

The Covington News

WEDNESDAY, SEPTEMBER 23, 2020  TELLING THE STORY OF YOUR LIFE SINCE 1865

Newton BOC Chairman talks efforts to lower legal costs

Says 'not bashing'
county's current attorney

By TOM SPIGOLON
tspigolon@covnews.com

COVINGTON, Ga. — Newton County's chairman said he was "not bashing" the law firm the government now uses for

legal representation in a cost analysis he recently compiled which included his recommendation for hiring an in-house attorney.

Chairman Marcello

Banes said he wanted to show commissioners that the establishment of its own law department possibly could lower the government's costs after his recent analysis showed the county had higher legal costs than some metro counties with larger populations.

Banes said Newton County government has used the Cumming-based Jarrard & Davis law firm since before he came to office in January 2017.

"I'm thankful for the services Jarrard & Davis have provided for our community in a time of transition ... from one attorney to another attorney," Banes said.

"But I think it's time we start to move in a different direction — try to save as much money as we possibly can for our citizens."

Banes also said he wanted to dispel any rumors he was recommending the action to favor any specific attorneys for the job.

"None of my friends — people I consider friends — would want to be county attorney, I can promise you that," Banes said. "That never crossed my mind."

"What I am doing is trying to save the taxpayers of this county money," he said.

Banes said he believed one salaried attorney and one support staff member could handle the county's caseload and help County Manager Lloyd Kerr "address department and human resource legal issues that may arise."

However, if commissioners want to continue using an outside attorney on a contract basis, legal fees and expenses should be capped between \$350,000 and \$450,000 "in line with the spending of multiple other comparable" government entities, Banes said.

See COSTS, A3



At left, Katy Cave-Bigley checks out a mixed-breed dog for adoption while, right, other cats and dogs are available at the Newton County Animal Shelter.

Tom Spigolon | The Covington News

More to love

Adoptions on upswing as county animal shelter work nears completion

By TOM SPIGOLON
tspigolon@covnews.com

COVINGTON, Ga. — The Newton County Animal Shelter has partially reopened to the public after being closed earlier this year because of COVID-19.

Nevertheless, it already has picked up where it left off with relatively higher numbers of adoptions fueled by online access to animals' images and information, officials say.

Newton County Animal Services, which operates the



Director Cindy Wiemann stands in a planned multi-purpose room in the shelter.

Tom Spigolon | The Covington News

shelter, also is nearing completion of a sales tax-funded, \$1.2 million expansion and renovation.

The facility on Lower River Road south of Porterdale saw a monthly record of 80 adoptions of cats and dogs in August, said Cindy Wiemann, director of Newton County Animal Services.

Safety concerns around COVID-19 prompted county officials to close the facility to the public for five months this year.

The closure apparently did not slow the demand for

See LOVE, A3

Newton board OKs water plant construction, loan increase

By TOM SPIGOLON
tspigolon@covnews.com

COVINGTON, Ga. — Newton commissioners have given the go-ahead to construction of millions of dollars' worth of upgrades to the county's main water treatment plant.

They also approved an 8% increase to a loan that county water system officials say they need to get started.

Commissioners on Tuesday, Sept. 15, approved a request from the county's Water Resources department to begin construction on a \$32 million upgrade of the Cornish Creek water treatment plant at Lake Varner.

Crowder Construction Co. and a total of 19 subcontractors will do the

work, according to documents provided to commissioners.

Construction is scheduled to begin in October with completion set for early 2023, according to a schedule submitted to state officials.

The project will include a new floating dock pump station and water line for drawing up to 35 million gallons of raw water per day from Lake Varner.

It also is set to add three new high-service pumps for treated water; and improvements to the bulk chemical storage area, plant electrical system and backup generator.

Relocation of the operator control room and plant laboratory, among other improvements, also are included,

according to documents.

The plant currently treats an average of 13.5 million gallons. The improvements will allow the facility to produce up to 25 million gallons of treated water "on a continuous basis," county Water Resources director James Brown told commissioners.

It will also be designed to allow expansion to produce 35 million gallons a day, according to the documents.

The project follows improvements made in a first phase to the water system's Alcovy River pump station, said county spokesman Bryan Fazio.

The next phase will include

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Mr. 300

Inside the cyclical life of Jeremy Van Dyke

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Obituaries

John Harvey Campbell
Anniston, Alabama

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Community Calendar

FRIDAY, OCT. 2

• The Arts Association in Newton County will host its annual “Pink Out” drive-in concert at 7 p.m. featuring Wren and the Ravens at Legion Field in Covington. The band plays an eclectic blend of retro soul, pop and R&B. Tickets are \$5 per vehicle and will go on sale Sept. 28. The best decorated vehicle with the “Pink Out” theme will win a special prize. Pink is the color that is commonly used to observe October as Breast Cancer Awareness Month. Sponsors of the concert are Covington Women’s Health, Piedmont Newton Women’s Health Center and Atlanta Cancer Care. Legion Field is at 3173 Mill St. NE in Covington. For more information, visit newtoncountyarts.org.

SATURDAY, OCT. 24

• Covington Christian Church on the Round, located at 141 Highway 142 in Covington, will host its Fall Festival from 5 to 9 p.m. Enjoy the season in backyard family style! Everyone is invited to attend for an evening of hay rides, photo stations, food trucks and a bonfire. Break out your best recipes, because there will be an Apple Pie Contest, complete with blue ribbon and a gift card to Applebee’s for the winner! Come enjoy s’mores and guitars around the fire, then finish the festivities with a small fireworks display. Admission is free. Visit covingtonchristian.org to learn more.

NOW THROUGH OCT. 30

New Beginnings art show is an art exhibit of original art by members of Southern Heartland Art Guild. The public is invited to view this new show at Southern Heartland Visual Art Center and Gallery, Monday through Saturday.

ONGOING

• The food pantry at the Covington First United Methodist Church is in dire need of more volunteers now that students and teachers are back in school and unavailable to help with this ongoing and much-needed project. If available to help, email Megan Hulgán at foodpantry@covingtonfirst.org to sign up.

• Everyone is invited to join Covington Christian Church on the Round on Sunday mornings at 11 a.m. for worship. The church is located at 141 Highway 142 in Covington.

• Paint Party at Southern Heartland Visual Art Center has resumed! Hosted by professional gallery artists, this weekly get-together for those in our community interested in painting with others is free and open to the public each Friday from 10-2. Both classrooms will be utilized to insure participants have enough space to social distance from other participants.

Submit your upcoming event to *The Covington News’* community calendar via email to news@covnews.com.

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Remember when ...



On Tuesday, Sept. 19, 1989, as part of National Emergency Medical Services Week, a representative of Congressman Ben Jones’ office presented Newton County EMS with a flag to fly outside the unit’s new headquarters. Pictured, from left, are Shirley Jones, Dallas Janokowski, Helen Church, Bill Harvey, Curtis Gleaton, Dennis Lockridge, Robert Padgett and David Briscoe.

Archives | The Covington News

OBITUARIES

John Harvey Campbell

John Harvey Campbell, of Anniston, Alabama, was called home to be with the Lord on Saturday, Sept. 19, 2020, at the age of 88.

He is preceded in death by his grandparents, Perry and Susie Campbell, Frank Cagle and Mary Canup Cagle; and his parents, Frank and Daisy Campbell.

He leaves behind his wife, Rebecca Ruth (Crowe) Campbell. Harvey and Becky have two children, Jay and his wife, Kara, and Julie and her husband, Jarrod. Their pride and joy are their grandchildren, Ella Ruth, Emerson, Carley Coursey and her husband, Marty, Jr., Avory, and Millie.

He is also survived by his three siblings and their families: Clara Mae Rutledge, Tommy Campbell (Gloria), Wayne Campbell (Johnnie), Sherry Dollar, Valerie Fields, Tammy Birchfield,

Wendy Hughes, Amanda Brand, and Katie Campbell.



Born in 1932, Harvey spent his childhood days in the Porterdale-Covington area. He raised his family and worked as a diligent businessman. White Enterprise (Porterdale), Henson Furniture (Covington), Rhodes (Georgia, Alabama, Florida), Famers Furniture (Georgia), and Killebrew (Alabama) include his places of employment.

Harvey was a member of Parker Memorial Baptist Church where he joyfully served in many capacities including deacon, member of the choir, and Sunday School Director for over 30 years. He enjoyed attending ball games, musical recitals, church programs, and any other activities in which his grandchild-

dren participated. He was also involved with the Georgia National Guard, Boy Scouts of America (Porterdale), President of Kiwanis (Anniston), and SCORE Mentorship Program where he equipped aspiring businessmen and women.

Granddaddy carried the Good News with him wherever he went. Each of his endeavors truly was great. He loved and cared to engage in conversation, listen, respond with tenderness, and laugh. His ministry was lifelong and the lives he impacted are voluminous. “How beautiful are the feet of those who bring the Good News!” Romans 10:15

Relatives and friends are invited to virtually attend Harvey’s Celebration of Life at Caldwell & Cowan Funeral Home via livestream. Visitation will take place from 12-1 p.m. today, Wednesday, Sept. 23, 2020. The

funeral will follow at 1 p.m., Wednesday, with Rev. Dr. Mack Amis officiating and interment following in Lawnwood Memorial Park.

Expressions of sympathy may take form of contributions to Parker Memorial Baptist Church, 1205 Quintard Avenue, Anniston, AL 36201.

CDC guidelines recommend social distancing (six feet apart) and wearing of masks while in public. Caldwell & Cowan Funeral Home requests that you observe these recommendations while in our funeral home attending visitations and/or services. In addition, gatherings are limited to 50 persons or less in our facility at one time. Please honor these restrictions for the safety of the family, yourself, and our staff.

Visit caldwelland-cowan.com to place online condolences.

Newton Probate Judge reminds public justice system ‘open for business’

By TAYLOR BECK
tbeck@covnews.com

COVINGTON, Ga. — Since the pandemic began, Newton County Probate Judge Melanie Bell said people haven’t been showing up in court, despite sending notices and offering alternatives.

Before COVID-19 made its way to the area, Bell said she used to hold mass arraignments and have up to 80 people on the calendar for one day of traffic court and 30-35 bench trials were able to be held in one court day. Bell said court was only held about three days per week.

“Those days, for now, are over, obviously,” Bell said.

In order to adhere to social distancing requirements and CDC guidelines, court is now held five days a week and in multiple courtrooms, Bell said. Only a maximum of 24 traffic court cases and 12 bench trials can be heard in one court day, but that’s if everyone shows up.

People have been provided different options to “attend” court, Bell said.

Bell said she has made Pleas of Absentia available to anyone, when appropriate.



Melanie Bell

A plea of absentia is a document that allows a client’s attorney to present a two-page affidavit to the court in the client’s absence. Bell said they are more commonly used by people from out of state who get a traffic citation while driving on the interstate through Newton County.

“Basically, you write down in plea form ‘I understand all of my rights, I just can’t come to court,’” Bell said. “(They) turn in the paperwork, pay the fine and get the benefit as if they came to court, but they don’t have to come down from wherever they’re from.”

Since the pandemic began, Bell made Pleas of Absentia accessible for Newton County residents as well.

“So even if you live in the county, because

so many people aren’t comfortable with coming to court, we’re allowing them to contact the court and get that paperwork so they can do that and do their nolo plea without coming to court,” she said. “They can also plea not guilty without coming to court and go ahead and request their bench trial and get put on a trial calendar.”

Bell also said a pre-trial diversion program had been put together for first-time offenders to get them a break on the fine amount and to resolve their case without any points from the licenses.

“We’ve just been trying to find ways to keep things moving without people having to appear,” she said. “But eventually it comes to: if you haven’t done one of those things, you’ve got to come to court.”

If a person fails to appear for traffic court, Bell said it actually warns the offender on their citation that their driver’s license will be suspended.

“So what we have a lot of times, people may get arrested later

on driving with a suspended license because they failed to come to court and deal with the speeding citation. Which I never want to happen. I just want you to come to court and we’ll deal with it one way or another.”

To keep everyone safe, including her staff, Bell said they clean regularly — including after each court session — maintain social distancing when able and require masks be worn at all times.

Bell is a member of the chief justice’s coronavirus task force and regularly works with judges across state. She said they meet weekly via Zoom, and if she learns something that could help her office be safer, she said they implement it immediately.

“We don’t want anyone who has to come to court getting sick from it, but also I don’t want my staff getting sick from it — I don’t want to get sick again.”

Bell was hospitalized with COVID-19 in March. Besides her, no other staff member has been sick, she said.

Covington man charged in series of break-ins

STAFF REPORTS
news@covnews.com

COVINGTON, Ga. — Newton County sheriff's deputies have charged a Covington man for his alleged involvement in a series of vehicle burglaries.

The Sheriff's Office charged Stantavious Hillman, 23, of Covington, on Aug. 14 with four counts of Entering Automobile and four counts of Loitering or Prowling.

Hillman allegedly broke into vehicles at four different residences on Brickstone Way in western Newton County, spokeswoman Caitlin Jett said.

The items reported stolen to the sheriff's office included electronics and an undisclosed amount of cash, she said.

All stolen property from

the break-ins was recovered, Jett said.

The sheriff's office's Crime Suppression, Special Investigations and School Resource Officers units worked together on the investigation, which led to Hillman's arrest, Jett said.

She said the School Resource Officers unit was involved because it responded to one of the calls about stolen items.

Hillman, who is being held without bond, also was charged with one count each of Parole Violation and Fleeing or Attempting to Elude a Police Officer, both of which are felonies.

He has a criminal history that includes charges of burglary and theft, Jett said.



Special to The Covington News

Peachtree Prep, the sister school of Peachtree Academy K-12, was awarded a second Georgia Pre-K program at its school located at 10125 Highway 142 North in Covington. The programs are led by experienced, state certified teachers and veteran paraprofessionals who also hold education degrees. Students must have turned 4 years old by Sept. 1, 2020, to be eligible. The program offers a high-quality education where students learn pre-reading skills, build richer vocabularies, and learn math skills. For more information, call 770-860-8900. Locations are available in Covington and Conyers.

LOVE:

Continued from A1

residents of the shelter — which has averaged 60 adoptions per month in the 10 months it has been open to the public since May 2019, Wiemann said.

Wiemann has led the department since February 2018 after working with Gwinnett County Animal Services and the city of Madison. She is active in such organizations as the Georgia Animal Control Association and National Animal Care and Control Association.

She credits photos of the shelter's pets being placed on the website petfinder.com, along with the department's partnership with the Duluth-based nonprofit Planned PETHood.

Both partnerships led to an increase in adoptions because the agencies' services made Newton County animals more visible and attractive to potential adopters, she said.

It also allowed the department to drop its euthanasia rate from 70% in 2017 to 20% this year, Wiemann said.

"Having animals online makes a huge difference," she said.

Photos of available animals have been placed on petfinder.com and other sites since early 2019, Wiemann said.

Some recent adopters have come from other states to the Newton County shelter after seeing animals online.

One couple traveled from Michigan in August to adopt a 10-year-old mixed-breed dog they had seen online, she said.

"Without it being online, it never would have been seen," Wiemann said.

Planned PETHood provides veterinarian-administered rabies vaccinations and sterilizations of animals at its location in Duluth in Gwinnett County.

The agency regularly sends a van that picks up adoptable Newton County animals, transports them to Duluth and returns them to the shelter.

Newton County Animal Services provides other vaccinations and does micro-chipping, Wiemann said.

She said most animals that cannot be adopted either have severe medical problems or have temperaments that make them aggressive toward humans.

However, the department also works to market some animals that cannot be adopted as house pets — such as feral cats that can no longer be domesticated because they have adapted to living in the wild.

Animal Services attempts to place feral cats it receives into programs operated by area nonprofits which market their potential as "barn cats" which can help dispose of rodents, Wiemann said.

The department employs eight full-time workers.

During the five months it was closed, the shelter followed National Animal Care and Control Association guidelines for decreasing intake by only responding to emergency calls such as aggressive dogs,

livestock in the road or sick and injured animals, a news release stated.

Shelter officials began allowing the public to have access to the shelter for those interested in dogs again in July. They also recently opened for cats. Visitors must wear masks and are limited in number, officials said.

Newton County celebrated the groundbreaking for an addition and renovations of the 40-year-old original building in late January.

Proceeds of a 2017 Special Purpose Local Option Sales Tax are being used to fund the \$1.2 million project.

It includes construction of an addition to the original building to double the shelter's space; and a redesign of the building for better use of the space, officials said.

As a result, it will allow Animal Services to house more animals; provide better segregation of cats and dogs; and create areas that allow potential adopters to have better access to the animals.

The work will provide better ventilation for the building; make cleaning and maintenance faster and easier; and more quarantine space for sick animals, Wiemann said.

The work also will allow Animal Services to provide emergency space in situations when animals are discovered in illegal hoarding situations, she said.

For more information, call 770-786-9514 or visit co.newton.ga.us.

COSTS:

Continued from A1

He said Newton County paid a total of \$944,562 to the two different law firms representing the county government and sheriff's office in the 2020 fiscal year.

That amount has fluctuated annually but has averaged about \$910,000 annually since 2010, according to figures Banes reported.

In the 2018 fiscal year, the county government paid \$959,825 and the sheriff's office paid \$349,867 in legal fees and expenses, he said.

Those amounts dropped to \$653,355 for the county and \$291,207 for the sheriff's office in fiscal year 2020.

Banes said Newton County government also had higher combined county government and sheriff's office legal costs than neighboring counties and some larger counties, such as Henry and Hall, in the past two fiscal years.

He said he filed open records requests to find the amounts of budgeted legal costs for 10 other Georgia counties during their most recent 12-month fiscal years.

The results showed

counties comparable in population to Newton spent less, including Fayette, \$150,167; Lowndes, \$409,391; and Bartow, \$124,340. Fayette uses a staff attorney while the others used outside law firms.

Neighboring counties' legal budgets included Walton, \$217,152; and Rockdale, \$640,165, according to spending numbers provided by Banes.

In addition, some larger counties spent much less than Newton in 2020, including Henry County at \$589,000, Hall County at \$765,310, and Paulding County at \$504,707, Banes said.

He added that most counties he surveyed used outside attorneys rather than in-house legal departments.

USAGE DICTATES COSTS

Jarrard & Davis began working as Newton County's interim county attorney in late 2015 after the commission fired its longtime attorney, Tommy Craig, over questions about his fees and work on a planned reservoir that was ultimately scrapped.

The sheriff's office — which controls spending in its own

budget — continued to use Craig's Covington-based firm to represent it.

County commissioners, meanwhile, approved Jarrard & Davis as the fulltime county government attorney in 2016.

Megan Martin, who has been Jarrard & Davis' lead attorney representing Newton County, said any government's legal costs are driven by the amount a law firm's services are used.

"The rate of such use is controlled by the client," Martin said. "So legal budgeting depends on the culture of the county and the amount of work that is assigned to the county attorney."

She gave a series of examples showing services that can increase costs.

"For example, does the county want the county attorney to be on the periphery of every potential issue or only when called upon in certain instances? Will the county attorney be at meetings? Will the county attorney hold office hours? Will the county attorney be present for personnel situations?" Martin asked.

She said Banes "is doing a great job by looking for ways to protect the taxpayers' purse."

"Jarrard & Davis is a firm that's sole focus is local government, so I do understand the want for a one-size-fits-all budget," Martin said.

Newton County's annual legal fees topped \$1 million three times between 2014 and 2017 as it dealt with a range of issues — from the abandoned reservoir and a change in the county's form of government, to lawsuits dealing with the landfill and a former recreation director.

Martin said when Newton County hired Jarrard & Davis "we explained that the county's legal fees would not immediately go to (\$600,000 to \$700,000) — our estimation of a legal budget once matters began to stabilize."

The firm's legal fees have decreased since it began working for Newton County government "as directed by the Board of Commissioners" from \$1.07 million in 2016 to \$653,355 in 2020, she said.

"We have closed several large legal matters that were extraordi-

narily time intensive, and we are happy to see many of those large files close and for the resulting fees to continue to trend downward," Martin said.

"We look forward to continuing to offer the county the best legal service for local governments that is available in the state."

Sheriff Ezell Brown said he does not see his office being affected by any changes Banes is proposing.

The position of sheriff is guaranteed in the state constitution in Georgia. It allows Brown and other coun-

WATER:

Continued from A1

improvements to the system's Williams Street water treatment plant in downtown Covington, he said.

Commissioners also approved increasing a loan a state agency approved in 2018 for the Newton County water system improvements.

Increase in the loan is 8% — from \$23.2 million to \$25.8 million, Brown said.

The additional funds will go for engineering design costs, as well as cleaning of sludge lagoons needed before construction could begin, Fazio said.

The loan is from federal funds managed by the Georgia Environmental Finance Authority and is being repaid with money generated by current water rates, according to documents.

The Newton County Water System is a wholesale provider of water treated at the Cornish Creek and Williams Street plants.

Its customers include the Newton County Water and Sewerage Authority; the cities of Covington, Mansfield, Newborn, Oxford and Porterdale; and the Alcovy Shores Water Authority, Jasper County Water and Sewer Authority, and Walton County Board of Commissioners, according to information from the water system.

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 NW in downtown Covington
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OPINIONS

The Covington News

Your Letters to the Editor

City leaders must be more transparent, reader says

Dear Editor:
 The Covington Police Department (CPD) vacated its headquarters on Oak Street a few months ago, and now the property is being re-purposed for outdoor recreation, a welcome center and as a home to multiple city offices. There are raised beds for a community garden, a grill and picnic tables, and something described as a “hammock village” like one in Monroe.

In front of the old police station, the parking lot along Conyers Street was roped off and a local artist was hired to paint templates for children’s games on the pavement. Just a few weeks ago, the neighborhood lit up with a wildfire rumor that the city planned a “water park,” maybe a “splash park,” across Conyers Street at Baker Field. Horrified neighbors convened a spur-of-the-moment meeting, envisioning clogged streets and double-parking and a noisy hubbub shattering their peaceful residential neighborhood that is within the Covington Historic District and part of the area recognized by the National Register of Historic Places. The rumor proved false.

Wouldn’t you think with all this activity going on right under their noses, the surrounding residents would have received some outreach or notification from the city? Think again. It still hasn’t happened, and when at least one councilmember was contacted a few weeks ago; even that person didn’t know what was going on. I raised questions to city officials and was invited to a meeting with city employees who opened up about what was going on. Maybe a meeting like this should have been offered to nearby residents before we got this far.

The old CPD building is going to be a Welcome Center to serve the 40,000 documented visitors that make Covington a hot travel destination. Ron

Carter, Welcome Center director, told me that visitors to Covington used to spend 2-3 days, but today visits have lengthened to 5-7 days, with Covington serving as the jumping off point for forays into Atlanta, to Athens, to Madison and surrounding environs. Currently, there aren’t enough hotel rooms in Covington to serve our guests. Announcements of planned new hotels in Covington are welcome news.

The Welcome Center will be home to museum spaces dedicated to The Vampires television series, one devoted to other TV series and movies filmed here, and a third space to serve as a local history museum. After all, we had a history before the TV and movie industry discovered us. Other space in that building is assigned to the city’s Downtown Development Office, Tourism, Economic Development, Special Projects and Multi-media and Graphic Design.

Let’s get back to the neighborhood and the neighbors who found themselves in the dark about the re-use of this real estate in their midst — with no notice or forewarning. The city made the mistake of assuming that surrounding residents could not object to new and further uses of government-owned property — since they had lived with government-owned property in their midst for decades. They made the wrong assumption.

The city must make a commitment to be more transparent and considerate in the future before barreling ahead with no thought about the impact of hastily made decisions. Going forward, in the interest of good will and neighborliness, whenever cherished historic neighborhoods will be affected by city decisions, residents deserve to be informed and given the opportunity to provide input and feedback.

*Barbara Morgan
 Covington*

Chris Bridges columnist

Signs show importance of election

When traveling the highways and byways of our state, one can see there is a great deal of interest in the upcoming election.



The reason is simple: signs, signs, everywhere a sign. It’s been many years since one has been able to see as many signs for candidates running for elected office. In many ways it’s a refreshing thing.

The main reason is that it shows people are aware of the November general election. All elections are important but there seems to be even more riding on this one.

Clearly the presidential election is driving most of the interest. Donald Trump signs can be seen everywhere but that doesn’t mean you can’t see a Joe Biden sign or two.

Signs for numerous candidates running in the “jungle primary” race for the United States Senate can be seen. I have personally observed signs for nine of the candidates and no doubt more will appear in the next few weeks.

To some, political signs are nothing more than clutter. To others there are an indication of multiple things.

First, they show that someone has enough interest in the county or state or country we live in to run for elected office. Second, they show voters are not afraid to let their personal preference be known.

Letting people know where you stand on certain candidates is extremely popular in 2020. People don’t mind letting you know who they support and that you are wrong if you think the opposite.

In all likelihood there will be a record turnout for the upcoming general election. It’s not uncommon for that to happen every four years but this year’s vote total may not just break but shatter the previous mark. It’s been a while since we’ve had someone like President Trump that so many are passionate in supporting. Likewise, there is also a large group who detest him and are working to make sure he does not win re-election.

As if the upcoming election couldn’t get more tense, the recent death of longtime Supreme Court justice Ruth Bader Ginsburg is going to fire up the political fires even more leading into November. No doubt some remember Republicans not giving President Obama’s selection for a court vacancy a vote in his final months in office.

President Trump actually has less time remaining in his first term than Obama did so it will be interesting to see if Republicans follow their own standard from before. Some Republicans have already stated a vote to fill the vacancy on the court should not be held until the new year.

At that point either Trump will be ready for a second term or Biden will have won the White House back from the Democrats.

One surely cannot be surprised if Republicans find a way to justify a vote this time. After all, one of their’s is in the White House. It smells of hypocrisy but make no mistake, the Democrats are just as hypocritical when it comes to issues of this nature.

These words are being written just a couple of days after Ginsburg’s death and for the most part the remarks have been positive about her. It should be that way with all who serve on the Supreme Court. It’s certainly fine to disagree with their votes on cases but to begin bashing someone as soon as they have died is wrong.

Don’t expect the fight to replace Ginsburg to be civil, however. It doesn’t work that way and never has.

Kelly Nguyn, a Libertarian-leaning

colleague of mine, summed the situation as well as anyone when saying:

“A Supreme Court judge’s job is to make judgments that uphold the Constitution and the Bill of Rights without regard to one’s personal biases. Which means being on the left or right should be irrelevant. The supreme court should be 100% constitutional and 0% partisan. I haven’t seen one news headline or social media post mention this. But I have seen both left and right commentators have a great deal of concern on whether a leftist or rightist is given the nomination (a sign of America’s continued decline towards total degradation). One may argue that the left or right is more ‘constitutional.’ Both the left and right have set the Constitution on fire countless times. Deciding which side has violated the Constitution at a higher frequency is impossible.”

Stay tuned. The presidential race just got even more interesting in its final days. All signs, whether on the side of the road or not, back that up.

Chris Bridges is a former sports editor of The Walton Tribune and The Covington News. You can email comments about this column to pchrisbridges@gmail.com.

Tom Spigolon news editor

Civil discussion in strangest of times

In this strangest of election years both locally and nationally, it almost makes sense that a young, politically active individual and his friends would organize the first event featuring candidates for Newton County’s highest-profile political offices.



Any of a number of nonpartisan groups — civic or business groups come to mind — typically organize political forums that attract candidates from both parties in an election year.

But, instead, 22-year-old Timothy Birt and a loose organization of politically and socially conscious friends put the season’s first major political event together at an area motel and broadcast it on Facebook.

The nine-hour-plus event featured Republican and Democratic nominees in each of three countywide races that figure to be hotly contested this year:

district attorney, sheriff and coroner.

It also included discussions with a Newton County School Board member from each political party; and the chairman and four of the five members of the Newton County Board of Commissioners.

The forum may have seemed dry at times. There was no shouting or histrionics. Those who participated simply sat and held a microphone while answering a series of questions one-on-one with Birt.

But Birt’s questions brought out answers that were at times enlightening about the motivations behind some current elected officials’ actions and candidates’ reasons for running for office.

If there were any common themes found among the discussions with sitting elected officials, it was that their original intent in seeking office was to help their fellow Newton Countians in one way or another.

Commissioner J.C. Henderson said he wanted to help people with issues affecting

their homes, among other issues. School board Chairwoman Shakila Henderson-Baker wanted to help students deal with the social and emotional pressures of school.

It also showed that some of our political leaders take their cues from a higher power.

For example, County Chairman Marcello Banes, an ordained minister, said he first became interested in running for office while attending a Bible study.

County Commissioner Nancy Schulz Schulz, an area businesswoman, said she felt a strong calling to run for a county commission seat while in church.

Like Banes, school board member Trey Bailey is also a minister. He is a Newton County native, leads a church and said he felt it was part of his calling as a spiritual leader and father to be part of such a leadership position in the school system.

Birt asked open-ended questions about how the public officials first got involved in their

jobs.

But he also sprinkled in questions about issues he and others were interested in, such as the future of Covington’s Confederate statue and possible restrictions on releases of histories of minor criminal offenses which could harm chances of gaining employment.

Birt was the lead organizer and most visible part of two events on the Covington Square in June in reaction to the shootings of unarmed Black men earlier this year.

His questions, though, allowed everyone — regardless of political party or stand on issues — to give their opinions on issues in the community without a judgmental pall being thrown over the proceedings.

It seems to me this is how you discuss issues in a civil society — even if you don’t agree with the one leading the discussion.

Tom Spigolon is the news editor of The Covington News. His email is tspigolon@covnews.com.

The Covington News

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What do you think? Send your Letter to the Editor via email at news@covnews.com

CLASSIFIEDS & LEGALS

The Covington News

CLASSIFIEDS

www.cityofcovington.org/index.php?section=business-opportunities

THE CITY of Covington reserves the right to reject any and all proposals.

PUBLIC NOTICE #117291
8/16,23

Convictions

SECOND/SUBSEQUENT DUI CONVICTION



NAME: PATRICIA GALE BRADLEY
ADDRESS: 32 B HEMLOCK ST., PORTERDALE, GA 30014
DATE OF ARREST: APRIL 9, 2019
DATE OF OFFENSE: APRIL 9, 2019
TIME OF OFFENSE: 3:09AM
PLACE OF OFFENSE: CROWELL RD & 1-20

DISPOSITION: **PLEA OF GUILTY**— DEFENDANT IS SENTENCED TO A TOTAL OF 3 YEARS W/ THE FIRST 10 DAYS TO BE SERVED IN CONFINEMENT IN THE NEWTON COUNTY JAIL AND THE REMAINDER TO BE SERVED ON PROBATION - \$3,000.00 IN TOTAL FINES PLUS ALL APPLICABLE FEES AND SURCHARGES - DEFENDANT SHALL PERFORM 40 HOURS OF COMMUNITY SERVICE & SHALL ATIEND AND COMPLETE A DUI RISK REDUCTION COURSE

SENTENCE DATE: AUGUST 21, 2019
NAME OF COURT: SUPERIOR COURT OF NEWTON COUNTY, GEORGIA

PUBLIC NOTICE #117315
9/23

SECOND/SUBSEQUENT DUI CONVICTION



NAME: JAMERE VAUGHN
ADDRESS: 1 HOMESTEAD WAY, COVINGTON, GA 30014
DATE OF ARREST: MAY 19,2017
DATE OF OFFENSE: MAY 19,2017
TIME OF OFFENSE: 1:04AM
PLACE OF OFFENSE: DR MARTIN LUTHER KING JR AVE

DISPOSITION: **PLEA OF GUILTY** — DEFENDANT IS SENTENCED

TO A TOTAL OF 36 MONTHS W/ THE FIRST 30 DAYS TO BE SERVED IN CONFINEMENT IN THE NEWTON COUNTY JAIL AND THE REMAINDER TO BE SERVED ON PROBATION - \$5,000.00 IN TOTAL FINES PLUS ALL APPLICABLE FEES AND SURCHARGES & DEFENDANT SHALL PERFORM 40 HOURS OF COMMUNITY SERVICE

SENTENCE DATE: MARCH 7, 2019
NAME OF COURT: SUPERIOR COURT OF NEWTON COUNTY, GEORGIA

PUBLIC NOTICE #117314
9/23

Divorces

IN THE SUPERIOR COURT OF NEWTON COUNTY STATE OF GEORGIA

INGRID BRIDGES PLAINTIFF,
-VS-
ERIC BRIDGES DEFENDANT.

CIVIL ACTION No.: 2020-CV-1723-2

NOTICE OF PUBLICATION

TO: ERIC BRIDGES
434 SUMMBERHILL CIR
STOCKBRIDGE, GA

BY ORDER of the court for service by publication dated **SEPTEMBER 11, 2020** you are hereby notified that on 9/1/20 (date of filing) **INGRID BRIDGES** (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 14th day of SEPTEMBER, 2020.
LINDA D. Hays
CLERK OF Superior Court

PUBLIC NOTICE #117313
9/23,30,10/7,14

IN THE SUPERIOR COURT OF NEWTON COUNTY STATE OF GEORGIA

KEMOY MCDONALD PLAINTIFF,
-VS-
KIMMOYA R. MCDONALD DEFENDANT.

CIVIL ACTION No.: 2020-CV-1709-4

NOTICE OF PUBLICATION

TO: KIMMOYA R. MCDONALD
100 DEARING WOODS CT
COVINGTON, GA 30014

BY ORDER of the court for service by publication dated **SEPTEMBER 14, 2020** you are hereby notified that on 8/27/20 (date of filing) **KEMOY MCDONALD** (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 **LAYLA H. ZON**, Judge Superior Court of Newton

County.
THIS, THE 14th day of SEPTEMBER, 2020.
LINDA D. Hays
CLERK OF Superior Court

PUBLIC NOTICE #117312
9/23,30,10/7,14

Public Notice

GEORGIA DEPARTMENT of Transportation REQUESTS FEEDBACK & Comments FOR P.I. No. 231210- / 0013628 NEWTON AND Rockdale Counties

IN KEEPING with Governor Brian Kemp's directive to keep state government agencies functioning as Georgia combats the COVID-19 pandemic, Georgia DOT is moving forward by placing project information for review and feedback into an internet platform to comply with social distancing and avoiding crowds of 10+ people. We appreciate your participation in this process. **THE GEORGIA** Department of Transportation has posted project information online at: <http://www.dot.ga.gov/AboutGDOT/PublicOutreach> related to the proposed roadway widening on State Route (SR) 162/ Salem Road from Brown Bridge Road to Flat Shoals Road.

THIS PROJECT proposes to widen the existing two-lane roadway to a four-lane roadway (two lanes in each direction) from just south of Brown Bridge Road in Newton County to Flat Shoals Road in Rockdale County. The proposed project would also widen the existing four-lane roadway to six lanes from Flat Shoals Road to I-20. A 16-foot raised median and 4-foot bike lanes in each direction are proposed for the entire length of the project. A 16-foot shoulder that includes a 5-foot sidewalk is proposed on the east side, and a 20-foot shoulder that includes a 10-foot shared-use path is proposed to the west side throughout the SR 162/ Salem Road corridor. Off-site detours would be used for temporary closures at Ingles Driveway, Salem Cove, Village Drive, and Wall Street. The contractor would be required to ensure access to all properties throughout the duration of construction.

THE PURPOSE of this internet posting is to replace an in-person meeting, while allowing the public to review the proposed project, provide feedback, or write in with questions.

AMERICANS WITH Disabilities Act (ADA) Information: To request materials in accessible formats for people with disabilities contact the District Planning and Programing Coordinator, Ellen Wright at 478-553-3407 (EWright@dot.ga.gov).

COMMENTS WILL be accepted concerning this project until October 14th, 2020. Written statements may be submitted to: **MR. ERIC Duff** STATE ENVIRONMENTAL Administrator **GEORGIA DEPARTMENT of Transportation** 600 WEST Peachtree Street, NW – 16th Floor **ATLANTA, GEORGIA 30308**

PUBLIC NOTICE #117288
9/16,30

NOTICE OF APPLICATION TO CONVERT A MUTUAL HOLDING COMPANY FROM MUTUAL TO STOCK FORM AND APPLICATION TO ACQUIRE A SAVINGS BANK

COMMUNITY FIRST Bancshares, MHC, Covington, Georgia, the mutual

holding company parent of Newton Federal Bank, Covington, Georgia, has applied to the Board of Governors of the Federal Reserve System (the "Board") to convert from the mutual to the stock form of organization. Pursuant to the Plan of Conversion, which has been adopted by a vote of at least two-thirds of the directors of Community First Bancshares, MHC, each of Community First Bancshares, MHC and Community First Bancshares, Inc., an existing federal mid-tier corporation, will cease to exist and Newton Federal Bank will become a wholly-owned subsidiary of Affinity Bancshares, Inc., Covington, Georgia, a Maryland corporation, which will offer for sale shares of its common stock to depositors of Newton Federal Bank and others in a subscription and community offering. As part of the conversion, each share of common stock of Community First Bancshares, Inc., the federal mid-tier corporation, held by persons other than Community First Bancshares, MHC will be converted into and become the right to receive a number of shares of common stock of Affinity Bancshares, Inc., the Maryland corporation, pursuant to an exchange ratio established at the time of conversion.

IN ADDITION, Affinity Bancshares, Inc., the Maryland corporation, has filed with the Board, on or about September 11, 2020, an application to acquire control of Newton Federal Bank pursuant to 12 C.F.R. Section 238.11 of the regulations of the Board. All of the branches of Newton Federal Bank will continue to operate after the acquisition. **THE BOARD** considers a number of factors in deciding whether to approve the applications, including the record of performance of banks we own in helping to meet the convenience and needs of their communities.

YOU ARE invited to submit comments in writing on the applications to the Federal Reserve Bank of Atlanta, 1000 Peachtree Street N.E., Atlanta, Georgia 30309, or via email: Applications.Comments@atl.frb.org. The comment period will not end before October 16, 2020, and may be somewhat longer. The Board's procedures for processing applications may be found at 12 C.F.R. Part 262. Procedures for processing protested applications may be found at 12 C.F.R. 262.25. To obtain a copy of the Board's procedures, or if you need more information about how to submit your comments on the applications, contact Kathryn Haney, Assistant Vice President at (404) 498-7298. The Board will consider your comments and any request for a public meeting or formal hearing on the applications if they are received in writing by the Federal Reserve Bank of Atlanta on or before the last day of the comment period.

PUBLIC NOTICE #117317
9/23,30

NOTICE TO THE PUBLIC

YOU ARE HEREBY NOTIFIED that on October 5, 2020, at 9:30 a.m. at the Newton County Judicial Center, 1132 Usher Street, 2nd FL, Covington, Georgia 30014, the presiding Judge of the Superior Court of Newton County will hear the case of STATE OF GEORGIA vs. NEWTON COUNTY INDUSTRIAL DEVELOPMENT AUTHORITY and EDG - CTC, LLC, Civil Action File No. 2020-CV-1891-1 in the Superior Court of Newton County, the same being a proceeding to confirm and validate a Taxable Revenue Bond (EDG - CTC, LLC Project), Series 2020 (the "Bond"), in a maximum principal amount of \$56,500,000, to be issued

by the Newton County Industrial Development Authority (the "Issuer") pursuant to the terms of a resolution adopted by the Issuer, in order to promote and expand the public good and welfare and industry and trade within Newton County (the "County"). The Bond is to be issued for the purpose of acquiring a capital project consisting of approximately 24.02 acres of land in the County, located at Alcovy Road and Georgia Highway 142 in the City of Covington, Georgia, together with one or more buildings, structures and improvements to be constructed thereon, and related building fixtures, building equipment and other personal property to be installed thereat (collectively, "Project"), which Project is to be leased by the Issuer to EDG - CTC, LLC, a Georgia limited liability company (the "Company"), for use as a commercial multi-family housing development. In such proceeding, the Court will also (a) hear and determine the validity of instruments relating to and providing security for the Bond, and (b) hear and determine such other questions of law and fact pertaining to the right of the Issuer to issue the Bond and to provide the security therefor. The Bond shall be a special and limited obligation of the Issuer, payable from funds provided by the Company or its successors, shall not be payable from taxes or other public funds, and NO PERFORMANCE AUDIT OR PERFORMANCE REVIEW SHALL BE CONDUCTED WITH RESPECT TO SUCH BOND ISSUE. Any citizen of the State of Georgia residing in Newton County, or any other person wherever residing who has a right to object, may intervene and become a party to these proceedings. **LINDA D. Hays** **CLERK, SUPERIOR** Court, Newton County, Georgia

PUBLIC NOTICE #117316
9/23,30

Public Sales Auctions

NOTICE OF Public Sale of Personal Property Georgia Self Storage Act (210-215) Extra Storage Rental Spaces is hereby given that the under-signed self storage units will be sold at a public sale by competitive bidding, in their entirety to the highest bidder, on or after October 9, 2020 to satisfy the lien of the Lessor, Extra Storage Terrell Management LLC, for rental and other charges. The auction will be held at 11471 Brown Bridge Road Covington, GA 30016 and will begin on October 9, 2020 at 10:00 AM for the following units: Michael Kirkley – Judy Kirkley unit 614, Michael Kyler unit 609, Evia Kaigler unit 80, Titianna Thurman unit 100, Joannes Williams unit 27, Leo Jones unit 90, Pam Starr unit 508. The contents consist of general household goods furniture, boxes, and miscellaneous items. The terms of the sale will be cash only and must be paid for at the time of sale. All goods are sold as is. Extra Storage Rental Spaces reserves the right to withdraw any or all units, partial or entire, from the sale at any time. All contents must be removed completely from the property within 48 hours or sooner of auction completion.

PUBLIC NOTICE #117310
9/23,30

Yard Sales

Yard & Estate Sales
HUGE GARAGE SALE
135 DEARING Woods Way
SEPT. 25, 26 & 27
HOUSEHOLD ITEMS, Clothes, Toys
TOO MUCH to list
9AM to 5pm

Real Estate

Homes For Sale
CUSTOM BRICK Cape Cod,
1 ACRE cul-de-sac lot,
POSSIBLE 5 BR spaces,
3-1/2 BAS.,
SUNROOM.
WRAP-AROUND PORCH
YOUTH EM & MS.
WALNUT GROVE
HS.\$375,000. Tricia Hinton
404-285-2658, Realty East
770-466-1018.

LEGALS

Public Notices

Bids

THE CITY of Covington is seeking proposals from non-profit organizations interested in facilitating an annual concert series of 13 shows in partnership with the City of Covington beginning in 2021, and continuing for 3 years.

SEALED PROPOSALS must be delivered to City Hall, 2194 Emory Street NW, Covington, GA 30014, Attn: Nic Matthews no later than 10:00am on Wednesday, October 14, 2020. A pre-proposal meeting will be held on Wednesday, September 30, 2020 at 10:00 am located at 1143 Oak St. SE, Covington, GA 30014.

REQUEST FOR Bids/Proposals and additional information may be obtained at City Hall or 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 right to reject any and all proposals.

PUBLIC NOTICE #117290
8/16,23

THE CITY of Covington is seeking proposals from non-profit organizations interested in partnering with the city to provide recreational programming activities currently not offered in the City of Covington. The city will provide promotional support and athletic facilities. All events must take place in Covington city limits. This partnership will begin in 2021, and continue for 3 years.

SEALED PROPOSALS must be delivered to City Hall, 2194 Emory Street NW, Covington, GA 30014, Attn: Nic Matthews no later than 2:00pm on Wednesday, October 14, 2020. A pre-proposal meeting will be held on Wednesday, September 30, 2020 at 2:00 am located at 1143 Oak St. SE, Covington, GA 30014.

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

Fun by the Numbers

	1	9		8				
3				1		7	4	
6			9					
	5	3						9
9			2					7
		2						4
7		5	8					
	6			2				
				7	9		5	

Level: Intermediate

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

7	1	5	8	2	3	9	4	6
2	9	4	6	7	5	8	3	1
6	8	3	4	1	9	7	2	5
9	3	1	2	8	4	5	6	7
4	5	6	3	9	7	2	1	8
8	7	2	5	6	1	3	9	4
5	2	9	7	4	6	1	8	3
1	4	7	9	3	8	6	5	2
3	6	8	1	5	2	4	7	9

LAST WEEK'S SOLUTION:

BUSINESS DIRECTORY

FOOT CARE

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FOOT & ANKLE CENTERS, PC
770-484-9599

Specialty treatment of the Foot and Ankle serving Lithonia, Covington and the surrounding areas.

50% Discounts Offered for Self Payers

8225 Mall Parkway • Suite 230 • Lithonia GA 30038

HEALTH CARE

ADVIR HEALTH CARE SYSTEMS

Now hiring CNA, PCA, homemakers, full time, part time and PRN positions for areas in Newton, Rockdale and other surrounding counties.

If interested in positions go to www.advirhealthcare.com and click on careers to apply for interview. or call 404.348.2643 ext 702.

Guess Who?

I am an actor born in Pennsylvania on September 25, 1968. Before becoming an actor, I was a member of a hip-hop duo under a "fresh" moniker. My breakthrough role was on a popular sitcom. I've since added an impressive number of film credits to my name.

Answer: Will Smith

The Covington News

Subscribe today! Visit CovNews.com

HEALTH & FITNESS

The Covington News



5 ways to protect against hearing loss

Metro Creative Services

Approximately 15% of adults aged 18 and older report some difficulty hearing and up to 39% of adults in their 60s have hearing problems.

Taking proactive approach can help avoid significant hearing loss over time

SPECIAL TO THE NEWS

news@covnews.com

A certain degree of hearing loss can be a normal part of the aging process. However, people who take steps to protect their hearing long before Father Time takes his toll can prevent the extreme hearing loss suffered by millions of seniors across the globe.

Johns Hopkins Medicine states that approximately 15% of adults aged 18 years and older report some difficulty hearing and up to 39% of adults in their 60s have hearing problems.

Lost hearing cannot be restored, though hearing aids and other devices can help people with hearing loss hear better. Hearing aids are not always an accessory people look forward

to needing, so it's good to know that a few simple strategies can protect people's hearing over the long haul.

1. Get a baseline hearing exam. Speak with an audiologist who can test your hearing and establish a baseline level against which future tests will be measured. This way it is easier to see if hearing loss is increasing over time.

2. Turn down the volume. Audio devices can contribute to hearing loss. Earbuds are particularly dangerous because they fit directly next to the eardrum. The World Health Organization says that 1.1 billion teens and young adults worldwide are at risk for noise-induced hearing loss from unsafe use of audio devices. Set the maximum volume on audio devices below 60% and wear headphones for no more than an hour a day. Keeping music low on other devices is also advisable.

3. Wear protective gear. Protective gear includes ear plugs

and protective earphones. This gear should be worn whenever you expect to encounter loud noises, such as when you mow the lawn, go hunting or shooting, attend rock concerts, or visit construction sites.

4. Limit use of cotton swabs. Ear wax is beneficial to the ears and can stop dust and other particles from entering the ear. Furthermore, using a cotton swab can potentially cause damage to sensitive organs in the ear if they are inserted too far or too roughly, advises the hearing testing service Ear-Q.

5. Avoid loud noises. Steer clear of fireworks, noisy city centers, loud performances, and other situations if you do not have hearing protection.

Remember, hearing loss often doesn't produce immediate symptoms or pain. However, over time, hearing loss can become noticeable.

A proactive approach can help people avoid significant hearing loss as they age.

Should you skip breakfast while dieting?



Metro Creative Services

People who lose weight and keep it off are generally those who eat a large, healthy breakfast.

Studies show missing meals could be bad for weight-loss efforts

SPECIAL TO THE NEWS

news@covnews.com

The secret to losing weight involves a careful balance. The number of calories that go into a person should be exceeded by the energy expended by exercise and the normal biological functions of the body. This often involves controlling caloric intake, which can be simple when people cut back on portion sizes.

Some people believe they can lose weight by limiting what they eat and even skipping certain meals altogether. But skipping a meal like breakfast could actually have an adverse effect on weight-loss efforts.

People who lose weight and keep it off are generally those who eat a large, healthy breakfast. In a 2017 study about meal frequency and changes in body mass index published in The Journal of Nutrition, researchers found that those who made breakfast the largest meal of the day were more likely to have a lower body mass index (BMI) than those who ate a large lunch or dinner. A portion-controlled breakfast full of lean protein and whole grains can help people to feel fuller longer. Breakfast can curb hunger pangs before lunch, reducing the likelihood that people will reach for unhealthy vending machine fare to tide them over until their midday meals.

The nutrition experts at Runtastic, a resource for avid runners, find that eating breakfast stimulates the body's natural thermogenic process, which is the

use of energy to store food in the stomach, transport it through the digestive system and burn energy. Furthermore, studies have shown that eating a meal in the morning boosts metabolism more than eating the same meal in the evening. That's because, in the morning, the meal is jump-starting the body's metabolic process for the day.

Eating breakfast also can have a positive impact on blood sugar concentration and may reduce postprandial hyperglycemia (higher blood sugar levels after eating) in people who have diabetes.

The Academy of Nutrition and Dietetics recommends people divide their total daily food intake into four or five meals, including breakfast, over the course of the day. This provides constant fuel and will help one to avoid hunger pangs and blood sugar drops that may lead to impulse eating.

When choosing breakfast foods, certain options are smarter than others. Look for lean proteins, vegetables, whole grains, and low-fat dairy products. High-fiber foods, like oatmeal, can quell hunger pangs quickly and stabilize blood sugar after a meal. Protein also is filling. A 2005 study of overweight women published in the Journal of the American College of Nutrition showed that eating eggs for breakfast instead of a bagel significantly increased feelings of fullness and reduced food intake later in the day. Increasing fiber intake from fruits also can create feelings of fullness and promote weight loss.

Breakfast is an important meal that shouldn't be skipped, even by people aiming to lose weight.

How to feed picky eaters away from home

SPECIAL TO THE NEWS

news@covnews.com

Children can be picky eaters. Parents know that getting kids to eat anything, much less healthy foods, can sometimes make the dinner table feel more like a battlefield than a place to break bread. That's especially so when the dinner table is in a restaurant, where savvy youngsters might know less nutritious dishes like macaroni and cheese or fried chicken fingers are on the menu. But the benefits of a healthy, balanced diet are so numerous for youngsters that it's worth doing whatever it takes to get kids to embrace nutrient-rich foods, both at home and when dining out.

The American Academy of Family Physicians notes that a healthy diet can stabilize children's energy levels, help them maintain healthy weights and potentially prevent mental health conditions, including anxiety and attention deficit hyperactivity disorder, or ADHD. But recognizing the importance of a healthy diet and getting kids to embrace one are two different things, especially when kids are dining out and being tempted by un-



Metro Creative Services

Getting kids to eat anything, much less healthy foods, can sometimes make the dinner table feel more like a battlefield than a place to break bread.

healthy alternatives. In recognition of that, the American Academy of Pediatrics recommends the following strategies to parents who want their kids to eat healthy when they're away from home.

• Make meals all-inclusive. When preparing school lunches or taking youngsters out for a night on the town, make sure to offer a mix of foods from the five food groups. The AAP recommends parents offer vegetables, fruit, grains, low-fat dairy, and/or quality protein sources, which can include meat, fish, nuts, seeds, and eggs. Offering each of these foods at every meal may not be feasible, but kids should eat foods selected from the major food groups at every meal.

• Avoid highly processed foods. The National Institutes of Health notes that studies have suggested there's a link between highly processed foods and health problems. Such foods, which typically contain ingredients such as hydrogenated oils, high-fructose corn syrup and flavoring agents, are typically high in calories, salt, sugar, and fat. While highly processed foods tend to be easier to make and readily available at restaurants, serving them to youngsters can start kids down the road to poor dietary habits, potentially increasing their risk for obesity and diseases like heart disease and diabetes. When packing snacks for school lunches or taking kids out to

restaurants, be sure to include or bring along healthy whole foods, such as fruits and vegetables. This can ensure kids get some healthy fare during mealtime.

• Enhance foods if necessary. While high amounts of sugar, salt and fat can jeopardize the health of adults and youngsters alike, the AAP notes that small amounts of these substances can be used to enhance kids' enjoyment of healthy foods and increase the likelihood that they will eat them.

Parents may not have much control over what their children eat while away from home. But a handful of strategies can increase the likelihood that kids enjoy healthy fare when eating at school or at restaurants.



Mason Wittner sports editor

Friday nights still have same magic

There's something about those Friday night lights.

The first high school football game I ever covered for a newspaper was Walnut Grove at Woodland in 2013. I was a senior in high school on assignment for *The Walton Tribune*.

Having played football myself since I was in fourth grade, it was surreal spending my Friday night

in the press box instead of on the field, but butterflies were still occupying the pit of my stomach.

They were just a different breed of butterflies than I was accustomed to having.

Instead of being amped up for a night of crashing pads into an opponent, I found my right leg bouncing as I mashed fingers onto keys and raced toward my deadline. As esteemed poet Marshall Mathers once composed, my palms were sweaty, my knees were weak and my arms were heavy.

I loved every second of it. My favorite subject in school was English. My hobby of choice was athletics — both watching and playing. Could it really be that I was now getting paid to watch a sporting event and then write a story about it? I felt as if the job had been designed specifically for me.

I went on to study sports journalism at the University of Georgia, intern with MLB.com in Pittsburgh and serve as sports editor at the *Times-Georgian* in Carrollton before landing here in Covington. But no matter how much time goes by, at the start of every football season I think back to my first night on the gig at Woodland High School.

This fall marks my seventh season covering high school football for a media outlet. To kick things off, I've spent the past two Friday nights bunched inside the press box at Homer Sharp Stadium as I covered county rivalry games between Alcovy, Eastside and Newton.

The storylines were plentiful. The passion was palpable. The action was intense.

I loved every second of it. If there's one thing I've learned from the chaos that 2020 has provided, it's to treasure every moment that I'm allowed to do something I enjoy.

Unfortunately, life doesn't always afford us the luxury of knowing in advance that we're about to do something for the last time. In some instances, the halt is far more abrupt than we'd ever want.

As a result, I've found myself stopping to smell the roses, so to speak.

Each of the past two Fridays, I've arrived at Homer Sharp Stadium exactly two hours prior to kickoff. I've strolled up and down the length of the field. I've taken in the scenery from several different points of view high atop the stands. I've watched the teams warm up, break down and lock in for battle.

I do this because I know when I leave the stadium that night, with the cloud of uncertainty continuing to hover over the season in the midst of a pandemic, there's no promise that I'll be able to return the following Friday.

And I want to enjoy every single second that I can.

Seven years have passed since I covered Walnut Grove's season opener against Woodland. A lot can change in a seven-year span, and much has for me. But through all the change, one thing has remained constant all this time.

There's still something about those Friday night lights that keeps drawing me back in for more.

Mason Wittner is the sports editor of The Covington News. He may be reached at mwittner@covnews.com



Mason Wittner | The Covington News

Local cyclist Jeremy Van Dyke recently joined the triple century club after pedaling 309.3 miles, with 11,108 feet of elevation climbing, in under 24 hours.

Mr. 300

Inside the cyclical life of Jeremy Van Dyke

By MASON WITTNER
mwittner@covnews.com

COVINGTON, Ga. — It's a Friday afternoon in September and Jeremy Van Dyke is sprinting down a path on his bicycle.

He reaches the bottom of a hill and stops to check his watch. He sees he shaved a few seconds off his time, prompting a ride to the top for another attempt. He races back down the strip of concrete.

Even his behavior is cyclical. Van Dyke finds himself on Cricket Frog Trail on this particular Friday afternoon for a scheduled photo shoot with *The Covington News* following a milestone achievement. But right now, he's not thinking about getting his picture taken for the newspaper. In fact, he's not thinking about much of anything other than competing against him-

self to beat his personal record on that slope.

It's not that he doesn't value other things in life; when Van Dyke mounts his bicycle, he simply allows everything else to melt away. The lens through which he sees the world suddenly shrinks to the size of the reflective sunglasses he's wearing as his wheels spin along the pavement.

This is his escape. On Aug. 22, Van Dyke set out from his house on his black and white Trek Bontrager at 5:30 p.m. with the hopes of accomplishing a 24-hour triple century. In a feat of notable strength and endurance, he pulled it off. He pedaled 309.3 miles, with 11,108 feet of elevation climbing, in 23 hours and 58 minutes.

Van Dyke, a member of the

Covington-Conyers Cycling Club, shared the details of his journey with his fellow club members. But, while proud of his accomplishment, he exuded humility — almost to a fault. And in the weeks that followed, he repeatedly downplayed the significance of what he did.

Why? You don't have to spend much time around Van Dyke to learn the answer.

No matter how many miles he logs, he will always prioritize the way cycling makes him feel over what he's accomplished on a bike. It's never been about shattering world records or garnering fame. So, his response when asked by the media about the ride comes naturally.

"I'm just out here riding my bike," he says with a sheepish grin.

See MR. 300, A8

Prep Softball Roundup

Lady Rams blast South Gwinnett



Mason Wittner | The Covington News

Newton's Kyla Stroud went 3-for-5 with 5 RBI to lead the Lady Rams to a blowout victory over South Gwinnett last week.

By MASON WITTNER
mwittner@covnews.com

COVINGTON, Ga. — A pair of local softball teams continued region play last Tuesday, Sept. 15.

Newton welcomed South Gwinnett to town for the second of three meetings this season, while Alcovy played host to Evans in the first leg of a three-game set that was originally scheduled to take place this week.

Neither contest produced a competitive score, but only one of the Newton County squads walked off the diamond victorious.

Newton 19, South Gwinnett 2 (F/6)

The Lady Rams collected their fourth consecutive victory Tuesday evening when they made quick work of the visiting Lady Comets in six innings.

Sophomore sensation Kyla Stroud led the effort at the plate for Newton. The Auburn University commit went 3-for-5 at the dish with two home runs and five RBI. A handful of her teammates joined in on the action as well, as the each

of Newton's first five batters in the lineup recorded multi-hit games.

Junior Hayden Pearson went 2-for-5 in the leadoff spot. She was followed in the batting order by seniors Aulora Edwards (3-for-5) and Ty'Liah Hardeman (3-for-5), Stroud and senior Kaitlyn Neely (3-for-4).

Junior Katelynn Anglin made the start in the circle and went the distance for the Lady Rams. She allowed two runs — only one earned — on three hits and issued five walks while striking out three.

Newton was scheduled to return to the diamond on Wednesday evening to host Norcross (6-7, 1-1 Region 7-A) at 5:30 p.m. But with a torrential downpour hitting Newton County on Wednesday and Thursday, the game was postponed.

The Lady Rams were back in action over the weekend as they traveled to Grayson High School to compete in the Grayson Ram Classic. They went 0-2 in the event, dropping narrow decisions against Walnut Grove (7-5) and Mountain

See RAMS, A8

PLAYERS OF THE WEEK



Alcovy Tigers

#18 MJ Stroud, ATH

Stroud, the former starting quarterback for the Tigers, caught two touchdown passes and hauled in a 58-yard reception on another scoring drive in Alcovy's loss to Duluth on Friday, Sept. 18.



Alcovy's Player of the Week is sponsored by

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Eastside Eagles

#3 Dallas Johnson, RB

Johnson had 21 carries for 180 yards — including a 79-yard rushing touchdown — in the Eagles' narrow loss against Newton on Friday, Sept. 18.



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Newton Rams

#18 Jevarra Martin Jr., QB

Making just his second start at the varsity level, Martin Jr. threw for 108 yards and a touchdown while engineering the Rams' victory over rival Eastside.



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Social Circle Redskins

#8 KJ Reid, CB/WR

Reid aided the Redskins with a monumental stripped ball that he returned to the 3-yard line, setting Social Circle up for a scoring drive in a setback against Walnut Grove.



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Eagles, Tigers set to square off

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

COVINGTON, Ga. — For the third week in a row, Homer Sharp Stadium will be the site of an intense county rivalry game on Friday.

This time around a pair of teams will take the field aiming to cleanse themselves of a bitter defeat in Week 3.

Alcovy High School (0-3) will be playing host to Eastside High School (1-1) in the 15th all-time meeting between the two Newton County programs. The Eagles will be looking to win their seventh straight in the series, while the Tigers will be trying to repeat the magic of the 2013 season that ended with a postseason berth.

Alcovy's 2020 season has gotten off to a rocky start.

The Tigers opened the year with back-to-back blowout losses as the designated road team against North Forsyth, 35-3, and Newton, 27-0. They went back on the road again last Friday night and dug themselves into too large of a hole early on to escape a 42-27 defeat at the hands of Duluth.

But while they found themselves in the loss column against the Wildcats last week, there was plenty of positive for the club to take away from the game. Facing a 28-0 deficit at the end of the first quarter, Alcovy easily could have folded and called it a night.

But that's not how second-year head coach Jason Dukes operates.

Instead Dukes allowed sophomore quarterback Ashton Evans to air things out, and the results were overwhelmingly positive. Evans threw a touchdown pass late in the second quarter before tossing another pair in the second half.

Question marks still remain about the ability of the Tiger defense to prevent the big play, but the offense showed significant signs of life that could promote potency in the weeks ahead.

"I expect them to come out and play hard," Eastside head coach Troy Hoff said of Alcovy this week. "They've got three games under their belt, and their season hasn't started the way that they've wanted it to. I'd expect nothing less than their best effort. I know they want to turn things around and get going on the right foot here, and they've got a chance to do that in a rivalry game."

Hoff's Eagles will be looking for a bounce-

back performance themselves.

Eastside kicked off its season in triumphant fashion by rushing for 468 yards in a 27-14 win at Class AAAAAA opponent Winder-Barrow. Last week, playing up two classifications against rival Newton, the Eagles continued to sustain success on the ground to the tune of 196 yards.

Unfortunately, it proved to be not quite enough as they allowed the Rams to pull away late in a 21-7 loss.

"The Newton defense has a lot of speed, and they were obviously very conscious of our run game, which made things difficult," Hoff admitted. "But we just stayed with the plan. We were close on a couple of plays where Dallas [Johnson] was a step away from making something happen."

Johnson, the junior running back, finished the night with 180 yards on 21 carries. His biggest run of the night provided Eastside's only points, as he burst through he middle of the field for a 79-yard touchdown.

An outstanding defensive performance allowed Eastside to enter the fourth quarter trailing 7-0. Thanks to Johnson's touchdown, the Eagles eventually trailed 14-7 and had a chance to drive down the field to tie the score in the game's final moments.

Like Alcovy, in spite of a loss, Eastside proved to itself that it has the ability to come back and compete after being punched in the mouth.

"Like we tell our kids playing against anybody, we want a shot to win the game in the fourth quarter. They did that," Hoff said. "Our kids gave themselves a chance to win that game in the fourth, and Newton just made a couple more plays than we did."

Both the Eagles and Tigers will be eager to get off to quick starts offensively this Friday night after lethargic opening quarters a week ago. But if anything can be learned from the losses suffered in Week 3, it's that no lead is large enough to be considered safe when these programs take the field.

That should make for yet another intense rivalry matchup.

Friday night's kickoff is scheduled for 7:30 p.m. Follow @CovNewsSports and @mason_wittner on Twitter for updates throughout the night.

MR. 300:

Continued from A7

Van Dyke chuckles after the statement, and admits that it's been slightly rehearsed. That's his go-to answer for anyone who asks him about his cycling excursions.

"People are like, 'Wow, I can't believe you've done that!' I tell them I'm just out here riding my bike. And if it encourages other people to get out, move around, get active, that's all I can hope for," he said. "I think cycling's an excellent way to keep mental health and physical health on the up and up, so I try to encourage that whenever I can."

The sport demands a certain level of fitness, but Van Dyke has no interest in squeezing into the cookie-cutter mold of the stereotypical cyclist. Standing at 6 feet, 4 inches, and weighing 260 pounds, he's trending more toward Brian Urlacher than Eddy Merckx. He's OK with that.

Van Dyke has clocked more than 7,300 miles on his Trek

bike in 2020. He's completed 11 centuries, which are rides of at least 100 miles; five double-metrics, approximated at 124 miles apiece; and one double century, a 200-mile excursion; in addition to his recent 300-mile journey.

His physique may not be conducive with most who've accomplished what he's done on a bike, but he's proven himself to be the exception to the standard.

"Most people look at me and say, 'You did what?' Van Dyke said with a laugh, recalling countless anecdotes of peers who were misled by his size and structure.

I was inclined to ask the same thing.

He explained to me, as he does to others who inquire about his 24-hour triple century, that the key is pacing. If you take the ride one mile at a time, then everything begins to slow down.

"It's just like walking," he said. "You can go out there and walk

for a long time, but if you start running, you're gonna wear down quicker. The biggest thing is to go out there and find that pace that you can hold."

As he biked a spider-webbed route that took him from Newborn up to Good Hope, stretching as far west as Social Circle and far east as Madison, Van Dyke maintained a pace of roughly 16.5 miles per hour.

He spent 17 hours, four minutes and 50 seconds of his 23-hour, 58-minute adventure on the back of his bicycle. Roughly one hour was dedicated to dozing off. The other five hours consisted of breaks for food, hydration and conversation with his wife — and one-woman support group — Annie.

Spending 17 hours on a bike involves excess amounts of isolation, but that part has never bothered Van Dyke. He's been riding for more than two decades now, and has learned to utilize his alone time to

reach maximum zen.

"Cycling is like my Namia. You get out there and you just kind of zone out," he said, in reference to the fictional land in C.S. Lewis' books. "I've gone out there and ridden for five hours, and it feels like I've been gone 30 minutes. I don't know if that's unique to me, or just how it works, but that's how I always feel."

Van Dyke learned to ride a bicycle when he was 14 years old. He turned 36 earlier this month. Fittingly, he celebrated by going on a 36-mile bike ride with Annie, with a hearty meal sandwiched in the middle.

Once the photo shoot is over, Van Dyke expresses his gratitude for the opportunity. He chats with Annie before sliding his sunglasses back onto his face and grappling his bike. He then turns his back and begins climbing up the hill.

The cycle continues.

RAMS:

Continued from A7

View (8-6).

Newton (11-5, 4-2 Region 4-AAAAAA) was poised to rebound at home against Brookwood Tuesday evening, Sept. 22. The game finished after deadline, but visit CovNews.com for more coverage.

Evans 8, Alcovy 0 (F/5)

Reeling from a 14-0 loss at the hands of county rival Eastside the Lady Tigers continued to struggle Tuesday night as they were blanked in five innings by the visiting Lady Knights.

Evans plated a pair of

runs in the first inning and tacked on another in the third before scoring five runs in the fifth to blow the game open.

Alcovy (1-9, 1-4 Region 3-AAAAAA) was scheduled to square off against region-leading Evans (8-5, 4-0) once again Thursday in a road doubleheader.

However, inclement weather forced the programs to postpone the games until a later date.

The Lady Tigers also picked things back up Tuesday, Sept. 22, but finished after deadline. Please visit CovNews.com for more coverage.

FOOD & ENTERTAINMENT

The Covington News

Drive-in jam



Tom Spigolon | The Covington News

Attendees' vehicles face the Banks & Shane band during the Downtown Sounds Drive-In Concert on Friday, Sept. 11, at Legion Field in Covington.

Legion Field hosts Banks & Shane in concert

STAFF REPORTS
news@covnews.com

Atlanta music legends Banks & Shane performed folk and Americana-influenced music during the Downtown Sounds Drive-In Concert on Friday, Sept. 11, at Legion Field in Covington.

The Atlanta-based band is led by Banks Burgess and Paul Shane.

The Arts Association in Newton County hosted the show in collaboration with the Covington city government and Discover Covington, Ga.

For more information about upcoming shows and events, visit NewtonCountyArts.org.



Tom Spigolon | The Covington News

Banks Burgess and Paul Shane (pictured right) perform with their band during the Downtown Sounds Drive-In Concert Friday, Sept. 11, at Legion Field. Pictured top left, Mike and Jennifer Merriss of Covington enjoy their dinner and watch the concert with their dog, Langston, from the back of their pickup truck.

How to properly field dress wild game

SPECIAL TO THE NEWS
news@covnews.com

Fishing and hunting are popular outdoor activities. Many outdoor enthusiasts engage in angling or hunting so they can have trophies to put up on their walls. Others rely on hunting and fishing for supplemental food sources. Game animals will have to be cleaned and processed properly whether they're headed to the dinner table or to the taxidermist.

Pathogen contamination is one of the biggest risks when field dressing an animal. As with any animal, game can contain harmful bacteria, such as salmonella and strains of E. coli. Other animals, such as wild hogs, can infect people with a flu-like illness called brucellosis, which can be caught through contact with blood, fluid or tissue of an infected hog. Deer, elk and moose also may have chronic wasting disease, or CWD. Although there is no evidence that links CWD to human illness, the Centers for Disease Control and Prevention advises caution.

Proper field dressing techniques and game transport can help reduce the risk of pathogenic contamination.

Here are some tips for getting started, courtesy of Penn State and the CDC.

- Wear safety gear. When handling any game animals, protect yourself with rubber gloves. This will prevent the blood and fluids from the game animal from getting on your skin. Eye protection is also advised when handling carcasses.

- Work quickly. The elapsed time from when the animal is downed until it is processed can affect the safety and the quality of the meat if it will be consumed, according to Martin Bucknavage, food safety extension associate in the Penn State Department of Food Science. Field dress as soon as possible to ensure rapid loss of the animal's body heat, to prevent surface bacteria from growing and to preserve the quality of the meat. Eviscerate the animal to help the carcass dissipate heat and remove the internal organs, where spoilage tends to occur more quickly.

- Watch out for internal organs. Avoid cutting into internal organs, especially the intestines, where the largest amount of bad bacteria tend to reside.

- Chill the carcass. Deterioration will occur more quickly in temperatures greater than 40 F. Therefore, insert plastic bags of ice or snow into the body cavity of the animal to keep the carcass chilled. Move the carcass into a cooler or refrigerator as soon as possible after field dress.

- Choose tools wisely. Use clean, sharp knives when field dressing and butchering to make it easier to cut through and process the carcass. Use clean water, premoistened wipes or alcohol wipes to clean the knife frequently between cuts to prevent bacterial contamination.

- Hang game by hind legs. Hang the animal by its hind legs with its head down when aging or butchering. This prevents brain and spinal fluids from contacting the meat.

Most importantly during field dress, if any of the internal organs smell or look offensive, or if there is oddly colored discharge, do not consume the meat. Hunters and anglers are advised to learn more about field dress techniques to hone their skills. Speak with local fish and game officials about nearby courses.

What's cooking?

Turn your grill into a pizza maker



Metro Creative Services

"The Chicagoan" recipe is from Craig W. Priebe's "Grilled Pizzas & Piadinas."

SPECIAL TO THE NEWS
news@covnews.com

Some say an outdoor kitchen isn't complete without a pizza oven. A delicious pie straight out of a blazing hot oven can be delectable when dining al fresco, but pizza also can be made right on the grill.

The Chicagoan
(Makes a 12-inch pizza)

Ingredients:

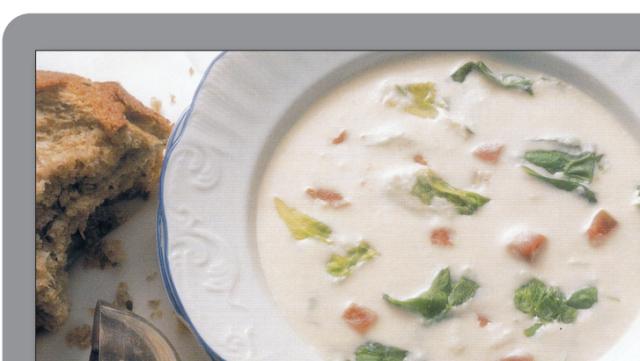
- 1 russet potato, peeled and sliced about 1/4-inch thick
- 3 tablespoons extra virgin olive oil
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 8 ounces top sirloin or strip steak
- 1/2 teaspoon salt
- Freshly ground black pepper
- 1 grilled pizza crust
- 1 tablespoon grated Parmesan
- 1 cup shredded mozzarella
- 1/2 cup shredded cheddar
- 1 cup chunky tomato sauce
- 1/2 cup thinly sliced red onions
- 1/4 cup sour cream
- 2 tablespoons minced fresh chives

Directions:

1. Preheat the oven to 400 degrees. Place the sliced potato in a large bowl and toss with two tablespoons olive oil, salt and pepper. Line a baking sheet with foil and spread the slices in a single layer. Bake for about 15 minutes, until the potato is golden and tender. While still hot, loosen the slices with a spatula so they don't stick.
2. Prepare a grill for direct cooking over high heat. Season the steak liberally on both sides with the salt and pepper. Grill the steak over the hottest part of the fire for 4 minutes. Turn and grill for 4 minutes longer, until the steak is medium-rare and well charred. Remove and let sit for 5 minutes. Slice thinly.
3. Brush the grilled side of the pizza crust with the remaining one tablespoon olive oil and dust with the Parmesan. Sprinkle the mozzarella and cheddar on top. Drop spoonfuls of the chunky tomato sauce onto the pizza. Top with the potato, red onion and the steak.
4. Grill the pizza with indirect heat. If your grill is still hot, move coals to one side or turn off one burner and allow the pizza to cook on the side without a direct flame. Grill the pizza for 5 to 8 minutes, or until the crust is crisp and brown. The bottom may have a few black spots from charring. Optional: Broil the cooked pizza in the oven for 1 to 2 minutes more to caramelize the top.
5. Before serving, drop teaspoons of the sour cream onto the pizza, and garnish with the fresh chives.

Grilling the crust:

To grill a pizza crust for this recipe, roll out to a 12-inch circle and place on a cookie sheet. Adjust the grill to reach a temperature of 400 degrees. Slide the dough onto the grill. The dough should take about 3 minutes to cook. Watch for bubbles. The crust will be soft at first and tear easily. To check doneness, lift the underside. It should be an even light brown with brown grill marks. Place it on the cookie sheet and flip it over so the grilled side is face up to be the pizza's top.



Have a recipe you'd like to share?

Email it to news@covnews.com and be featured in a future edition of The Covington News.

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 <p>12 Count Folgers K-Cups \$5.69</p>	 <p>12-16.6 Ounce, Select Varieties Kellogg's Cereal 2/\$5.00</p>	 <p>9.4-14 Ounce Kraft Deluxe or Velveeta Shells 2/\$7.00</p>	 <p>Fresh Broccoli Crowns \$1.49 LB.</p>
 <p>#1 Mississippi Sweet Potatoes 49¢ LB.</p>	 <p>Fresh Roma Tomatoes 99¢ LB.</p>	 <p>Blue Ribbon Honeydew Melons \$2.99 EA.</p>	 <p>Fresh Bartlett, Red or Bosc Pears \$1.99 LB.</p>
 <p>Fresh Haas Avocados 99¢ EA.</p>	 <p>1 Pound Sunnyland Margarine 79¢</p>	 <p>8 Ounce Pillsbury Crescent Rolls 2/\$4.00</p>	 <p>4 Pack Jell-O Pudding 2/\$4.00</p>
 <p>Brown Sugar, Off The Bone or Black Forest Kretschmar Ham \$5.99 LB.</p>	 <p>Hickory Honey or Smoked Kretschmar Turkey \$6.99 LB.</p>	 <p>Kretschmar Oven Roasted Chicken \$6.99 LB.</p>	 <p>Deli Made Crab Salad \$4.49 LB.</p>

Store Hours: 7 Days 8 am - 10 pm • No Rainchecks
 This Ad Good Wednesday, September 23rd thru Tuesday, September 29th, 2020

Wed 23	Thur 24	Fri 25	Sat 26	Sun 27	Mon 28	Tues 29
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We Accept EBT Cards, Debit Cards and Credit Cards (Visa, MasterCard, American Express & Discover).

WE RESERVE THE RIGHT TO CORRECT ANY TYPOGRAPHICAL OR PICTORIAL ERRORS. WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NONE SOLD TO DEALERS.