty) for specific times for each precinct and other information including, without limitation, information for virtual events or changes in agenda.

THE NEWTON County Republican Party Convention will convene on April 17, 2021 at The Lions Club Pavillion at Academy Springs at 3120 Conyers St. SE, Covington Ga. 30014 to elect Delegates and Alternates to the Congressional District(s) Convention and State Convention. Additionally, the Convention will conduct all other business as necessary. Please again refer to Newton County Party Web Site at http:// NewtonGAgop.org/ or Social Media page (https://www.facebook.com/ NewtonCountyRepublicanParty) in the coming days for specific times and other information including, without limitation, information for virtual events or changes in agenda. \*Delegates and Alternates will be required to pay a fee of \$10.00, which will be used to cover costs of the county convention. The 4th & 10th Congressional District Conventions will convene in May, 2021, at such place to be

determined at a later date. The District Convention will be electing officers for the district and State Committee members for the next biennial. Delegates and Alternates will be required to pay a fee which is to cover the cost of the Convention.

THE GEORGIA Republican Party State Convention will convene at 2:00pm on Friday June 4, 2021, IN a location to be determined and will elect state party officers for the next biennial, in addition to conducting all other business as necessary. DELEGATES AND Alternates will be required to pay a fee, which is to cover the cost of the CONVENTION.

FOR FURTHER information contact Scott Jay, Chairman of the Newton County

REPUBLICAN PARTY at 770-788-9818

PUBLIC NOTICE #119983 2/28

### Trade Names

### CERTIFICATE OF INCORPORATION

CONTROL NUMBER : 21036099

I, BRAD Raffensperger, the Secretary of State and the Corporation Commissioner of the State of Georgia, hereby certify under the seal of my office that RIGHT @ Home Logistic Inc A DOMESTIC Profit Corporation 1112 Brookfield Drive, SE, Conyers, GA 30013 HAS BEEN duly incorporated under the laws of the State of Georgia on 01/12/2021 by the filing of article of incorporation in the Office of the Secretary of State and by the paying of fees as provided by Title 14 of the Official Code of Georgia Annotated. WITNESS MY hand and official seal in the City of Atlanta and the State of Georgia on 02/12/2021

PUBLIC NOTICE #119993 2/28-3/7,14,21

### TRADE NAME REGISTRATION AFFIDAVIT

GEORGIA, NEWTON COUNTY

TO WHOM It may Concern: PLEASE BE advised that M. INGRAM., whose address is20 WHISPERING PINE CT COVINGTON, GA 30016the owner(s) of the certain business now being carried on at in the following trade name, to-wit: A-1 GLASS that the nature of said business is: . GLASS INSTALLATION THIS STATEMENT is made in conformity with O.C.G.A. §10-1-490 et seq. requiring the filing of such statement with the Clerk of Superior Court of this county. THIS THE 22NDday of February 2021

PUBLIC NOTICE #119987 2/28-3/7,14,21

### TRADE NAME REGISTRATION AFFIDAVIT

GEORGIA, NEWTON COUNTY

TO WHOM It may Concern: PLEASE BE advised thatSHERITHA HUTCHINS., whose address is9101 CLEARVIEW DR, COVINGTON, GA 30014the owner(s) of the certain business now being carried on at in the following trade name, to-wit: NIKS STYLES & MORE that the nature of said business is: .SERVICE ESTABLISHMENT, EQUIPMENT AND SUPPLIES THIS STATEMENT is made in conformity with O.C.G.A. §10-1-490 et seq. requiring the filing of such statement with the Clerk of



Piedmont Newton Hospital

# Roberts named hospital CFO

**STAFF REPORTS**  
news@covnews.com

COVINGTON, Ga. — Justin Roberts has been named chief financial officer (CFO) at Piedmont Newton Hospital, bringing with him more than 12 years' experience in the healthcare industry. "I am excited to welcome Justin to the Piedmont Newton team," said David Kent, chief executive officer (CEO) of Piedmont Newton. "His extensive knowledge in finance and his experience in healthcare will serve our organization well."



Justin Roberts

As CFO, Roberts will work alongside the Piedmont Newton leadership team to manage the hospital's financial performance, perform budgeting and forecasting analysis for hospital service lines and strategic growth opportunities, as well as manage waste reduction efforts and productivity standards. Prior to his role as CFO, Roberts served at Piedmont Athens Regional in Athens holding various roles. His responsibilities included improving accounts receivable (A/R) efficiencies and managing cash collection efforts for commercial, governmental and other payors before moving from the Revenue Cycle Department to Decision Support and Finance in

2012. He most recently served as the director of finance for Piedmont Athens, overseeing the financial operations and performance of a 359-bed, Level II trauma center that covers a 17-county service area as Piedmont's east clinical hub. "I am very thankful for the opportunity to join such a dedicated and talented team that's backed by the support of a community like Covington and Newton County," Roberts said. Roberts is a graduate of Georgia College & State University, where he earned a bachelor's degree in Business Administration. He earned a master's degree in Business/Healthcare Administration from Piedmont College.

## MURDER:

Continued from A1

A press release at the time stated that Newton County sheriff's deputies responded to a report of a person shot at 105 Sunflower Lane in Covington around 2 a.m. They found Townley in the front yard bleeding from an apparent gunshot wound. He was transported to an area hospital where he was pronounced dead, the release stated. The victim was reportedly involved in an argument with another male on the scene before Dugar fired a shot in the direction of the victim. She was reportedly arrested at the scene without incident, the release stated. District Attorney Randy McGinley said evidence presented at the trial showed that Dugar came outside

with two others, Aubrey Shane Dobbs and Juandrago Carter, before the incident occurred. Dobbs then confronted Sarah Smith and Townley, who were in Dobbs' vehicle, because Smith had not returned in the vehicle at the time Dobbs had told her to do so, McGinley said. Townley and Smith then got out of the vehicle in the driveway. At that time, statements made by Dugar on a deputy's body camera and testimony showed that Townley was running away from the vehicle and was in the front yard when Dugar shot him, McGinley said. Superior Court Judge Cheveda McCamy presided over the bench trial — which is a

trial in front of only a judge rather than a jury. McCamy also presided over the sentencing. Dugar was convicted of Felony Murder, Aggravated Assault, and Possession of a Firearm During the Commission of a Felony. McCamy sentenced her to life in prison. McGinley and Senior Assistant District Attorney Bailey Wilkinson prosecuted the case with assistance from Investigator Jill Lumpkin, Victim Advocate Cindy Hooper, and Legal Assistant Desiree Kozikowski. Newton County Sheriff's Office investigated the case. Expert witnesses from the Georgia Bureau of Investigation also participated in the trial, McGinley said.

## CORONER:

Continued from A1

petition to the Council that sought Coroner Dorothea Bailey-Butts' removal from office. The events listed in the petition by County Manager Lloyd Kerr occurred before she completed training earlier this month, Stanley said. "The things that happened there in January, before she went to school, we have no jurisdiction over at this time," Stanley said. "By the time she finished school and got out of her class in Forsyth, from that point forward, anything that comes in we can deal with," he said. Bailey-Butts completed her first state training class in Forsyth Feb. 13, her attorney said. Stanley added that the Council was "waiting to see" if any other action is required on new complaints since

she completed her training class. Shawn Conroy, spokesperson for Attorney General Chris Carr, said he was unable to provide more information on the advice his office gave the Council. The attorney general's office represents the Training Council and other state agencies in legal matters. "Any legal advice given to the council or the council members is protected from release by attorney-client privilege," Conroy said. Stanley has said the Council only had the power to remove Bailey-Butts' certification — which was only gained through training from the state government. Any action on her removal would require the governor to initiate an investigation, leading to a hearing

before a Superior Court judge who would have the ultimate power to remove her. Bailey-Butts' attorney, Wayne Kendall, said he was not surprised because it "really didn't make sense" that she should be disciplined for actions she took before she was properly trained. "All this uproar is uproar for nothing," he said. Kendall said he likely will be contacting the county attorney this week to request the petition be withdrawn. A county spokesman did not immediately respond to a request for comment today. However, the county government has a policy of its officials not commenting on pending litigation. Kerr's petition to the Coroners Training Council sought an emergency injunction

Newton County Jail

# Inmate, guard treated after scuffle

By **TOM SPIGOLON**  
tspigolon@covnews.com

COVINGTON, Ga. — A local woman says she plans to file a complaint with the Newton County Sheriff's Office for alleged mistreatment of her granddaughter inside the jail after the teen and a guard were involved in a fight Tuesday. However, a sheriff's office spokesperson said an internal investigation is being done to determine if assault charges should be placed against the inmate. June Murphy said she was told her granddaughter, 18-year-old Tania Murphy, was roughed up by detention officers Tuesday night after being ordered into lockdown at the county jail on Alcovy Road.

Murphy and her son, Keith, who is the inmate's father, said another inmate called them and told them Tania had been hurt and was bleeding after an altercation with guards Tuesday night. Sheriff's Office spokesperson Caitlin Jett said the incident occurred Tuesday between 10 and 10:30 p.m. when inmate Tania Murphy refused "lockdown" — a term meaning "restricted movement." "As one of our detention officers were attempting to get her back in her cell, she assaulted the detention officer," Jett said. "Murphy and our detention officer both received minor scratches as a result of the incident. Following the incident, Murphy and our detention officer

promptly received medical attention," she said. Jett said an internal investigation is being conducted. "The Newton County Sheriff's Office is currently making the decision whether or not to charge Murphy for the assault," she said. June Murphy said guards had used a taser on her granddaughter in the past. She said she traveled to the jail after the incident and was told Tania received medical care after the altercation. Records indicate Tania Murphy was arrested in September on an aggravated assault charge. She went before a judge Oct. 1 and a bond was set, but she was arrested again and held in the jail since Dec. 14 after a judge revoked the bond.

court personnel and bailiffs, wore masks. Witnesses, while testifying, wore clear masks or face shields. Bailiffs sanitized the witness stand in between each witness and the entire courtroom each day, he said.

"We are striving every day to ensure that we continue to effectively, efficiently and safely (handle) cases in court," McGinley wrote.

## BUSINESS DIRECTORY

### RETAIL

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**More Than Just Sneakers!**

**2233 GA Highway 20 | Conyers, GA 30013**

**info@shopsneakerasylum.com**

**www.shopsneakerasylum.com**

## AUTOMOTIVE

### JUST AUTO CAR CARE

**NEW LOCATION!**  
Less than 10 miles from previous location.

**5723 Hwy 138 SW**  
**Oxford GA 30054**

**770-679-0227**

**MONDAY-FRIDAY 8:30AM-6PM**  
**SATURDAY 9AM-2PM**

**OIL CHANGE**

**\$16.99** Out The Door

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## CHARGES:

Continued from A2

but were transported to Piedmont Walton Hospital. Bartmess had suspected serious injuries and was transported by Air Life 6 helicopter to

Atlanta Medical Center. All had to be extricated from the vehicles. Test results earlier this month showed Bartmess had a BAC of

0.159%, the report stated. The case was turned over to the Newton County District Attorney's Office for prosecution.



# AGRICULTURE

The Covington News

## Bring back bees and their benefits



Metro Creative Services  
**Bees are beneficial for yards. Gardener's Supply Company says one out of every three bites of food humans take depends on a pollinator. That's because about 150 crops grown in the United States depend on pollinators.**

### SPECIAL TO THE NEWS

news@covnews.com

Bees, birds and butterflies play integral roles in pollinating many of the crops humans rely on for sustenance. The National Pollinator Garden Network, through the National Wildlife Federation, recently launched the Million Pollinator Garden Challenge, an effort to increase the amount of nectar and pollen food sources as the organization aims to reverse the alarming decline of pollinators such as honey bees, native bees and monarch butterflies.

Many people are afraid of bees because of their propensity to sting. Unlike their wasp and yellow-jacket cousins, honeybees and bumblebees are much more docile and content to hop from bloom to bloom without paying humans any mind. The only time such bees may resort to stinging is if someone inadvertently steps on them.

Bees are beneficial for yards. Gardener's Supply Company says one out of every three bites of food humans take depends on a pollinator. That's because about 150 crops grown in the United States depend on pollinators. Even though there are 4,000 species of native or wild bees in the continental United States, many populations are in decline. According to the Pollinator Partnership, various areas of North America have

lost more than 50% of their managed honeybee colonies in the past 10 years.

Bringing these important pollinators back will take a little work, but it is possible.

- Plants that offer cover can be attractive to bees that desire a respite from the sun and heat. Coleus and other ground cover offerings can be handy.

- Offer water in shallow dishes, as even bees need a cool drink to stay hydrated.

- Bees like various plants, so plant more than one species. Some plants that bees tend to like include alyssum, aster, geranium, bee balm, poppies, and clover.

- When planting, include some native species.

- Brush piles, dry grasses and dead woods offer nesting areas for bees.

- The Gardener's Supply Company also says that bees find blue, purple and yellow flowers most appealing. Opt for more of these hues when planning gardens.

- Above all, avoid using pesticides in the yard. Even organic ones can be toxic to bees and other pollinators, and they may contribute to colony collapse disorder.

With these techniques in mind, homeowners can attract more bees to their yards and gardens, which can benefit bees and humans alike.

## 3 perennial gardening pointers

### SPECIAL TO THE NEWS

news@covnews.com

Gardening is an engaging hobby that can provide a host of benefits, some of which may surprise even the most devoted gardeners. For example, the Harvard Medical School notes that just 30 minutes of gardening activities burns 135 calories, making gardening a fun and simple way to incorporate more exercise into your daily routine. In addition, scientists have long proven that gardening releases the



Metro Creative Services  
**Local garden centers can be excellent resources for gardeners planting perennial gardens for the first time.**

hormones serotonin and dopamine in the brain, each of which are associated with improved mood.

Perennial gardens can

be especially attractive to seasoned gardeners and novices. Perennials are plants that come back year after year, and committing to a perennial

garden can ensure people stick with gardening for the long haul, reaping all of the rewards that come with making such a commitment.

Before planting a perennial garden, those new to gardening may want to consider these three tips.

1. Make a plan.

A perennial garden comes back year after year, which means any mistakes you make when planting are likely to haunt you year after year as well. Factors like space and location must be considered before planting. Many gardeners utilize garden planning applications like GrowVeg to make the process of planning a garden simpler and more organized.

2. Consider aesthetics.

Gardens can be awe-inspiring, especially when gardeners consider aesthetics prior to planting. The DIY Network advises gardeners to consider scale before choosing which perennials to plant. Tall plants and wide beds tend to look best outside large homes, while short plants in small beds tend to look better outside small homes.

3. Work with a professional.

Local garden centers can be excellent resources when planning perennial gardens. Representatives at such businesses can offer tips on native plants, which will be more likely to thrive year after year than non-natives. Such representatives also can help you choose the right plants based on the amount of sunlight the plants will likely get after being planted. These factors could be overlooked by people without much gardening experience.

## How to help local wildlife

### SPECIAL TO THE NEWS

news@covnews.com

As the world's population has increased, so, too, has the need to accommodate such growth. Areas that were wild as recently as 100 years ago may have long since been overrun by housing and urban development, leaving little space for local wildlife to call home.

According to the World Wildlife Federation's "Living Planet Report 2018," populations of mammals, birds, fish, reptiles, and amphibians declined by 60% in the roughly 40 years prior to the report's release. The WWF notes that the primary threats to wildlife populations, which include habitat loss and degradation, can be directly linked to human activities.

If human activities contributed to the decline of wildlife populations, then there's hope that human activities also can spur the return of such populations. The Animal Welfare Institute notes that the following are some things that ordinary citizens can do to help local wildlife.

- Write to local and national government officials and encourage them to support and/or introduce policies that protect wildlife.


- Plant native species. Native species of flowers, trees and bushes provide food and shelter to local wildlife. When designing landscapes and gardens, speak with a local lawn and garden professional about which species are native to your area and do your best to plant those species.

- Reduce the amount of lawn in your yard. A pristine lawn can be eye-catching, but lawns do not provide significant food and shelter to local wildlife. Garden beds, native plants and flowers provide both aesthetic appeal and food for local wildlife.

- Embrace a new approach to fall cleanup. A wildlife-friendly approach to fall cleanup can benefit local animals and save homeowners the hassle of fall cleanup. For example, insect-eating birds can survive an entire winter by consuming insects that spend their winters on dead plant stems. Homeowners can speak with a local lawn and garden center to determine wildlife-friendly ways to approach fall cleanup in their yards.

- Volunteer with local environmental organizations. Organizations may sponsor a host of programs that can benefit local wildlife, such as beach cleanups, invasive plant removal projects and native plant planting days.

Taking steps to protect local wildlife can be a great way to restore local ecosystems and wildlife populations.



## Agriculture in Georgia


### Firsts

- Georgia was the first state to charter a state university – The University of Georgia – founded in 1785. It is also the state's land grant university.
- Georgia was the first state to create a state department of agriculture.
- The first agricultural experiment farm and state were established in Savannah in 1735.

**To learn more about Georgia agriculture and how to become a Farm Bureau member, go to [www.gfb.org](http://www.gfb.org)**

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# SPORTS

The Covington News

## Prep Baseball

# Eagles rally late to walk-off Jones County in home opener

Mitchell strikes out 16 over six scoreless frames

By MASON WITTNER  
mwittner@covnews.com

COVINGTON, Ga. — Through the first six innings of Eastside's home opener against Jones County on Thursday, neither club could buy offensive production.

The pitcher's duel saw the teams combine for just two hits before speeding into the seventh inning with no runs on the board.

The Eagles were the first team to blink, resulting in Jones County scoring the first run of the night. But less than 10 minutes later, it was the home team dancing on the left side of the infield in celebration of victory.

At the plate with a pair of runners in scoring position and one out, Eastside junior Kyle Shivers bounced a double over the pitcher's mound and into shallow center field, driving in a pair of runs to give the Eagles a

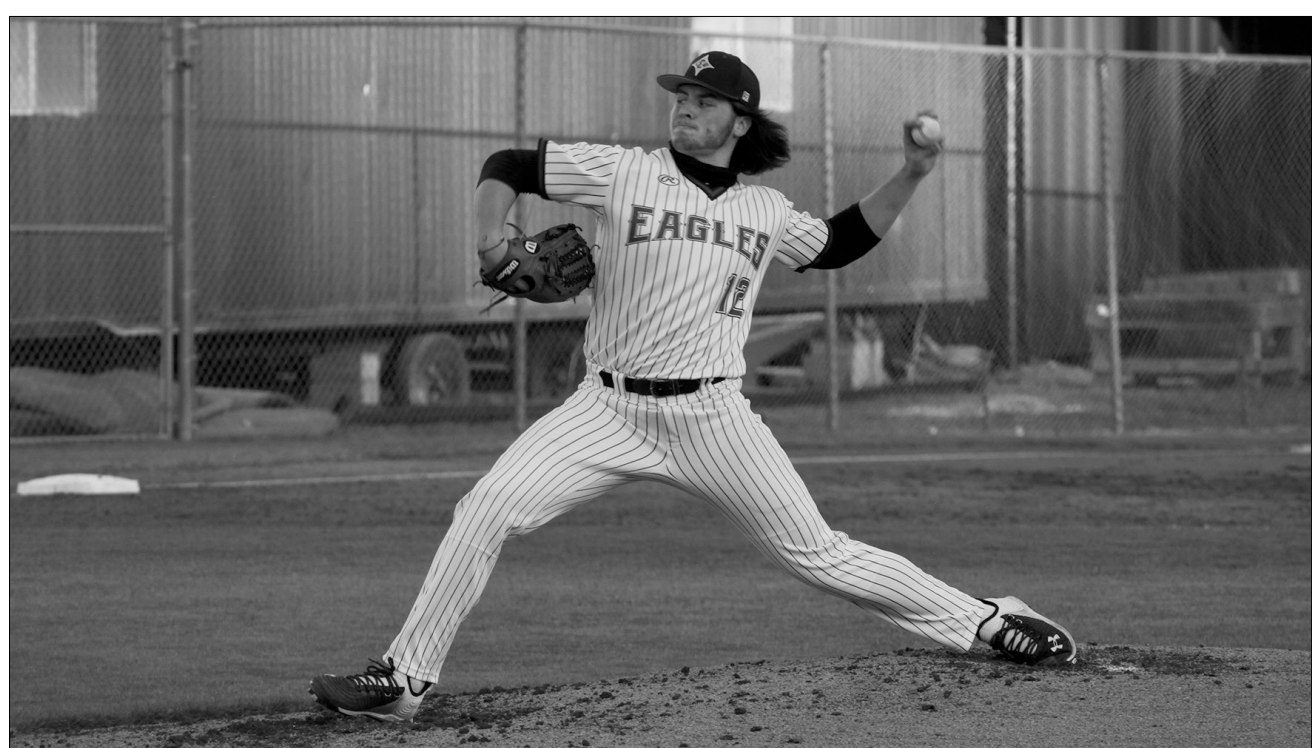
2-1 victory in walk-off fashion.

"That was fun. That was a lot of fun," Eastside head coach Brandon Crumbley said. "We found a way to win a ballgame. Early in the year that's good to see because a lot of times that doesn't happen. I'm proud of the kids for not quitting, and for finding a way to push two across and win right there."

A bat ultimately delivered the win for the Eagles (3-2), but it was an arm that put them in position.

Senior left-hander Cade Mitchell was brilliant on the mound, striking out 16 while allowing just one hit and issuing one walk over six scoreless innings. He was quick and efficient, finishing the night on just 82 pitches, 63 of which were strikes.

"That's the best I've seen [Cade] in the three years I've gotten to watch him pitch," Crumbley said. "That was a pretty special performance. It kind of flew under the radar



Senior left-hander Cade Mitchell struck out 16 batters over six scoreless innings to place Eastside in position to take down Jones County in the seventh inning Thursday night.

because he pitched so quickly, but that was probably the best performance I've seen out of him in his career."

The veteran southpaw was visibly locked in from his first pitch of the night. He attributed his success to his methodical approach and ability to block out noise.

"I tried to stay calm and a lot more fluid,

and I really got in a zone where I couldn't hear anything, couldn't feel anything," Mitchell said. "I just took it pitch by pitch."

Senior Ethan Booth took over on the mound for the Eagles in the seventh inning. Jones County's John Alan Richter led off the frame with a double and moved up to third base on a sacrifice bunt.

Ben Gordon then roped a line-drive single to right field, driving in the first run of the night.

Gordon was caught trying to steal second base, and Colin Chapman flied out to center field to end the frame.

Eastside's seventh-inning rally began when senior Tanner Middlebrooks reached base on error by Jones County

second baseman Kendal Wood. Junior Slade Holloway followed with a single to right. The pair advanced to second and third, respectively, on defensive indifference during Shivers' game-winning at-bat.

The Eagles will be back in action Saturday, Feb. 27, as they host Jackson at 3:30 p.m.

Mason Wittner | The Covington News

# Red-hot offense fuels Rams to back-to-back victories

By MASON WITTNER  
mwittner@covnews.com

COVINGTON, Ga. — Newton's offense picked up right where it left off against Stockbridge on Tuesday and Wednesday against Monroe Area and Jasper County.

The Rams (3-2) reached double figures in the run column for the second and third consecutive games as they pushed over .500 on the season with triumphs over the Monroe Area Hurricanes (11-3) and Jasper County Hurricanes (9-7) on their home diamond.

"We carried the momentum from the Stockbridge win on Saturday," head coach Darrell Helm said. "The bats definitely came alive, stayed hot."

Newton is off to a scorching hot start at the plate in 2021. Despite being shut out by Prince Avenue over the weekend, the Rams have driven in 41 runs through five games.

After working a hitless top of the opening frame, Newton went straight to work in the bottom of the first inning. Senior Zion Ross drew a leadoff walk on five pitches, worked his way around the diamond to third base on a pair of outs, and later sprinted home on a passed ball to give the Rams a 1-0 lead.

The Hurricanes struck back an inning later as junior Chris Rahl lined an RBI double to the warning track in straightaway center field, tying the game at 1.

From then on, however, the game would belong to the Rams.

Newton capitalized on a pair of fielding



Mason Wittner | The Covington News

Newton piled on the offense in an 11-3 victory over Monroe Area on Tuesday and 9-7 win over Jasper County. The Rams have now plated 37 runs in their last three games.

blunders in the third inning, allowing Demetres Jackson and Will Standard to score. A pair of passed balls and a single off the bat of Jackson resulted in three runs in the third inning, pushing Newton's advantage out to 6-1. Senior Tyler Bell then came to the plate with a pair of runners in scoring position and belted a sacrifice fly to deep left field, plating a run that made it 7-1.

Newton tacked on

two more runs in the fifth and sixth innings, respectively, to put the game away.

Standard, the senior right-hander, produced an efficient outing on the mound for the Rams. He finished the day having allowed three runs — only one of which was earned — on six hits while striking out five and walking one. But what was perhaps most notable was that he was able to accomplish that line on

just 79 pitches.

"Will was a beast [Tuesday.] He came in and did exactly what I needed him to do," Helm said. "He threw

strikes and let the defense play behind him. I'm very impressed with my senior."

The Rams exacted revenge on Wednesday when they welcomed Jasper County to town. The Hurricanes handed Newton a season-opening, 7-4 loss on Wednesday, Feb. 17. In the rematch, it Newton that had the last laugh.

The Hurricanes plated five runs in the first two innings, building up another lead. But with two outs away in the home half of the third, junior Jevarra Martin Jr. belted

a two-run shot over the right-field fence to tie the game at 5.

Martin's home run sparked the Ram offense, which produced the go-ahead run in the fourth inning before plating a pair in the fifth and another in the sixth.

Newton will try to keep its bats hot next week during its home-and-home non-region series with Jackson. The Rams will host the Red Devils Monday, March 1, at 5:30 p.m. before traveling to them on Tuesday, March 2, for a game at 5:55 p.m.

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**Your contributions are very much appreciated!**



Prep Basketball

# No. 2 Rams trample No. 3 Colquitt County

By **MASON WITTNER**  
mwittner@covnews.com

COVINGTON, Ga. — It was smooth sailing Newton in the first round of the Class AAAAAA state playoffs Wednesday night.

The No. 2 seed Rams welcomed third-seeded Colquitt County to their home gym and made quick work of the Packers, rolling to an 82-32 victory.

After being held off the scoresheet in the opening quarter, junior T.J. Clark caught fire in the second. He went on to pour in a game-high 23 points despite sitting for the majority of the final period. Clark was joined in double figures by sophomore Marcus “M.J.” Whitlock, who finished with 19 points.

Clark and Whitlock led the way, but Newton’s offensive potency can be attributed to a team effort. By night’s end, 11 different Rams found the bottom of the net.

What ended as a high-scoring affair began as a lethargic chess match as both teams stumbled out of the gate. Newton knocked down just



Anthony Banks | The Covington News

**Newton’s Qua Brown throws down a dunk on an alley-oop pass from Stephon Castle during the first round of the Class AAAAAA State Playoffs against Colquitt County.**

two shots in the first three minutes of action, slowly working its way to an 11-7

lead by the end of the first quarter.

“We’re in Georgia. This is some of the top basketball in the country, and this is the top classification, so the intensity level is very high,” Newton head coach Charlemagne Gibbons said. “I thought for the first quarter of the game we were trying to gauge that intensity a little bit. My hat’s off to Colquitt; they played as hard as possible.”

The Rams began to pick up the tempo in the second quarter. Following a pair of free throws from Whitlock, Clark exploded for the Rams’ next seven points to push the lead out to double figures. Whitlock bookended the run with a 3-point jumper, giving his club a 22-9 advantage at the 5:05 mark.

Newton continued to keep Colquitt County at a comfortable distance, but the team’s tempo took a hit as the quarter played out. By the 3:33 mark in the period, Gibbons had seen enough.

With the Rams holding a 14-point lead, the Newton head coach called timeout. He provided his team with words of instruction and

critique, imploring them to display more energy on the court.

Newton responded by closing the half on a 17-6 run to take a 42-17 lead into the break.

“One of your responsibilities as a player is to come and play hard, play with energy and play as a team. That’s one of the things that I thought we were lacking was energy,” Gibbons said. “I don’t like to have to do that, to remind them to show the energy, but I will do that by any means necessary at this point.”

Gibbons’ message was received loud and clear. The Rams outscored the Packers 22-8 in the third quarter and 18-7 in the fourth en route to collecting a 50-point victory.

Newton will hit the road for the second round of the tournament to face top-seeded Pebblebrook, which soundly defeated No. 4 North Cobb, 84-45, on Wednesday night. The Sweet 16 contest will take place Saturday, Feb. 27, at 6 p.m.

## No. 2 Eagles handed early exit by third-ranked Decatur

By **GARRETT PITTS**  
Correspondent

COVINGTON, Ga. — The Eastside boys’ basketball season ended Wednesday night with a crushing, 55-48 loss to the Decatur Bulldogs in the first round of the Class AAAAA state playoffs.

After clinching a postseason spot for the first time since 2017, Eastside (13-10, 9-5) went into the state playoffs with momentum against an up-and-down Decatur (7-7, 7-7) team.

After scoring three points to open up the game, the Eagles offense would hit a wall as the Bulldogs would begin to take the edge early on.

Eastside came up short in the paint on multiple drives but a last second 3-pointer from senior Jayce

Douglas put the Eagles down by 10-8. The second quarter started better for the Eagles before the Bulldogs’ shooters began connecting from the perimeter to go up 19-10 on Eastside.

Despite going on a good run to finish the quarter, the Eagles found themselves down 21-16 going into the break, as Decatur was continuing to find answers to halt the Eastside offense.

Despite being an outstanding shooting team, the Eagles were not finding ways to connect for the 3-pointer, while the Bulldogs connected on multiple to start the third quarter. The Eagles deficit grew as the Bulldogs shot their way to a 36-26 lead going into the final quarter.

With 3:40 left in the game, the Bulldogs were boasting a 47-33

lead, but the Eagles would not go away easy as the Eastside offense started to go on a run.

Big 3-pointers from Douglas and senior Jaylen Woods pulled Eastside closer, but the Bulldogs continued to find answers and eventually win the first-round matchup by seven points.

Senior Jalen Johnson led the scoring for the Eagles with 19 points, while Douglas came behind with 16 points. Both seniors left it all out on the court in what was their last game wearing he green and white for the Eagles.

Despite the heart-breaking loss at home in the playoffs, head coach Dorrian Randolph is still happy with the overall results in his first season coaching the team. He



Garrett Pitts | The Covington News

**Eastside’s campaign came to an end with a loss to Decatur in the first round of the Class AAAAA state playoffs.**

was able to give the senior players their first chance of playing in the

state playoffs.

“It was important [to get these seniors to

state.] We set this goal back in July when I first got the job,” Randolph said. “I hate that it ended the way it did, but we did what we said we were going to do [and got these seniors to state for the first time].”

This was the Eagles’ first time back in the state playoffs since 2017. With Johnson, Douglas and Woods departing after this year, it will be another tough task building the team back up to make another run next season.

“It just was not our year, we will get back into it after the state playoffs are over so we can start conditioning and building strength,” Randolph said. “I plan on building a state contender every year, and that starts as soon as [the state playoffs] are over.”

## No. 4 Lady Rams upset No. 1 Tift County

**STAFF REPORTS**  
news@covnews.com

The No. 4 seed Newton Lady Rams pulled off the upset of top-seeded Tift County in the opening round of the Class AAAAAA state playoffs Tuesday night.

Led in scoring by junior Ashleigh Norris, who finished the night with 16 points, Newton dominated its opponent from start to finish en route to a 50-38 road victory. Freshman phe-

nom Sanaa Tripp closed out the night with 14 points, nine rebounds and five steals to help get the Lady Rams to the second round.

Newton (7-10) will remain on the road in the next round as it travels to No. 2 North Paulding (19-5) for a Sweet 16 showdown. The Lady Wolfpack took down No. 3 East Coweta, 62-43, in the first round earlier this week. The game is slated to start at 6 p.m.



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# Healthy Living



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## Feeling better starts with fitness

### Alcovy Fitness offers options to meet variety of needs

**SPECIAL TO THE NEWS**  
news@covnews.com

If you are like most people, making a list of the good things in 2020 will take a minute (and probably won't be very long). 2020 was a year lost to pandemic. Working from home lost its luster as working parents hunkered down with their children and became ZOOM-bies. Even now that 2021 has dawned, that 2020 feeling lingers. Cold weather, gray skies, and added stress from COVID-19 conspire to bring many people down. If you've had enough and are ready to feel better, try taking control through fitness.

Movement is a natural way to relieve stress, increase energy levels, improve mood and lessen the effects of anxiety/depression. The best part about using exercise to relieve stress is the instant gratification — you'll feel the benefits immediately. Local gyms like Alcovy Fitness prefer to "turn up the happiness" with group fitness classes.

Whether it's worrying about work, family or health, stress is a feeling everyone has experienced. While stress can depress one's mood, unmanaged stress can weaken the

immune system and increase the chances of developing various diseases. Alcovy Fitness offers classes like Yoga and Tai Chi that are good for counteracting stress. These classes incorporate breathing, mindfulness and meditation, which can help quiet the mind and feel refreshed.

While it's important to mellow out, Zumba and cycling classes can provide an energy boost. Zumba is best described as "exercise in disguise." In Zumba, simple dance moves in combination with popular music make for a cardio workout. Participants can find themselves smiling and laughing as they dance their way into better health and better mood. During indoor cycling, participants ride to the rhythm of their favorite songs. The music often serves as motivation and a gateway to feeling energized.

Aqua fitness and high intensity interval training (HIIT) are other types of classes offered by Alcovy Fitness. Aqua fitness is known to have strong mood enhancing benefits. The movement of the water will "buoy your spirits," while minimizing the impact to joints and back. Participants can



Metro Creative Services

**Fitness is a natural way to relieve stress and increase energy, which improves a person's mood and lessens the affects of anxiety and depression.**

feel like a kid again as they splash their way through an intense calorie-burning workout. In HIIT, participants execute simple athletic

movements at intervals to raise and lower their heart rate. HIIT classes are approximately 45 minutes, making them a "short and sweet" way

to maximize workout time.

Strength training, like BodyPump or Barre class, is another effective way to remove

stress. In BodyPump, the instructor leads the class through a full-body workout using

See FITNESS, B4

## Regular exercise can reduce falls in older adults

**SPECIAL TO THE NEWS**  
news@covnews.com

Among the many things people can do to stay healthy, exercise is one of the most important, especially for older adults. Regular exercise can reduce the risk for serious injurious falls in people age 65 years and older.

Exercise or regular physical activity is a good idea for anyone of any age. As people age, it becomes essential to maintaining healthy bones, muscles and joints. The loss of strength or stamina attributed to aging is in part caused by lack of physical activity as people age.

It's no secret that inactivity increases with age, and by age 75, about one in three men and one in two women engage in no physical activity, according to the Centers for Disease Control and Prevention. Weak muscles, bones and joints can make it more difficult to perform routine tasks and live independently.

Physical activity or exercise improves mobility and strengthens muscles, which enhances a person's balance, reduces the risk of falling and improves the ability to perform routine tasks. Older adults who are physically active may also have lower rates of coronary heart



Metro Creative Services

**Regular physical activity is a good idea for anyone of any age, but the older you get, the more essential exercise becomes in maintaining good health.**

disease, high blood pressure, stroke and type 2 diabetes.

Although the benefits are clear, sometimes the biggest challenge can be fitting in physical activity or exercise into your daily routine. For older adults who are current-

ly inactive start slowly and set a target or goal.

Older adults should do at least 150 minutes of moderate-intensity physical activity throughout the week or do at least 75 minutes of vigorous-intensity physi-

cal activity throughout the week, according to the World Health Organization. Recommended types of physical activity include leisure time activities, like walking, dancing, gardening, hiking, and swimming.

You should talk to your physician before beginning any exercise program. To find a primary care physician in your area, visit [www.piedmont.org](http://www.piedmont.org).





Metro Creative Services

A person's blood pressure naturally rises and falls throughout the day which is caused by a number of things from eating and drinking to physical activity. Stress also plays a role in increased blood pressure.

## Women can prevent high blood pressure by managing stress

### SPECIAL TO THE NEWS

news@covnews.com

The American Heart Association states that heart disease is the No. 1 killer of women and that 90 percent of all women have at least one risk factor for heart disease. The Centers for Disease Control and Prevention (CDC) estimates that around half of American adults and 43% of adult women in the U.S. have high blood pressure, many of whom are undiagnosed.

"High blood pressure is often called the "silent killer" because there are no obvious symptoms and the damage it causes to your cardiovascular system over time leads to even greater incidents of heart disease," said Druenell Linton, M.D., a cardiologist specializing in women's cardiovascular disease at Piedmont Heart Institute in Conyers.

Blood pressure is the pressure of blood pressing against your arteries which carry blood away from your heart to the rest of your body. High blood pressure, also called hypertension, means your body is having to use more force to pump the blood through your arteries. Left untreated, high blood pressure can lead to heart damage, other forms of heart disease, heart attack and stroke.

A person's blood pressure naturally rises and falls throughout the day which is caused by a number of things from eating and drinking to physical activity. Stress also plays a role in increased blood pressure. Emotional stress and anxiety can lead to increased blood pressure, and prolonged episodes of stress can lead to more serious cardiovascular problems.

"For women who are living with a higher level of stress, they may have no idea that their blood pressure is high and increasing their risk of having a heart attack or stroke," said Dr. Linton.

For many women, common daily stresses have been amplified during the COVID-19 pandemic. In many cases, women have shouldered more of the burden of changes caused by COVID-19, such as working from home while caring for young children, supervising remote learning, in addition to caring for older family members. Stress can lead to long-term heart health problems as well as difficulty sleeping, headaches and body aches, indulging in risky habits such as smoking, drinking, overeating or drug abuse.

While not all stress is bad, it is important to know how to manage stress in order to avoid risk factors that increase your risk of heart disease. Some simple stress management techniques include,

- Engaging in physical activity such as walking, riding a bike, or yoga to help relieve the tension in your body, as well as strengthen your heart muscles and lung through cardiovascular exercise,
- Try to do at least one thing every day that you enjoy,
- Give up bad habits like too much alcohol. If you smoke, make a plan to quit,
- Slow down and allow enough time to get things done, not everything has to be accomplished in one day,
- Get enough rest. Try to get eight hours of sleep each night.

To manage and prevent high blood pressure, it is important to know your numbers or your blood pressure range. To have your blood pressure measured and to learn more about preventing high blood pressure, visit your primary care physician.

Piedmont Heart Institute also offers a \$99 cardiovascular screening designed just for women. To learn more or to schedule a screening, please visit [www.piedmontred.org/#managing](http://www.piedmontred.org/#managing).

## Benefits abound in organic foods



Metro Creative Services

Organic fruits and vegetables now take up ample real estate in grocery store produce sections. Many shoppers may wonder if they're better off choosing organic versus traditional products, and research suggests they are.

### SPECIAL TO THE NEWS

news@covnews.com

Modern grocery stores are unlike the ones many of today's adults encountered when they were children. Grocery stores are not only bigger today than they were years ago, but they're also stocked with items that weren't available until relatively recently.

One stroll through the produce section reveals just how different modern grocery stores are from those of yesteryear. Organic fruits and vegetables now take up ample real estate in grocery store produce sections. Many shoppers may wonder if they're better off choosing organic versus traditional products, and research suggests they are.

Organic foods contain less pesticides and toxic materials. A 2014 meta-analysis published in the British Journal of Nutrition found that organically grown crops were less likely than conventionally grown crops to contain detectable levels of pesticides. The analysis also found that organically grown crops were 48 percent less likely to contain cadmium than conventionally grown crops. Cadmium is a toxic

heavy metal that can accumulate in the liver and kidneys, which the Global Healing Center says can affect blood pressure, induce bone damage and affect renal and dopaminergic systems in children.

Organic crops contain more antioxidants than conventional crops. The same analysis also found that organic crops had significantly higher levels of antioxidants, which promote strong immune systems, than conventionally grown crops. Organic crops were found to contain 69% higher levels of flavanones and 51% higher levels of anthocyanins than their conventional counterparts. The extra antioxidants in organic foods is nothing to scoff at, as the National Cancer Institute notes that antioxidants neutralize free radicals, excess levels of which can potentially lead to the formation of various types of cancer and other diseases.

Organic products cannot contain synthetic hormones. Conventionally raised animals are sometimes injected with synthetic growth hormones so they will gain weight more quickly and produce more milk. Residue from those substances,

which cannot be used in the production of organic meat and dairy products, is believed to contribute to widespread antibiotic resistance, according to the Biodesign Center for Environmental Security at Arizona State University. In addition, some studies have suggested a strong connection between the hormones given to cattle and cancer in humans.

Organic dairy products can promote cardiovascular health. A 2013 study from researchers affiliated with the Center for Sustaining Agriculture and Natural Resources found that organic milk contained 25% less omega-6 fatty acids and 62% more omega-3 fatty acids than conventional milk. The Organic Center notes that's a considerable benefit, as higher amounts of omega-3 and lower amounts of omega-6 fatty acids helps promote cardiovascular health and support the immune system.

When choosing organic products at the grocery store, consumers may be benefiting their overall health in various ways.

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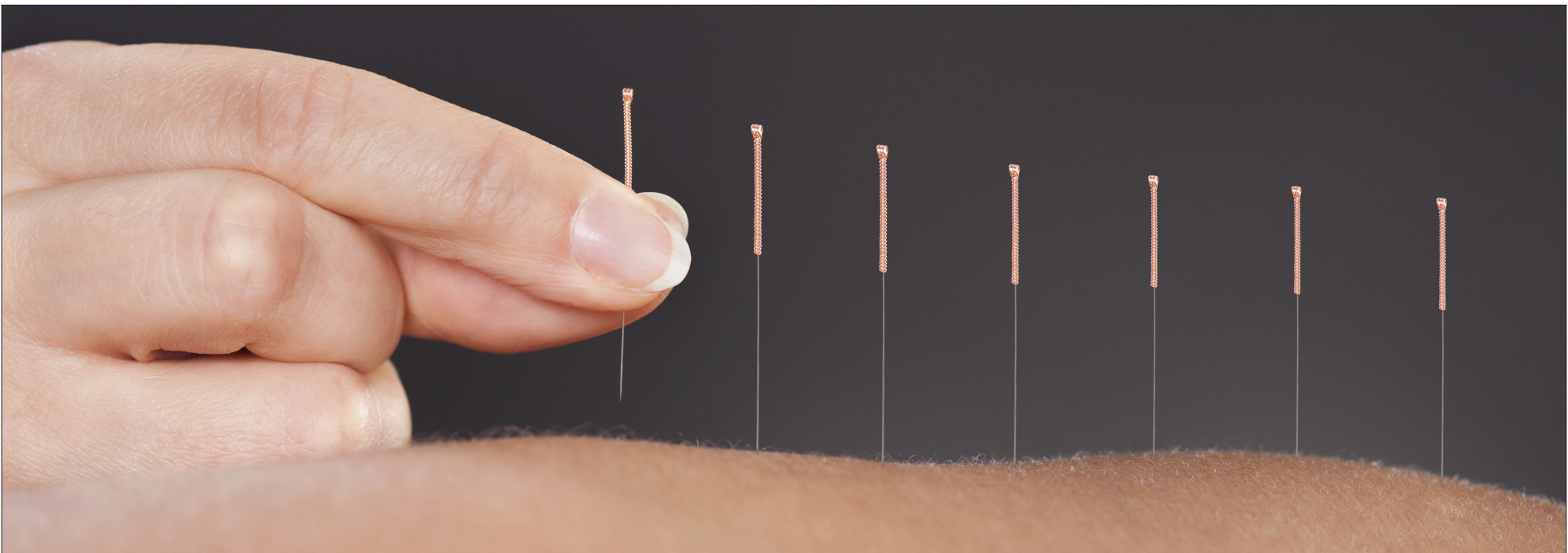
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**Life Dance Wellness Center, located on Industrial Boulevard in Covington, offers a variety of services including intergrative massage therapy, chiropractic care, sports/physical rehabilitation and now acupuncture.**

# Life Dance Wellness offers natural pain relief

**STAFF REPORTS**  
news@covnews.com

COVINGTON, Ga. — Physicians at Life Dance Wellness Center have been helping people in Newton County and beyond find pain relief and improve their health naturally for more than 20 years.

Within the practice are Laurie Oliver & Associates, who offers integrative massage therapy, and Dr. David Pellington of Pain and Wellness Solutions, who offers chiropractic,

muscle therapy, sports/physical rehabilitation and nutrition counseling services. Dr. Viviana Viera, DAOM, L.Ac, recently joined the practice as an acupuncturist.

The reason the health care practice is called Life Dance Wellness Center is because “life is a dance and the better one feels, the better one’s dance through life is.”

Pellington treats his patients by finding natural ways to ease pain or discomfort, rather than depending on

pain pills or supplements.

“Imagine if someone had hold of your finger and was cranking it backward,” Pellington said. “You could take all the pain-killers and all the anti-inflammatories in the world and it would not stop the pain. That’s because the cause of the pain is not chemical. It’s caused by the mechanical stress on the joints, ligaments, and muscles.”

“Sure, some conditions may not go away, but we can help the discomfort

diminish. Pain, stress, overwhelm, nutritional imbalance, anxiety, sleep problems, and so much more... with a bit of knowledge-based skillful bodywork and TLC and compassion... so many ‘problems’ can diminish greatly, and yes, sometimes even go away.”

To learn more about Life Dance Wellness Center, call 770-788-8225, visit [lifedancewellnesscenter.com](http://lifedancewellnesscenter.com), or stop the office at 7193 Industrial Blvd. in Covington.

# Smoothies can be healthy or hurtful — you decide

By **TAYLOR BECK**  
tbeck@covnews.com

COVINGTON, Ga. — While the exact origin of smoothies remains unclear, one thing is for sure — they’ve been trending since the ‘80s and haven’t looked back.

A smoothie is a drink that’s made from a pureed mix of raw fruit and/or vegetables using a blender. They often have a liquid base like water, fruit juice, plant milk or even dairy products like milk, yogurt and ice cream.

But what makes smoothies healthy? And can you really benefit from drinking them?

It depends on what goes in them.

At My Lifestyle Smoothie in Conyers, there are a variety of options to fit all smoothie-heads’ desires. The store’s original, “trim” and “energizer” lifestyle smoothie options are directed more toward great taste while still maintaining a quality nutritional value. Options include Berry Rush, Mango spice, Georgia Peach, Coffee Rush, Power Punch and



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**A smoothie is a drink that’s made from a pureed mix of raw fruit and/or vegetables using a blender.**

more.

The store also offers a variety of “health boosting green smoothies” that help customers focus on improving their health. They make smoothies that target stress relief, boosting the immune system and diabetes control.

If a customer’s looking to replace meals or add on weight, My Lifestyle Smoothie also makes drinks packed with protein and other

macronutrients to keep them going strong without feeling hungry.

Anyone with a blender can make their own smoothies at home too, but be weary of what goes in it, as it could affect your health negatively.

For example, putting too much sugar into an energy smoothie could create only short-term boost but a major crash later.

If making a smoothie

as a meal replacement, make sure the amount of protein and other macronutrients have been properly measured. If they aren’t, it may lead to unwanted weight gain or weight loss.

Registered dietitian Miranda Hammer told Time in 2018 that

the key to making a smoothie healthy is to strike the right balance of vegetables, fruit, protein and fat. When you make this type of smoothie, “you have the foundation for a healthy breakfast or snack.”

A well-rounded smoothie usually has

one to two tablespoons of fat, one cup of fruit, a handful or two of greens and one cup of protein, Hammer said.

For more information about My Lifestyle Smoothie visit [mylifestylesmoothie.com](http://mylifestylesmoothie.com) or stop by their location at 1680 Highway 138, Suite A, in Conyers.

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# How protein, carbs and fat affect the body

**SPECIAL TO THE NEWS**  
news@covnews.com

A nutritious diet is a vital component of a healthy lifestyle. When paired with physical activity, a nutritious diet can serve as the foundation for a long, healthy life.

The Academy of Nutrition and Dietetics defines nutrition as how food affects the health of the body. Food provides nutrients that are vital for survival. Food is made up of macronutrients like protein, carbohydrates and fat, each of which play different roles in promoting short- and long-term health.

• **Protein:** Protein provides the body with amino acids that are essential for growth and development. The amino acids found in protein also help the body maintain itself and help body tissue recover after certain activities, including exercise. Protein also plays a vital role in immune system function, helping the body to fight inflammation and infection. The AND notes that beef, pork,



Food is made up of macronutrients like protein, carbohydrates and fat, each of which play different roles in promoting short- and long-term health. Learning how each macronutrient affects the body is vital to successfully forming a diet plan.

chicken, game and wild meats, fish, seafood, eggs, soybeans, and other legumes are great protein sources.

• **Carbohydrates:** Carbohydrates do for the body what gasoline does for an automobile.

Carbs provide the body with the energy it needs to function at peak capacity. The carbs found in foods like whole grains, rice, potatoes, bread, and more deliver sugars and starches that provide the carbs the

body needs for energy. That energy is vital when moving around during the day, but it's also essential when the body is at rest, as it ensures the heart continues to beat and facilitates digestion.

• **Fat:** The dietary fat found in oils, nuts, milk, cheese, and other foods provides structure to cells and prevents damage to cell membranes. The AND also notes that oils and fats absorb fat-soluble

vitamins like vitamin A, which is vital for healthy eyes and lungs.

A nutritious diet is a building block of a healthy lifestyle, and no healthy diet is complete without protein, carbohydrates and fat.

## FITNESS:

Continued from B1

a bar, plates and free weights. Barre features exercises that use body weight and light hand-weights. Strength training is motivating as results can be seen and felt in a short amount of time. When it comes to exercise, it's most important to choose movement

you enjoy. To achieve lasting positive results for your health, mood and stress level, follow guidelines set by the American College of Sports Medicine and move three to five times per week for a minimum of 30 minutes. The Alcovy Fitness staff enjoys sharing in the success of its

members, whether their training for a 5K race, losing weight or promoting healthy habits in their families. Alcovy Fitness is also working hard to stay safe during the COVID-19 pandemic by:

- Implementing reduced class sizes and offering virtual classes.

- Screening temperatures.
- Cleaning equipment and the entire facility more often.
- Implementing social distancing policies for equipment and classes, including mask requirements for front desk employees and personal trainers.

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