



SPORTS: GOING BOWLING

Bulldogs among state's college teams selected to play in holiday bowl games

See A6

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His Word

And she shall bring forth a son, and thou shalt call his name Jesus: for he shall save his people from their sins.

Matthew 1:21, KJV

General Election Runoffs

Newton County poised for record runoff turnout

20% of registered voters already cast ballots

By TOM SPIGOLON
tspigolon@covnews.com

COVINGTON, Ga. — Newton County early voters are going to the polls in greater numbers for the U.S. Senate runoff elections than they did for this year's presidential election.

Almost 16,000 — or 20% of all registered Newton County voters — had cast ballots through Monday, Dec. 21.

That total includes 7,300

absentee voters through Saturday, Dec. 19, and 8,500 who cast ballots during the first seven days of in-person advance voting before the Jan. 5 runoff election.

Last week's turnout far exceeded the 6,659 who voted during the first seven days of advance voting before the Nov. 3 General Election that included the hotly contested presidential race between Donald Trump and Joe Biden.



Tom Spigolon | The Covington News

Voters line up Monday, Dec. 21, outside the Newton County Administration Building in Covington to vote early in the U.S. Senate runoff elections.

Phil Johnson, chairman of the Newton County Board of

Elections, said he was happy the board decided to approve

an additional two locations for advance voting the second and third weeks.

He said he believed the election's national prominence, combined with voter enthusiasm that carried over from the General Election, is helping drive the relatively heavy turnout for a runoff election.

"I thought it was going to happen," he said.

Locations during the first week included the Newton

See RUNOFF, A3

Covington



Tom Spigolon | The Covington News

Covington Police Officer Quin Pitts hands out candy canes to students recently at Newton County Theme School during the third annual Operation Candy Cane.

Candy cane Christmas

Operation Candy Cane seeks to change students' image of police officers

By TOM SPIGOLON
tspigolon@covnews.com

COVINGTON, Ga. — Santa and a longtime "family" member helped Covington Police Department show some students that officers do not only show up when bad things happen.

The department hosted its third annual Operation Candy Cane Wednesday, Dec. 16. Police officers and administrators helped give out hundreds of candy canes to students as part of the event at Newton County Theme School.

Organizer Sgt. Victor Partee said he worked with school leaders to schedule it for Dec. 16 so it could coincide with the school's "Polar Express Day" theme.

Students were allowed to wear

pajamas, just as the lead character did in the Chris Van Allsburg book on which the 2004 animated movie was adapted.

Main Street Trolleys donated its trolley to the event for tours. Tony Cagle, who also performs as "Santa" in the trolley company's "South Pole Express" play, donated his time to greet the children after they lined up in the school's

See CANE, A3

Newton County



Tom Spigolon | The Covington News

From left, Newton County Animal Services Director Cindy Wiemann stands with Tanya Weaver and Jane Stewart, both of Planned Pethood, after a recent ribbon cutting ceremony for the expansion and renovation of the county animal shelter on Lower River Road.

Animal shelter adoption fee goes up 25%

End of grant funding leads to increase for Newton County

By TOM SPIGOLON
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COVINGTON, Ga. — Animal lovers looking to adopt a pet from Newton County's animal shelter will have to pay a little more after Jan. 1.

Fees are increasing about 25% after the Newton County Board of Commissioners recently approved an increase requested by Animal Services director Cindy Wiemann.

The adoption fees will increase to \$100 from the current \$75 for a dog; and to \$75 from \$60 for a cat.

Wiemann said the increase is needed to compensate for funds running out from a one-time, \$48,000 grant from Best Friends Animal Society that the nonprofit Planned Pethood requested for the Newton County shelter.

She explained the funding was used to subsidize what the Newton shelter must pay a veterinarian for the service at Planned Pethood's Gwinnett County clinic.

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INSIDE:

Check out this sweet keeper for holiday dessert trays, see **FOOD A9**
Find out how missing the 10,000-step standard is OK, see **HEALTH A8**



Up Next

See who are Newton County's All-Region football players in this weekend's edition.

Dallas Johnson



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Former assistant promoted to lead Newton elections

By TOM SPIGOLON
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COVINGTON, Ga. — Angela White-Davis had a seven-year course in conducting Newton County elections before assuming her new role leading them.

She also has seen the county's growth since 2013 lead to a surge in voter registrations — 35% in four years — as well as the increased popularity of advance voting in recent years and absentee voting this year.

All that prepared her for the challenges of the Jan. 5 runoff, which is her first election since her promotion to county elections director.

White-Davis began her job as director Dec. 7 after serving for five years as assistant director for her predecessor, Angela Mantle.

A native of Walker County, White-Davis earned a Bachelor of Science degree in management from Jacksonville State University and worked 20 years in retail business.

She began her involvement with Newton County elections as a part-time poll worker in 1999.



Tom Spigolon | The Covington News
Angela White-Davis stands in her office in the Newton County Administration Building after recently taking charge of the Elections and Registration Department.

In 2013, she was hired for a staff position with the elections office and was promoted to assistant director in

2015 after Mantle replaced longtime director Donna Morrison.

White-Davis now oversees

a staff of two fulltime and one part-time employees including her replacement as assistant director, Sharon Gregg, who is the former assistant director in the Walton County Elections Office.

She also will direct about 200 temporary poll workers who work during in-person advance voting and on Election Day; and a team of contract workers who check voter registrations and process absentee ballots before they are counted.

More than three times more absentee ballots were cast this year compared to past elections as voters dealt with fears of contracting COVID-19 during in-person voting.

"That has been a great, great help," said White-Davis, in reference to the availability of contract workers.

Phil Johnson, chairman of the Newton County Board of Elections, said White-Davis was the most qualified person for the position based on her years of experience in the office.

Mantle also recommended her for the job, Johnson said. "She is a tireless worker,"

he said.

Gregg, who has 15 years of experience in conducting elections, sought the job as assistant director, Johnson said.

He said Gregg was "a real find" for Newton County because of her experience and certification from the University of Georgia's Carl Vinson Institute of Government.

Gregg's employment will give Newton County's elections office the administrative "backup" it needs in case White-Davis is unavailable because it is required to have a certified director for its elections, Johnson said.

The Newton County Board of Elections oversees the work of the elections office, which coordinates federal, state and county elections. It also operates municipal elections under agreements with the five cities.

The office also works with everyone from the county school system to private organizations like churches for location of polling places for voting on Election Day and advance voting.

Covington senior living community honored as Great Place to Work

STAFF REPORTS

news@covnews.com

COVINGTON, Ga. — Great Place to Work and Fortune Magazine have honored Benton House Senior Living as one of the 2020 Best Workplaces for Aging Services.

The National Award considered feedback representing 189,159 employees working for Great Place to

Work-certified organizations in Senior Housing & Care and At-Home Care in the Aging Services industry.

Rankings are based on employees' feedback and reward companies who best include all employees, no matter who they are or what they do for the organization.

Benton House, which

operates a location in Covington, took the No. 12 spot out of 50 companies that made the list.

Michael Allard, CEO of the Benton House family of communities said, "We are excited and honored to be named one of the top 50 companies in the nation in the Aging Services category."

"It is validation that a sustained and focused plan of recognition based on our organizational values is attracting and retaining the absolute best in our industry."

"It's our third consecutive year certified as A Great Place to Work, but our first national win. It is especially gratifying to recognize our outstanding team this year. They have been absolute heroes in service."

Benton House employs a number of unique approaches to showing appreciation. A highlight is the annual new car giveaway.

"We offer a number of surprise gifts throughout the year to say thanks, but the new car giveaway is always a highlight and an emotional moment," Allard said.

This year the company also focused on social justice issues.

"I'm proud we were one of the first companies to express our support of the movement," Allard said. "We have always honored Martin Luther King Jr. Day as a holiday, but this year



Special to The Covington News
Benton House Senior Living was nationally recognized recently as one of the 2020 Best Workplaces for Aging Services by Great Place to Work and Fortune Magazine.

we added Juneteenth in honor of the continuing struggle for equality for all."

The Best Workplaces for Aging Services stand out for excelling in a competitive industry.

"The value of creating great workplaces for all is a clear competitive edge in the Aging Services sector," said Michael Bush, CEO of Great Place to Work. "When organizations like Benton House treat their own people with care and respect, you can expect their staff to treat your loved

ones with that same care."

"The effect of engaged employees has magnified in the aging sector, especially during the COVID-19 pandemic," said Dr. Jacquelyn Kung, CEO of Activated Insights, the senior care company of Great Place to Work. "We have found that organizations that have maintained or increased employee engagement during this year's challenges have been able to be more resilient, provide enhanced care, and perform better."

Allard said, "It takes great people to provide great care. We are blessed with the best of the best. We look forward to building on our foundation in the coming year."

Benton House Senior Living communities offer assisted living and memory care services. In addition to being A Great Place to Work certified, the communities also enjoy numerous customer satisfaction and "best of" awards. For more information, visit www.bentonhouse.com.

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RUNOFF:

Continued from A1

County Administration Building in downtown Covington and the Newton County Library on Floyd Street.

Two additional locations opened Monday, Dec. 21, including Zion Baptist Church on Ga. Highway 212 North; and St. Augustine Catholic Church on U.S. Highway 278.

The Newton County elections office also has seen a relatively high number of absentee ballots so far, Johnson said.

Through Saturday, Dec. 19, it was on pace to exceed the total amount of absentee ballots it received for the entire Nov. 3 General Election.

It had received 7,320 absentee ballots through Saturday, which is nearly half of the total received throughout the Nov. 3 election.

Election officials statewide began processing absentee ballots for the runoff Monday, Dec. 21.

The election has received national attention because victories by challengers Jon Ossoff and Raphael Warnock would give Democrats a one-vote majority and shift the balance of power in the U.S. Senate.

More than 1.3 million Georgians already had voted through Saturday, news reports said.

About 54,000 — or 69% of Newton County's 79,000 active



Tom Spigolon | The Covington News
Sun-drenched Newton County residents stand in line Monday, Dec. 21, waiting to vote in-person at the Newton County Administration Building during advance voting for the Jan. 5 runoff election.

registered voters — cast ballots in the Nov. 3 General Election that included the two U.S. Senate races.

Georgia law required a runoff between the top two vote-getters in each of the Nov. 3 Senate races, which must be conducted Jan. 5, to determine the winners after none of the candidates won

majorities of votes cast in their elections statewide.

Of those who participated Nov. 3, 15,585 (29%) voted absentee, 20,867 (38%) voted in-person during the three-week advance voting period, and 18,015 (33%) voted in-person on Election Day.

Locations for advance voting for the runoff include the Newton County Administration Building at 1113 Usher St.; the Newton County Library at 7116 Floyd St. NE; Zion Baptist Church at 7037 Ga. Highway 212 North; and St. Augustine Catholic Church at 11524 U.S. Highway 278.

- Dec. 21 to 23, times will be 8 a.m. to 5 p.m. at all locations.

- Dec. 24, times will be from 8 a.m. to noon at all locations except the Administration Building, where it will be open until 5 p.m.

- Dec. 28, voting will be at the Administration Building only from 8 a.m. to 6 p.m.

- Dec. 29 and Dec. 30, times will be from 8 a.m. to 6 p.m. at all locations.

- Dec. 31, times will be from 8 a.m. to noon except at the Administration Building where it will be open until 5 p.m.

- No voting will be done Christmas Day, Dec. 25; or on New Year's Day, Jan. 1.

CANE:

Continued from A1

gym.

Robert Hill, who plays the part of "Conductor" in the same play, led students in Christmas songs as he helped pass out candy canes.

Anita Turner, widow of longtime assistant police chief Almond Turner, passed out the first candy cane to the students and continued to assist despite the cold wind and rain blowing through a school breezeway.

For the second consecutive year, organizers dedicated the event to the memory of Almond Turner, who died in November 2019.

Mrs. Turner said she "had no problem" with being part of the event. "I feel like they're still part of my family," she said.

Officers later presented Mrs. Turner with a custom-made blue Santa hat donated by LRC Promotions with her husband's badge number emblazoned on it.

Almond Turner, who also was a county school board member, served 45 years with the department before his 2016 retirement.



Tom Spigolon | The Covington News
Santa Claus greets students at Newton County Theme School on Wednesday, Dec. 16, during the Covington Police Department's annual Operation Candy Cane.

Partee said he originated the idea of making Operation Candy Cane an annual event after first organizing it in 2018 at South Salem Elementary School.

He said he and another officer invited seven South Salem students to a "Shop With a Cop" program — which led to officers organizing a program for the entire school.

Partee said Operation Candy Cane always sought to change the image students may have of police when their first interaction with officers may come during an incident involving a friend or family member.

"It's why we started this," Partee said.

"We want the students to know that police officers are approachable and friendly and there to assist," he said in a county school system press release.

"By visiting them to hand out candy and spend time with them at school, we hope to make a positive first impression with these students so if they should need us in the future they aren't frightened."

School Principal Ashante Everett said her students and staff "had a fantastic time."

"This is the second year our local police

officers have brought Operation Candy Cane to our school and we hope they will continue the tradition for many years to come!" she said in the release.

Partee said Walmart donated 2,500 candy canes to the event, while officers donated time on their days off.

"The whole community came together to help," he said.

Partee said he also was to take Operation Candy Cane to Peachtree Academy in Covington, and the preschool program at Covington First United Methodist Church the following day.

Community Calendar

FRIDAY, DEC. 25

- Christmas Day! *The Covington News*, like other area businesses and government offices, will close Dec. 24-25 to allow its staff to observe the holiday.

FRIDAY, JAN. 1

- New Year's Day! *The Covington News*, like other area businesses and government offices, will close Dec. 31-Jan. 1 to allow its staff to observe the holiday.

TUESDAY, JAN. 5

- Election Day for the 2020 General Election Runoffs. Polls are open from 7 a.m. to 7 p.m.

ONGOING

- 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.

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

Send your event announcements to news@covnews.com.

BUSINESS DIRECTORY

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FEE:

Continued from A1

The grant was part of a Best Friends pilot program for rural shelters that cannot typically afford to hire veterinarians to provide spay and neuter services.

Wiemann said the Newton County shelter's actual cost for the services it provides are \$80 to \$90 for a veterinarian to perform the surgery.

It also charges \$10 for a microchip which allows the owner to locate the animal if lost throughout its lifetime; and \$6 for rabies and other vaccinations.

Raising the fees will cover the amount of the expired grant — which

allowed shelter officials to pay the veterinarian about half of the actual cost, she said.

"Otherwise, the taxpayers would have to pay it," Wiemann said.

She added that she hoped the increase would not affect the adoption rate — and the new fees are still lower than what many area rescue groups and shelters charge for similar services.

The Animal Services website states that impounded animals and lost or stray animals residents bring to the shelter are held for three business days before being offered for

adoption.

Owner-surrendered animals are made available for adoption immediately upon arrival, the website stated.

The Georgia Department of Agriculture licenses shelters and requires them to comply with a state law that says animals adopted from the shelter must be spayed and neutered.

Planned Pethood sends a van weekly to the Newton County shelter to pick up and transport 20 to 25 animals to its Duluth facility for the surgeries, Wiemann said.

The nonprofit then

transports the animals back to the Lower River Road shelter.

Those adopting animals from the Newton shelter must be at least 18 years old, provide verifiable identification and sign a legally binding adoption agreement.

They also must pay the adoption fees and "guarantee adequate exercise, food, water, shelter, vaccinations, medical care, grooming, identification, lifelong care and love for your new pet," the website stated.

Patrick Graham owner

Many good lessons to learn from Nativity story

[Editor's Note: This column by Patrick Graham, owner of The Covington News, first ran in The Walton Tribune at Christmas 2016.]

I've really never studied much about the Nativity until this year, and I've found the differences in the Gospels about the birth of our Lord and Savior, Jesus Christ, fascinating.

For example, did you know Mark and John don't even touch on the birth of Jesus? Instead, their Gospels essentially begin with Jesus as an adult being baptized in the Jordan by John the Baptist — almost as though they were more interested in starting out with his spiritual birth rather than his physical birth.

The story of Jesus' birth can, however, be found in Matthew and Luke. Even then, the narratives in the two versions are very different from each other.

For example, Matthew is very straight-to-the-point about Jesus' birth, spending little time on it, and then he goes into great detail about the visit by the wise men and Herod's attempt to find and kill Jesus by misleading them. Interestingly enough, there is no mention of Jesus being born in a manger in Matthew's Gospel, instead indicating the wise men came to a "house" to see Jesus and pay homage.



Metro Creative Service

There are many differences in the Gospels about the birth of Jesus Christ, but it is truly a miraculous story no matter from which perspective you take it.

Luke, on the other hand, spends a lot more time on the birth of Jesus. He goes into great detail about Mary and Joseph traveling to Bethlehem because of the census. There was no room in the inn where they stayed so Jesus was born in a manger instead. Rather than a visit from wise men, it was shepherds who came to see Jesus at the behest of a host of angels.

To be honest, in my mind I had always combined these two versions of the birth of Jesus into one story, not really understanding they were

two separate accounts.

What a truly miraculous story it is, however, no matter from which perspective you take it.

I'd like to share two good points about the Nativity I learned last week.

One comes from a brief sermon I heard on the radio with the pastor talking about how the "no room in the inn" for Jesus line in the Nativity story was an appropriate metaphor for how we often don't make room for Jesus in our lives, even at Christmas time, and instead we need to make sure we do — not just

at Christmas, but year round. What a terrific and timely reminder.

The other was from my good friend Bruce Williamson, who sent me a column from an economist he follows. The economist made the argument that although the innkeeper is often portrayed as evil because all he provided Mary and Joseph was his manger rather than a room at his inn, that actually he is benevolent for doing so. The government requiring the census, causing everyone to have to travel all over the Middle East for no

reason, was the real culprit here. The innkeeper was simply trying to find a way to accommodate these weary travelers, and he did the best he could.

So many good lessons to learn from the Nativity story and from the Bible as a whole.

So little time.
Merry Christmas, everyone.

Patrick Graham is the owner of The Covington News. His email address is pgraham@covnews.com.

Tom Spigolon news editor

Dear Santa, please bring me an alternate world

I'm asking Santa for a few things this Christmas that I think will benefit most everybody around Newton County and metro Atlanta for years



to come.

Many are things that I've wanted for years but have proven unrealistic either politically or practically. Some are proving even more unattainable as the years go by.

Santa is getting a request from me for a faster rollout of the COVID-19 vaccines so

everyone who wants it can get it now, not later.

I want regular Joe's to have the chance to get the vaccine and get this country back to work.

Peace on earth seemed doable when I was young, but I know now that's unattainable. So I'm merely asking Santa Claus for peace in Newton County.

I think people should get off their phones and laptops and start talking to people face to face. Yes, we have our differences but we should be looking for ways to make Newton County a good place to live for all county residents — not just the residents of the rural parts or the suburban areas. Everyone.

I want people from both sides of the aisle to be able to see things from the others' perspectives — not just from the narrow view they and their close inner circles have always seen it from. These are things like systemic racism, or the perception THEY are

pushing you out of your lifelong home — no matter who you are.

Some of my Christmas wishes involve the responsible use of Constitutional rights.

I wish people who own guns — even if illegally — have something automatically etched in their brains as soon as they touch the handle that forces them to use the firearm responsibly.

It should only allow them to use guns after age 25, or the same age you are allowed to use another metal weapon called a motor vehicle.

Gun violence is an awful thing. Too many promising young people have lost their lives because of the stupidity and immaturity they show toward the weapons.

I also want Santa to bring me a ban on trolling on social media.

I hate to say it, y'all, but it's needed in some form, even though it would open a major debate about the Constitutional right to freedom of speech.

The problem is that people often use this

Constitutional right irresponsibly. The comments section beneath many Facebook posts are filled with hate speech, rumors, conspiracy theories, misinformation and more. It has produced a whole range of problems.

I also am wishing for a ban on all political postings on Facebook — only pictures of new grandbabies and videos of cats allowed.

I'm pretty sure when you post your complaint about a politician on Facebook, nine times out of 10 the reader could care less.

I know this Pandora's box was opened years ago but I believe something's wrong here. Our deep political split and the person in the White House for the past four years has made any sort of useful political discourse with this platform and others obsolete. It's just a place to bicker at each other, from what I've seen.

I guess because of our political mechanisms — the fact you can't directly fire an elected leader because you disagree with their

decision or view — leads people to believe their only recourse is to bash someone, or insult them, or worse.

In the case of election workers merely doing their jobs and getting death threats because of it, those making the threats ought to be ashamed.

I used to think talking behind people's backs was bad. Now, someone possibly using their real name talks in front of you on Facebook and Twitter while their like-minded, mean-spirited troll friends pile on and become sort of a digital mob.

If you have something bad to say about a politician, go to a town hall meeting or speak during an open forum.

I think if you have something bad to say to someone, have the courage to say it to their face or, better yet, write a good old-fashioned letter to the editor using your real name.

Tom Spigolon is news editor of The Covington News. He may be reached at tspigolon@covnews.com.

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LEGALS

Public Notices

Bids

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SEALED BIDS for Site 2 MSWL – Phase 8A Landfill Cell Construction at the Newton County Lower River Road Landfill will be received by the Newton County Purchasing Department located in the Administration Building, 1113 Usher Street, Suite 204, Covington, Georgia 30014, **until 10:00 a.m. legal prevailing time (local time) on Friday, January 15, 2021**, at which time they will be opened and read aloud. All bids must be sealed and clearly marked **“Site 2 MSWL – Phase 8A Landfill Cell Construction”** and submitted to the attention of Ms. Randi Fincher, Purchasing Coordinator. No bid may be withdrawn after the closing time for the receipt of bids for a period of sixty (60) calendar days.

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THE PROJECT or Work consist of initiating, preparing and completing the construction of Phase 8A Landfill Cell for the purpose of filling Phase 8A with municipal solid waste as permitted by Georgia EPD. Work shall begin with the installation of BMPs and other requirements as set forth in the Land Disturbing Permit for this Work (NPDES Stormwater Permit Compliance). Maintenance, as part of the Permit, shall continue for the duration of the Project. Work shall also include the removal of debris such as concrete, wood and stone materials and clearing and grubbing of the site to begin the construction of Phase 8A. With the site cleared, excavation may begin with the removal, filling, shaping of base and finished grade to elevation, and the compaction of soils. Excavation shall be to the grades shown unless unstable or unsuitable soils are encountered.

THE 5.2 acre Phase 8A solid waste landfill will be built up with 24 inches of compacted soil liner on base grades. The liner will be overlain with reinforced geosynthetic clay liner, HDPE geomembrane liner, geonet drainage media, cushion geotextile and protective cover. These landfill components shall be installed according to the Contract Documents and regulatory requirements.

ANCILLARY ACTIVITIES included in the Work are: maintenance of erosion and sediment control devices, clearing and grubbing, stripping, hauling and stockpiling soil, building access roads, relocating a sediment pond dam, furnishing and installing a prefabricated flare system, and constructing a storm water system as shown as required by the Contract Documents.

FURNISHING AND installing a prefabricated flare system will include sitework, piping, connections, pilot gas, fencing and gates, blowers, controls, electrical and all other appurtenances.

THE BIDDER hereby agrees to commence work under these Bid Documents on or before a date to be specified in a written “Notice to Proceed” and to fully complete the Project within 270 consecutive days for the Project thereafter as stipulated in the specifications. Bidder further agrees to pay as liquidated damages, the sum of \$400.00 for each consecutive working day thereafter.

BID DOCUMENTS may be obtained from or examined at the Newton County Purchasing Department 1113

Fun by the Numbers

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!

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

Level: Intermediate

Usher Street, Suite 204, Covington, Georgia 30014. Digital copies of the Bid Documents may be obtained at the Purchasing office at no charge by visiting www.co.newton.ga.us or contacting Randi Fincher at 678-625-1237 or rfincher@co.newton.ga.us. Hard copies of the Bid Documents may be obtained upon a non-refundable payment of \$25.00 for each set. The Authority is not obligated to consider the contractor's bid if they are not on record with the issuing office as having received complete Bid Documents.

A MANDATORY pre-bid meeting will be held on Tuesday, January 5, 2021 at 2:00 p.m. (local time) at the Newton County Landfill located at 205 Lower River Road, Covington, Georgia 30014.

BONDS: ALL bids must be accompanied by a Bid Bond in an amount not less than ten percent (10%) of the Total Bid amount for the Project. The Successful Bidder, if awarded the Contract, will be required to furnish a Performance Bond and Payment Bond, each in the amount of one hundred percent (100%) of the Contract amount.

THE SURETY company on the performance bond shall be a surety company authorized to do business in the State of Georgia. Bond and surety shall be subject to approval by the Owner's attorney.

QUALIFICATIONS OF Bidder: Each Bidder shall submit a list of completed similar projects and show experience with projects of similar size, type and complexity and demonstrate this to the satisfaction of the Engineer and the Newton County Solid Waste Management Authority (Owner.) Submission of qualifications are to be provided with the bid.

BIDDERS MUST hold a current Utility Contractor License issued by the Georgia State Construction Industry Licensing Board. The bidder must have been the prime contractor on at least three (3) projects including over two (2) million square feet of flexible membrane liner for municipal solid waste landfills.

PROOF of professional liability and worker's compensation insurance, an E-Verify Affidavit, SAVE Affidavit, and Affidavit of Non-collusion will be submitted with the Bid.

PERMITS REQUIRED for the Project selected, whether federal, state, or local, will be obtained prior to the issuance of the Notice to Proceed. All anticipated rights of way and easements required for the Project

have been obtained.

OWNER'S RIGHT: The Newton County Solid Waste Authority reserves the right to reject any or all bids, to waive informalities, and to rebid. The Newton County Solid Waste Management Authority will deliver a notice-to-award to the lowest responsive and responsible bidder or bidders (subject to its right to reject all bids.)

NEWTON COUNTY Solid Waste Management Authority
NEWTON COUNTY, Georgia

PUBLIC NOTICE #117700
12/16,30

Corporations

NOTICE IS given that articles of incorporation that will incorporate Xprezz Mycell Inc. have been delivered to the Secretary of State for filing in accordance with the Georgia Business Nonprofit Corporation Code. The initial registered office of the corporation is located at 20 Mountainview Court, Covington, Georgia 30016 and its initial registered agent at such address is Shelia Westbrook-Stakely.

PUBLIC NOTICE #117703
12/16,23

Convictions

SECOND/SUBSEQUENT DUI CONVICTION



NAME: KEVIN LANSEL WILSON
ADDRESS: 370 WILLOW SHOALS DR., COVINGTON, GA 30016
DATE OF ARREST: MARCH 4, 2020
DATE OF OFFENSE: JANUARY 26, 2020
TIME OF OFFENSE: 4:00AM
PLACE OF OFFENSE: HWY 81& OAK HILL RD
DISPOSITION: PLEA OF GUILTY —
DEFENDANT IS SENTENCED TO A TOTAL OF 36 MONTHS W/THE FIRST 5 DAYS TO BE SERVED IN CONFINEMENT IN THE NEWTON COUNTY JAIL AND

LAST WEEK’S SOLUTION:

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

THE REMAINDER TO BE SERVED ON PROBATION - \$1,500.00 IN FINES PLUS ALL APPLICABLE FEES AND SURCHARGES - DEFENDANT SHALL PERFORM 40 HOURS OF COMMUNITY SERVICE - SHALL ATTEND AND COMPLETE A DUI RISK REDUCTION COURSE & SURRENDER HIS DRIVER'S LICENSE

SENTENCE DATE: NOVEMBER 24, 2020

NAME OF COURT: SUPERIOR COURT OF NEWTON COUNTY, GEORGIA

PUBLIC NOTICE #117709
12/23

Foreclosures

NOTICE OF FORECLOSURE SALE UNDER POWER NEWTON COUNTY, GEORGIA

UNDER AND by virtue of the Power of Sale contained in a Security Deed given by **Carol P. Prendergast** to Mortgage Electronic Registration Systems, Inc., As Grantee, As Nominee For Market Street Mortgage Corporation, dated September 29, 2006, and recorded in Deed Book 2299, Page 141, Newton County, Georgia Records, as last transferred to WILMINGTON SAVINGS FUND SOCIETY, FSB, NOT IN ITS INDIVIDUAL CAPACITY BUT SOLELY AS CERTIFICATE TRUSTEE OF BOSCO CREDIT VI TRUST SERIES 2012-1 by assignment recorded on July 30, 2020 in Book 4044 Page 251 in the Office of the Clerk of Superior Court of Newton County, Georgia Records, conveying the after-described property to secure a Note in the original principal amount of Twenty-Five Thousand Nine Hundred Ninety-Nine and 0/100 dollars (\$25,999.00), with interest thereon as set forth therein, there will be sold at public outcry to the highest bidder for cash before the courthouse door of Newton County, Georgia, within the legal hours of sale on January 5, 2021, the following described property: **ALL THAT** tract or parcel of land lying and being in Land Lot 185 of the 10th District, Newton County, Georgia, being Lot 140, Phase II of Fairview Estates Subdivision, as per plat thereof recorded in Plat Book 40, page 26-35, Newton County, Georgia Records, which recorded plat is incorporated herein by reference and made a part of this description. **THE DEBT** secured by said Security Deed has been and is hereby declared due because of, among other possible events of default, failure to pay the indebtedness as and when due and in the manner provided in the Note and Security

Deed. The debt remaining in default, this sale will be made for the purpose of paying the same and all expenses of this sale, as provided in Security Deed and by law, including attorney's fees (notice of intent to collect attorney's fees having been given). **THE ENTITY** having full authority to negotiate, amend or modify all terms of the loan (although not required by law to do so) is: Franklin Credit Management Corporation they can be contacted at 800-650-7162 for Loss Mitigation Dept, or by writing to 101 Hudson Street, 24th Floor, Jersey City, New Jersey 07302, to discuss possible alternatives to avoid foreclosure. **SAID PROPERTY** will be sold subject to any outstanding ad valorem taxes (including taxes which are a lien, but not yet due and payable), any matters which might be disclosed by an accurate survey and inspection of the property, any assessments, liens, encumbrances, zoning ordinances, restrictions, covenants, and matters of record superior to the Security Deed first set out above.

TO THE best knowledge and belief of the undersigned, the party in possession of the property is Carol P. Prendergast, Alicia Gooden and Marques Prendergast or tenant(s); and said property is more commonly known as **150 CHANDLER FIELDS DR, Covington, GA 30016. THE SALE** will be conducted subject to (1) confirmation that the sale is not prohibited under the U.S. Bankruptcy Code (2) final confirmation and audit of the status of the loan with the holder of the security deed and (3) any right of redemption or other lien not extinguished by foreclosure. **WILMINGTON SAVINGS FUND SOCIETY, FSB, NOT IN ITS INDIVIDUAL CAPACITY BUT SOLELY AS CERTIFICATE TRUSTEE OF BOSCO CREDIT VI TRUST SERIES 2012-1** as Attorney in Fact for Carol P. Prendergast. **BROCK & Scott, PLLC 4360 CHAMBLEE Dunwoody Road SUITE 310 ATLANTA, GA 30341 404-789-2661 B&S FILE no.: 20-05028**

PUBLIC NOTICE #117665
12/9,16,23,30

NOTICE OF FORECLOSURE SALE UNDER POWER NEWTON COUNTY, GEORGIA

UNDER AND by virtue of the Power of Sale contained in a Security Deed given by **Thomas E. Hooks and Teresa M. Hooks** to Mortgage Electronic Registration Systems, Inc., as grantee, as Nominee for SunTrust Mortgage, Inc., dated September 24, 2008, and recorded in Deed Book 2655, Page 465, Newton County, Georgia Records, subsequently modified by a Loan Modification Agreement recorded April 4, 2016 in Book 3420, Page 426 in the amount of One Hundred Twenty-Two Thousand Nine Hundred Twenty-Five and 23/100 (\$122,925.23) Newton County, Georgia Records, as last transferred to Truist Bank, successor by merger to SunTrust Bank by assignment recorded on January 12, 2015 in Book 3292 Page 417 in the Office of the Clerk of Superior Court of Newton County, Georgia Records, conveying the after-described property to secure a Note in the original principal amount of One Hundred Twenty-Eight Thousand Eighty-Six and 0/100 dollars (\$128,086.00), with interest thereon as set forth therein, there will be sold at public outcry to the highest bidder for cash before the courthouse door of Newton County, Georgia, within the legal hours of sale on January 5, 2021, the following described property: **THE LAND** referred to in this Exhibit is located in the County of Newton and the State of Georgia in Deed Book 715 at Page 86 and described as follows: All that tract or parcel of land lying and being in Land Lot 137 of the 10th District, Newton County, Georgia, containing .59 acres and being known as Tract #10 of Salem Meadow Subdivision, as shown on that Plat of Survey prepared by Louie D. Patrick, Georgia, R.L.S., dated January 10, 1986, and recorded in Plat Book 20, Page 117, Newton County, Georgia records, which plat is incorporated herein and made a

part hereof by reference for a more particular and complete description. **THE DEBT** secured by said Security Deed has been and is hereby declared due because of, among other possible events of default, failure to pay the indebtedness as and when due and in the manner provided in the Note and Security Deed. The debt remaining in default, this sale will be made for the purpose of paying the same and all expenses of this sale, as provided in Security Deed and by law, including attorney's fees (notice of intent to collect attorney's fees having been given). **THE ENTITY** having full authority to negotiate, amend or modify all terms of the loan (although not required by law to do so) is: Truist Bank, successor by merger to SunTrust Bank they can be contacted at (800) 443-1032 for Loss Mitigation Dept, or by writing to 1001 Semmes Avenue, Richmond, Virginia 23222, to discuss possible alternatives to avoid foreclosure. **SAID PROPERTY** will be sold subject to any outstanding ad valorem taxes (including taxes which are a lien, but not yet due and payable), any matters which might be disclosed by an accurate survey and inspection of the property, any assessments, liens, encumbrances, zoning ordinances, restrictions, covenants, and matters of record superior to the Security Deed first set out above.

TO THE best knowledge and belief of the undersigned, the party in possession of the property is Thomas E. Hooks and Teresa M. Hooks or tenant(s); and said property is more commonly known as **105 Salem Meadow Drive, Covington, GA 30016. THE SALE** will be conducted subject to (1) confirmation that the sale is not prohibited under the U.S. Bankruptcy Code (2) final confirmation and audit of the status of the loan with the holder of the security deed and (3) any right of redemption or other lien not extinguished by foreclosure. **TRUIST BANK**, successor by merger to SunTrust Bank as Attorney in Fact for Thomas E. Hooks and Teresa M. Hooks. **BROCK & Scott, PLLC 4360 CHAMBLEE Dunwoody Road SUITE 310 ATLANTA, GA 30341 404-789-2661 B&S FILE no.: 15-17945**

PUBLIC NOTICE #117609
12/9,16,23,30

Public Sales Auctions

AUCTION FOR a 2006 DODGE Ram 1500 Sit 5.7L, V8, Gas, VIN 2, Des EZB, 16V, OHV, USA/Canada VIN: 1D7HU18216S678567

12/31/2020 @5AM LOCATION 3114 GearHeadz Automotive Repair 3114 EMORY Street NW, Covington Ga 30014

PUBLIC NOTICE 117715
12/23,30

Trade Names

TRADE NAME REGISTRATION AFFIDAVIT GEORGIA, NEWTON COUNTY

TO WHOM It may Concern: **PLEASE BE** advised that **BRIAN HOUSTON**, whose address is 10295 FLAT SHOALS RD, COVINGTON, GA 30014 is the owner(s) of the certain business now being carried on at 10295 FLAT SHOALS RD, COVINGTON, GA 30014 in the following trade name, to-wit: SIGNAL 88 SECURITY OF SE ATLANTA and that the nature of said business is: SECURITY INVESTIGATION AND PATROL SERVICES. **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. **THISTHE** 16 day of DECEMBER, 2020.

PUBLIC NOTICE #117717
12/23,30

Pre-holiday gasoline costs low in Newton; GDOT suspends lane closures

STAFF REPORTS
news@covnews.com

COVINGTON, Ga. — Residents leaving Newton County this week for the holidays can go to a local station to get some of the lowest-priced regular gas in Georgia.

Newton was among the counties with the lowest average cost for a gallon of regular unleaded gas going into the Christmas holiday, according to the latest AAA survey of Georgia gas prices.

However, the survey released Monday, Dec. 21, also showed Georgia gas prices had increased compared to a week ago.

The Newton County average released Monday was \$1.995, which was lower than Metro Atlanta’s average of \$2.03 and Georgia’s average of \$2.04. It was well below the national average of \$2.22.

The survey also showed gas prices increased as motorists traveled away from Newton County east or west

on I-20.

Going east, Morgan County averaged \$2.03 and Greene County \$2.12. Heading west, Rockdale also averaged \$1.99 per gallon but DeKalb was at \$2.04 and Fulton at \$2.12.

Neighboring Henry County averaged \$1.999. Walton County averaged \$2.001, Butts County averaged \$2.014, and Jasper averaged \$2.052 for a gallon of unleaded gas.

Current averages for a gallon of gas in Metro Atlanta were \$2.032 for regular, \$2.345 for mid-grade, \$2.661 for premium, and \$2.503 for diesel, the survey showed.

Georgia motorists are now paying an average price of \$2.04 per gallon for regular unleaded which is 4 cents more than a week ago, 9 cents more than last month. It is also 34 cents less than this time last year.

It now costs motorists \$30.60 to fill a 15-gallon tank of gasoline; that is \$10.50 less than what mo-

torists paid in April of 2019, when pump prices hit their peak of \$2.74 per gallon, the release stated.

“Gas prices have increased this week, however, pump prices will still remain relatively low compared to this time last year,” said Montrae Waiters, spokeswoman for AAA – The Auto Club Group.

Since Dec. 14, the national average for a gallon of regular gasoline has increased by 5 cents to \$2.21.

At the close of Thursday’s formal trading session, WTI crude oil increased by 54 cents to settle at \$48.36 — about \$2 more than the price at the end of last week. Crude prices rose due to a weak dollar and increasing investment based on market optimism that coronavirus vaccines will help crude oil demand recover in 2021, the release stated.

Higher crude prices have also helped to lift pump prices, since the price of oil makes up over half of the

cost of gasoline. Continued positive news about the vaccines will continue helping the domestic price of crude rise, the AAA release stated.

The most expensive Georgia metro markets were Brunswick, (\$2.18), Savannah (\$2.12), and Hinesville-Fort Stewart (\$2.11), all in southeast Georgia.

Least expensive Georgia metro markets were Rome (\$1.97), Gainesville (\$1.98), and Catoosa-Dade-Walker (\$1.99), all in north and northwest Georgia.

GDOT suspends lane closures for holidays

To ease the stresses of the holiday season the Georgia Department of Transportation (GDOT) announced today the suspension of construction-related lane closures on heavily traveled interstate highways and state routes near major shopping areas and tourist locations from 5 a.m. Wednesday, Dec. 23 to 10 p.m. Sunday, Dec. 27 for the Christmas holiday.

Restrictions are also in place for the New Year’s holiday from 5 a.m. Thursday, Dec. 31 to 5 a.m. Saturday, Jan. 2. The statewide lane restrictions allow reduced traffic congestion during the winter holidays.

While lane closures will be suspended, GDOT encourages travelers to exercise caution as work zone crews may still be in close proximity to highways, and safety concerns may require some long-term lane closures to remain in place. In addition, incident management or emergency, maintenance-related lane closures could become necessary at any time on any route.

GDOT advises holiday revelers to avoid drinking and driving, and to designate a sober driver in advance or utilize a ride-share or taxi service.

For up-to-date information about travel conditions on Georgia’s interstates and state routes, call 511 or visit 511ga.org

SPORTS

The Covington News

College Football

Bulldogs accept Peach Bowl bid



University of Georgia Athletics
No. 6 Georgia (7-2) will take on No. 8 Cincinnati (9-0) in the Peach Bowl, hosted in Atlanta.

By CHARLES ODUM
The Associated Press

ATLANTA — Coach Luke Fickell believes No. 6 Cincinnati has a lot on the line in its Peach Bowl game against No. 6 Georgia, even though the Bearcats didn't land in the College Football Playoff.

Fickell said the Jan. 1 bowl game is a chance for the Bearcats to show they deserve the same respect given to such Power 5 teams as Georgia in future play-off deliberations.

"It's huge for our program," Fickell said Sunday.

"If you want to claim you deserve an opportunity or a shot, this is an opportunity, this is a shot."

Cincinnati (9-0) was only No. 8 in Sunday's CFP ranking, so the Bearcats were not close

to becoming the first non-Power Five team to make the playoff after beating No. 20 Tulsa 27-24 on Saturday night for the American Athletic Conference championship.

Even so, Gary Barta, who chairs the CFP selection committee, says his group "felt strongly" the Bearcats deserved to be picked over another unbeaten team, No. 9 Coastal Carolina, as the top Group of Five team when making a choice for the New Year's Six bowl game in Atlanta.

"The committee just believed that Cincinnati was a better team," Barta said.

Fickell lobbied for his team following Saturday night's game and said he then told his players they'd have to back up the talk, no matter the bowl game.

You say those things and put yourselves out there like that, it means you've got to turn around and put it up," Fickell said. "You say those things and you've got to go play the game. That's part of. It's exciting for all of us but it's a huge measuring stick for me and for all of us in what we're trying to build here."

RIDDER'S RISE

Barta mentioned dual-threat quarterback Desmond Ridder as one reason the committee liked Cincinnati. Ridder rushed for 609 yards and 12 touchdowns and passed for 2,090 yards with 17 TDs.

The Bearcats relied on their strong defense. Cincinnati ranks No. 7 in the nation with its average of 16 points allowed per game.

UNWANTED BREAK

Georgia (7-2) saw its streak of three consecutive appearances in the Southeastern Conference championship game end this season. The Bulldogs have not played since a 49-14 win at Missouri on Dec. 12.

Georgia's scheduled home game against Vanderbilt on Dec. 19 was canceled after the COVID-19 issues cut into the Commodores' available players. Georgia could not schedule a replacement game for what was expected to be their senior day.

Prep Basketball



Mason Wittner | The Covington News

The Lady Tigers locked down Ola's offense late to snap a two-game skid Monday afternoon, Dec. 21.

'TIS THE SEASON FOR SWEEPING

Alcovy takes care of business against Ola

By MASON WITTNER
mwittner@covnews.com

COVINGTON, Ga. — Alcovy was gifted a pair of victories to kick off Christmas week.

Playing host to Ola on Monday afternoon, the Alcovy girls' and boys' basketball teams came away victorious to sweep the doubleheader.

Girls: Alcovy 43, Ola 41

The Lady Tigers came into Monday looking for jolt of rejuvenation following back-to-back single-digit losses. They received just that in a nail-biting thriller against the Lady Mustangs.

"More than anything, I'm glad the girls were able to get a win for a confidence builder," Alcovy head coach Justin Hunter said. "I'm really proud of them. Even with the losses, with the exception of one loss, all of them were games that could've gone either way if one or two things went differently."

A costly technical foul shifted the momentum of the game late in the fourth quarter.

Less than a minute after Ola senior Niara Mills gave the Lady Mustangs a 38-37 lead, fellow senior Kalyn McMillan fouled Alcovy sophomore Cartajah Jackson on Jackson's way to the basket. McMillan took objection to the call, earning a technical foul in the process.

Consequently, Jackson drained four straight free throws to put the Lady Tigers up 41-38 with 2:20 to go — a lead they would never relinquish.

"This game was a close one just like the last three that we played. The difference was the opportunities that we had from the free-throw line, I think, went much better," Hunter said.

The Lady Tigers shot an abysmal 4% from the charity stripe in a 48-42 loss at M.L. King on Saturday. They were much improved Monday,

going 15-for-22 on free throws.

Alcovy got off to one of its hottest starts of the season in the opening quarter. Just one week after scoring five first-half points in a 19-point performance at Monroe Area, the Lady Tigers opened the game with a 16-5 run.

Ola would eventually settle in during the second quarter, trailing 26-22 at the break.

Boys: Alcovy 91, Ola 76

Tiger head coach Mack Hardwick was the first to admit that it wasn't the prettiest of wins, but the Tigers eventually wore down the Mustangs in a 15-point victory.

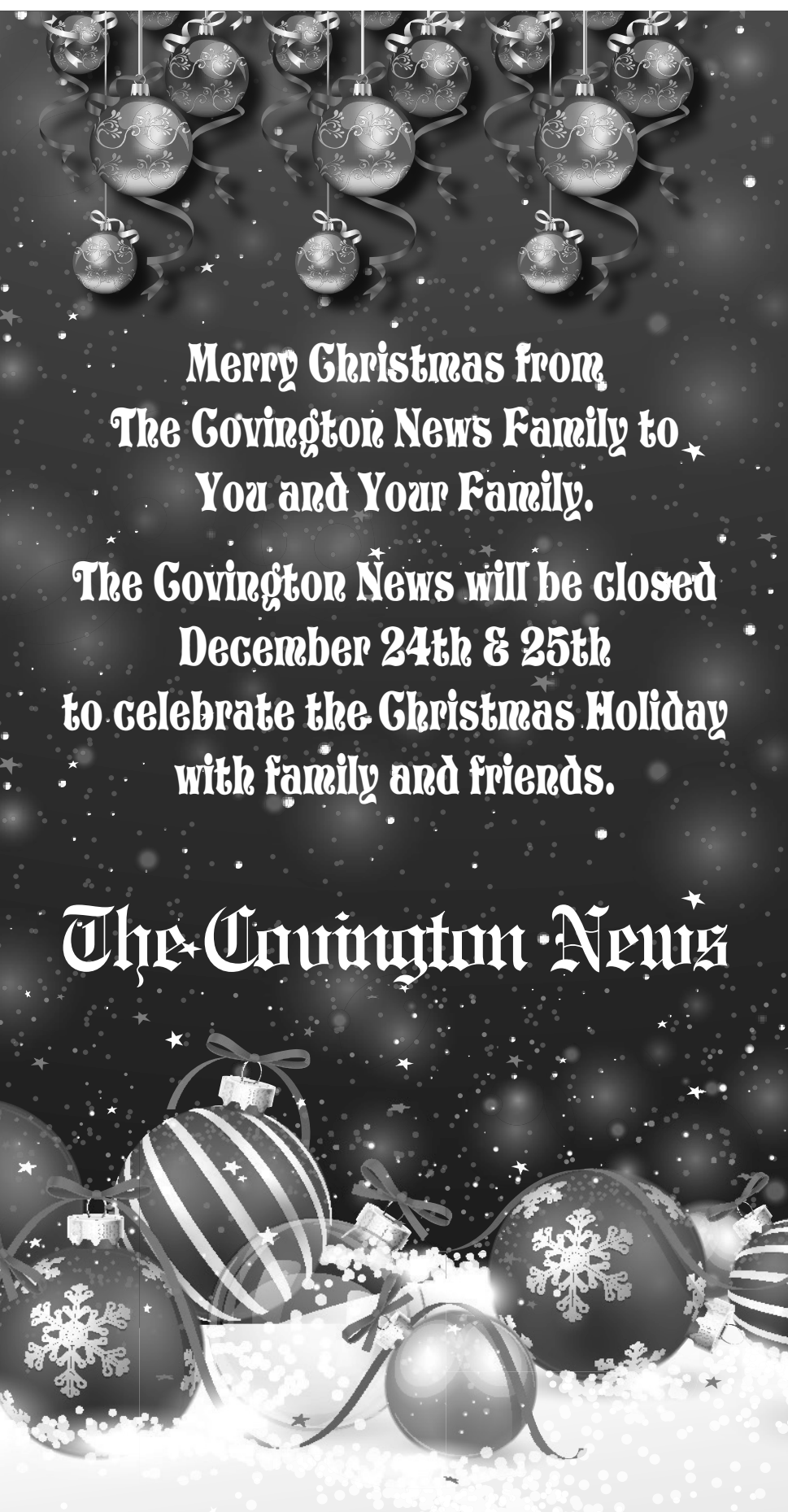
Early on in the game, everything was going Alcovy's way. The club jumped out to a 27-10 lead in the first quarter, carrying that momentum into the second as the advantage grew as large as 37-16.

However, as Hardwick began rotating his second- and third-string players onto the court, their energy took a hit. The club became lethargic, allowing Ola to pull within 43-30 at the half and 61-49 at the end of the third quarter.

Alcovy turned back to its starters in the fourth quarter, but the damage had already been done. Ola eventually pulled as close 73-69 with 2:35 left in the game, but a late surge made the final score look much more lopsided than it had been.

"The problem I see at this point is we're playing to the level of our opponent," Hardwick said. "We've beat some teams that are really good and played really well against us. But I've seen when we get to an opponent that we think we're better than, we play lackluster basketball. Missed free throws, missed layups, missed rotations, things of that nature."

Alcovy was scheduled to host Woodland for a doubleheader on Tuesday afternoon after *The Covington News'* deadline.



College Football

Ga. Southern headed to New Orleans Bowl

STAFF REPORTS
news@covnews.com

Bowl season has arrived.

Georgia Southern will have an opportunity to surpass its 2019 win total when it travels west to meet Louisiana Tech in the New Orleans Bowl on Wednesday.

This will mark the first-ever meeting between the two programs.

The Eagles (7-5, Sun

Belt) are better than their record may indicate, having lost four games this season by eight or fewer points. Their most recent setback came to rival Appalachian State, 34-26, on Dec. 12.

Meanwhile, the Bulldogs (5-4, Conference USA) will still be trying to shake off the rust after having four games either postponed or canceled in November due

to COVID-19 issues. They returned to action in December with a win at North Texas, but followed that up with a loss at TCU on Dec. 12.

Louisiana Tech will be vying for its seventh consecutive bowl victory. Their six straight wins in bowl games is the longest active streak in the country.

The game is scheduled to kickoff at 3 p.m. ET.



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The Covington News

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HEALTH & FITNESS

The Covington News

Missing 10,000-step standard is OK

SPECIAL TO THE NEWS

news@covnews.com

Over the last several years, many people have embraced the notion that 10,000 daily steps are the way to being physically fit. Health experts espouse that notion and trainers endorse it, but is there scientific proof behind the recommendation?

The 10,000-step standard — which equates to roughly five miles, depending on a person’s stride length and speed — has some surprising origins that are not necessarily rooted in medical science. I-Min Lee, a professor of epidemiology at the Harvard University T. H. Chan School of Public Health and the lead author of a new study published in May 2019 in The Journal of the American Medical Association wanted to explore the origins of the 10,000-step recommendation. She discovered the guideline evolved from a marketing strategy devised by a Japanese company called Yamasa Toki. That firm introduced its new step-counter in 1965, naming it Manpo-Kei, which translated into “10,000 steps meter.” They marketed the meter using the Japanese character for “10,000,” which resembles a man walking. The character and round number proved memorable and the slogan, “Let’s walk 10,000 steps a day” was catchy. As a result, many people adopted the 10,000-step approach, even though



Metro Creative Services

The 10,000-step standard — which equates to roughly five miles, depending on a person’s stride length and speed — has some surprising origins that are not necessarily rooted in medical science.

its medical benefits might not have been proven.

But this isn’t to suggest that taking 10,000 steps per day cannot be part of a healthy living plan. In fact, such a goal promotes physical activity, which is a key component of a healthy lifestyle. However, simply taking 10,000 steps per day might not be enough to achieve long-term health.

Lee conducted her own research to test if the Japanese were on to something by inadvertently setting the 10,000-step standard. She found that an increase in walking correlated to lower mortality rates among more than 16,000 elderly American women. However, when these women reached about 7,500 steps the mortality rates leveled out, suggesting

that those extra 2,500 steps might not be necessary.

Even the manufacturer of one of the most popular fitness trackers, Fitbit, says that users’ step goals can vary depending on need, and that goals may even shift over time. People who are looking to lose weight and maintain their existing health will need to modify their step count accordingly. Working

with a qualified trainer or using a medically sanctioned training program can help people exercise safely and effectively.

Taking 10,000 steps per day may help people achieve their health-related goals. But 10,000 steps alone likely won’t be enough to achieve optimal health.

Signs you might be allergic to medication

SPECIAL TO THE NEWS

news@covnews.com

Medicine helps billions of people across the globe stay healthy. Medicines are used to treat existing illnesses and reduce a patient’s risk of developing others. As effective as medicines can be, no two humans are the same, so medications that may help one person could prove harmful to another.

The American Academy of Allergy, Asthma & Immunology notes that all medications can cause side effects, but only 5% to 10% of adverse reactions are due to allergies.

Allergic reactions begin in the immune system, which controls how the human body defends itself. If a person is allergic to a certain type of medication, his or her immune system identifies the drug as an invader or allergen and it can respond in various ways.

The AAAAI notes that the most common immune response to medication is a result of the expansion of T cells. These cells identify the drug as foreign and create a delayed immune response that most often affects the skin.

While allergic reactions to medications may not be very common, the AAAAI says that such reactions can be life-threatening. That highlights the importance of learning the signs of allergic reactions.

Symptoms of drug allergies
The American College of Allergy, Asthma & Immunology advises anyone who experiences these symptoms while taking medication to speak with their physicians,



Metro Creative Services

The American Academy of Allergy, Asthma & Immunology notes that all medications can cause side effects, but only 5 to 10 percent of adverse reactions are due to allergies. Allergic reactions begin in the immune system, which controls how the human body defends itself.

including an allergist, immediately:

- Skin rash or hives
- Itching
- Wheezing or other breathing problems
- Swelling
- Anaphylaxis

Anaphylaxis is a rare but severe allergic reaction that can occur suddenly and quickly worsen. Symptoms of allergic reactions to medication are not often life-threatening, but anaphylaxis can be deadly. The ACAAI notes that ana-

phylaxis occurs when an over-release of chemicals forces a person to go into shock. Even people who have already administered epinephrine, the drug used to treat severe allergic reactions, should visit an emergency room immediately at the first sign of anaphylaxis, which may include trouble breathing, tightness of the throat, hoarse voice, nausea, vomiting, abdominal pain, diarrhea, and dizziness. Rapid heartbeat, low blood pressure, a feeling of doom,

cardiac arrest, and fainting are some additional signs of anaphylaxis.

According to the AAAAI, most anaphylactic reactions occur within one hour of taking a medication or receiving an injection of the medication. However, such reactions also can take place hours after a medication has been taken.

Antibiotics are the most common cause of anaphylaxis, but the AAAAI notes that recent research has shown that chemotherapy drugs and

monoclonal antibodies also can induce anaphylaxis.

People take medicine to feel better, but sometimes their bodies and certain medications are not a match. As a result, people must be vigilant when taking medications for the first time, paying particular attention to how their bodies react. More information about allergic reactions to medication is available at www.aaaai.org.

FOOD & ENTERTAINMENT

The Covington News

Keeper for holiday dessert trays



This take on toffee cheesecake bars from “Taste of Home Healthy Cooking Cookbook” is a recipe that makes 18 bars.

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Toffee cheesecake bars bring joy to the party

SPECIAL TO THE NEWS

news@covnews.com

The holiday season is a time when families across the globe look forward to the traditions they’ve passed down from generation to generation. Holiday baking is one such tradition in many families.

From cookies and pies to brittles and fudge, there’s no shortage of sweet treats come the holiday season. But who’s recipe collection couldn’t benefit from another delicious addition? That’s just what can be found in “Toffee Cheesecake Bars” from “Taste of Home Healthy Cooking Cookbook” (RDA Enthusiast Brands) by the Taste of Home/Reader’s Digest Kitchens.

Toffee Cheesecake Bars

Makes 2 1/2 dozen

Ingredients:

1 cup all-purpose flour
3/4 cup confectioners’ sugar
1/3 cup baking cocoa
1/2 cup cold butter

1 8-ounce package reduced-fat cream cheese
1 14-ounce can sweetened condensed milk
2 eggs, lightly beaten
1 teaspoon vanilla extract
1 1/4 cups milk chocolate English toffee bits, divided

Directions:

In a small bowl, combine the flour, confectioners’ sugar, cocoa and baking soda. Cut in butter until mixture resembles coarse crumbs. Press in the bottom of an ungreased 13-inch by 9-inch baking dish. Bake at 350 degrees for 12 to 15 minutes or until set.

In a large bowl, beat cream cheese until fluffy. Add the milk, eggs and vanilla; beat until smooth. Stir in 3/4 cup toffee bits. Pour over crust. Bake 18 to 22 minutes longer or until center is almost set.

Cool on a wire rack for 15 minutes. Sprinkle with remaining toffee bits; cool completely. Cover and refrigerate for eight hours overnight.

Celebrate the versatility of sandwiches

SPECIAL TO THE NEWS

news@covnews.com

History suggests that the sandwich — a go-to, lunch-hour staple — was named for John Montagu, the Fourth Earl of Sandwich. Lord Sandwich was an 18th century English aristocrat who asked his valet to bring him meat tucked between two pieces of bread while Sandwich was embroiled in a cribbage match he just had to play through.

Even though Lord Sandwich wasn’t the first to enjoy meat or cheese between bread, he was the one to help solidify the moniker “sandwich.” Since then, all types of sandwiches have been designed and enjoyed, and these portable meals are a favorite for breakfast, lunch and dinner. Enjoy this take on the sandwich, a “Grilled Adobo Turkey BBT Sandwich” from “Simply Scratch” (Avery) by Laurie McNamara.

Grilled Adobo Turkey BBT Sandwich

Makes 4 sandwiches

Ingredients:

1 1/4 pounds turkey tenderloins
2 teaspoons olive oil
1 1/2 tablespoons Adobo Seasoning (see below)
9 slices thick slab bacon
4 tablespoons unsalted butter
8 slices sourdough bread
6 tablespoons romesco sauce
12 thin slices Manchego cheese
16 fresh basil leaves
Thinly sliced tomato

Adobo Seasoning:

1 tablespoon onion powder
1 tablespoon garlic powder
1 teaspoon freshly ground black pepper
1 teaspoon dried oregano, crushed in your palm
1/2 teaspoon ground turmeric

Directions:

Combine all ingredients for the adobo seasoning. Place the turkey in a large bowl or resealable bag. Add the oil and seasoning, toss to coat and set aside on the counter to



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History suggests that the sandwich — a go-to, lunch-hour staple — was named for John Montagu, the Fourth Earl of Sandwich.

marinate.

In a large skillet, cook the bacon until crispy, about 30 minutes.

Heat a grill pan between medium and me-

dium-high heat. Place the seasoned turkey on the pan and cook for two to three minutes per side, adjusting the heat so as to not burn,

12 to 14 minutes total. Transfer to a cutting board to rest for five minutes before slicing.

Reduce the heat under the grill pan to me-

dium or medium-low. Butter one side of each piece of bread. On one of the unbuttered sides, spread 1 1/2 tablespoons of the romesco sauce. Place the bread, sauce-side up, on the grill pan and top with 2 slices of cheese, some basil, a few slices of tomato, bacon, sliced turkey, remaining cheese, and a second piece of buttered bread, sauce-side down. Grill for three to four minutes until grill marks form, then carefully flip and repeat.

Cut in half and serve with more romesco sauce for dipping.



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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1 Pound
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10.75 Ounce,
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3 Pound Bag
**Yellow
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Fresh
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Cabbage**
39¢ LB.



8 Ounce
**Kraft
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99¢



28 Ounce, Assorted
**PictSweet
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2/\$5.00



11.8-13.7 Ounce
**Nabisco
Ritz Crackers**
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14.5-15 Ounce, Assorted
**Margaret
Holmes
Vegetables**
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4-5.7 Ounce
**Knorr
Rice or
Pasta**
5/\$5.00



2.8 Ounce
**Food Club
French Fried
Onions**
2/\$3.00



12 Ounce
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2/\$3.00



7.25 Ounce
**Kraft
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24 Count, Family Size,
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**Tetley
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**St. Louis
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Sat 26	Sun 27	Mon 28	Tues 29
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