ALL-STATE PERFORMERS

Two Eagles earn top GHSA softball honors breaking updates



and stay informed on local issues at CovNews.com



Keys to tracking your fitness journey, see **HEALTH A6** Cozy up to a slow-cooked meal, see FOOD B1

Rejoicing in hope; patient in tribulation; continuing instant in prayer;

Romans 12:12, KJV

Newton County

DA plans probe into charges made in 2016 reservoir audit

Auditor questioned need for 'overpriced' land purchases for Bear Creek project

By TOM SPIGOLON tspigolon@covnews.com

COVINGTON, Ga. — Newton County's new district attorney says he plans to investigate whether any criminal charges are warranted in the case of a reservoir project on which the county spent \$25 million before abandoning it in 2015.

District Attorney Randy

McGinley said he planned to review a 2016 financial audit by David Sawyer of the Alpharetta accounting firm Frazier & Deeter in the case of the Bear Creek Reservoir

McGinley said his office was contacted "some time ago" about the allegations and already had contacted "other agencies" about looking into them.

"I cannot speak for those other agencies and their actions or lack thereof," he

"However, simply put, something was sent to our office and it is incumbent upon me, as the district attorney, to determine whether

See PROBE, A3



File | The Covington News

Newton County leaders once planned to create a reservoir on Bear Creek but abandoned the idea in 2015 after spending \$25 million.

COVID-19

Covington reinstates mask order

Newton surpasses 300 cases per 100,000 in two-week period

By TAYLOR BECK

COVINGTON, Ga. - Asthe number of COVID-19 cases are on the rise in Newton County and across the state of Georgia, the Covington City Council voted 5-1 during Monday night's regularly scheduled meeting to reinstate its mask order.

The resolution requires a mask or face covering be worn on city property if unable to social distance. The council first passed a mandate in early September but lifted it Oct. 5.

The reason for enforcing the mandate a second time was due to Newton County surpassing 300 COVID-19

See MASK, A2

Prep Football

'SHOWTIME' STAYS HOME

Rams standout defensive back commits to Georgia Bulldogs



Mason Wittner | The Covington News

Newton High's Nyland "Showtime" Green announced his official commitment to play college football at Georgia next fall on Tuesday morning. The 6-foot-2, 183-pound athlete was rated a four-star cornerback by Rivals and 247Sports and listed as the No. 69 overall prospect in the Class of 2021.

> >> See the in-depth story on Green's commitment in this weekend's edition of The Covington News and online a CovNews.com.

General Election

Strickland: Election challenges belong in court

By TOM SPIGOLON tspigolon@covnews.com

COVINGTON, Ga. - Astate lawmaker representing Newton County says he supports fellow senators holding hearings on allegations about

election fraud but not calls for any special sessions of the Georgia General Assembly.

District 17 State Sen. Brian Strickland,



R-McDonough, said he did not support some other state senators' calls for a special

session because lawmakers See ELECTION, A7

Newton County 4-H member Zoom chats with 'science guy'



Contributed Photo | Screenshot

Newton County Senior 4-H member CJ Harris (pictured bottom left) Zoom chats with Bill Nye (center) during a Mars Base Camp Trivia Challenge. He and three other contestants were awarded \$2,000 to support their respective 4-H club's STEM programs.

Bill Nye awards \$2,000 to support local club's STEM program

SPECIAL TO THE NEWS news@covnews.com

COVINGTON, Ga. Imagine your surprise if you logged into what you thought was a routine Zoom session and were greeted by none other than your childhood idol? This is exactly what happened to Newton County Senior 4-H member CJ Harris.

Harris was one of four youth from across the nation selected by National 4-H Council

to help kick off the 2020 4-H STEM Challenge by participating in a Mars Base Camp Trivia Game. Harris and his teammate logged in and were greeted by a special guest host Bill Nye, "The Science Guy."

Harris said he remembered watching Nye's videos as a supplement to his home school curriculum. Harris said he loved the positivity and fun Nye brings to science

education.

The Mars Base Camp Trivia Game consisted of two teams facing off and answering trivia questions related to the red planet. Harris' team started with the lead, but the other team quickly caught up, which resulted in a tie.

Nye took the surprise one step further by awarding each 4-H'er \$2,000 to support their 4-H club's STEM

See CHATS, A7

Volume 155, No. 62

Inside

Georgia's Democrat U.S. Senate candidates rally in Conyers

See A8



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Obituary

Rita Harden Corley Covington

See A2

Get breaking news updates, manage your subscription, place an advertisement and read the e-edition at CovNews.com

Lions Club's 'reverse' Christmas parade remains hit



Taylor Beck | The Covington News

Despite a change of format, on Newton Drive more than 100 vehicles filled with spectators drove through the Lions Club's "reverse" Christmas parade Saturday, Dec. 5, while a few chose to walk through the stationary event.



T IN THE FALS (a)

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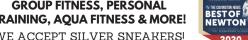


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Pursuit of Excellence Award

For the 15th consecutive year, Caldwell & Cowan Funeral Home, Covington, has been named a recipient of the National Funeral Directors Association Pursuit of Excellence Award. This Award is presented by NFDA annually to firms that have demonstrated a commitment to raising the ba

on funeral service excellence by adhering to strict ethical and professional standards and providing outstanding service to families and communities.

Congratulations to the Caldwell & Cowan Staff for this achievement!



By TAYLOR BECK

COVINGTON, Ga. — Residents of Newton County continued to ring in the Christmas season with the help of the Lions Club on Saturday, Dec.

The club hosted its annual Christmas parade over the weekend in a reverse format. Rather than the approximately 35 entrants including several floats and high school bands rolling through the Covington Downtown area, it remained stationary along Newton Drive, between Mill Street and Anderson Avenue, and adjacent to the YMCA and Legion Field.

Despite the change of format, more than 100 vehicles and golf carts filled with spectators chose to drive by and view the parade. Few opted to

Among the parade entrants were Newton County's high school bands, Jeep enthusiasts, the Covington Fire Department, local churches and Santa Claus.

The parade started at 6 p.m. and ended around 7:30 p.m.

The Lions Club has hosted the parade since 2005 but chose to do things differently this year in response to the COVID-19 pandemic, organizer and club member Missy Braden told *The Covington*

Porterdale will host its Christmas parade this weekend, Saturday, Dec. 12, at 7 p.m. Instead of the regular route along Main Street, parade participants will move through city neighborhoods, working its way along parts of Ivy, Hemlock, Main, Poplar, Elm and Crowell roads and Austin Terrace. In response to the pandemic, the city encouraged residents to stay home and let the parade come to them.







Taylor Beck | The Covington News

Approximately 35 participants featuring local churches, high school bands, civic groups, other organizations and Santa Claus lined Newton Drive in Covington on Saturday, Dec. 5, for the Lions Club's "reverse" Christmas parade.

MASK:

Continued from A1

cases per 100,000 in the last two weeks (322), according to the Georgia Department of Public Health as of Monday evening. There have been a total of 362 new cases within the last two weeks.

Councilwoman Fleeta Baggett opposed the

Rita Harden Corley

in Social Circle and graduated

from Social Circle High School.

She worked for over 30 years as

a florist at Sherwood's Flowers

and Gifts on the square in Cov-

ington. Rita enjoyed cooking,

doing crafts, and fishing. Along

with her parents she was preced-

ed in death by her husband John

Mrs. Corley is survived by her

Corley in 2016.

action, but later voiced her reasoning behind

voting down. "I very much believe in wearing the mask, and I'm all for it," she said. "I just don't want to see us put in a position where we have an ordinance that is not being enforced because

we don't have anything to back it up with. That is my whole hold up with that. I do not have a problem with wearing a mask, and I do wear a mask when I'm out in public."

The meeting was held via teleconference due to a person within the

one of the city's departments possibly being exposed to COVID-19, according to City Manager Scott Andrews. The person's identity

Monday night's meeting was the final regularly scheduled meeting of 2020.

was not disclosed.

OBITUARY

daughter Lynn Spohn (Chris) of Mrs. Rita Harden Corley, age Covington, her grandson Dylan 71, of Covington passed away Brooks of Covington, her broth-Sunday, December 6, 2020. She er Terry Harden (Marsha) of was born December 24, 1948 in Social Circle, her mother-in-law Social Circle to Dana and Peggy Betty Corley of Covington along Anglin Harden who have prewith numerous other family ceded her in death. Rita grew up members and close friends.

Funeral services for Mrs. Corley will be held at 2 o'clock Thursday, December 10, 2020 family will receive friends at

at Starr Family Cemetery with Mr. Scott Fuss officiating. The J.C. Harwell and Son Funeral Home from 6:00 PM to 8:00 PM on Wednesday, December 9,

2020. J.C. Harwell and Son Fu-

neral Home, TE Davis Funeral

Services, 2157 East Street, SE, Covington, GA 30014.

Due to the COVID 19/Coronavirus Pandemic all Centers for Disease Control and Prevention (CDC) requirements will be followed. There is a limit of 50 people at any large gathering, social distancing must be recognized, the use of mask is encouraged, and most importantly if you feel sick or have any symptoms of COVID 19 you will not be allowed to attend the service. Please be respectful of the family during this difficult time and follow the requirements of the CDC.

Newton leaders begin bicentennial celebration

By TAYLOR BECK

COVINGTON, Ga. — On Dec. 24, 2021, Newton County will officially become 200 years old. However, county leaders opted Saturday, Dec. 5, to go ahead and get the bicentennial birthday party started.

In front of the Historic Courthouse, the Newton County Bicentennial Committee and several of the county's leaders gathered to help inform the public about the county's upcoming bicentennial with several announcements and fun activities

from 1 p.m. to 4 p.m.

Elected officials in attendance included Sheriff Ezell Brown, Covington City Councilman Don Floyd, Tax Commissioner-elect Marcus Jordan and Newton Board of Commissioners members Stan Edwards, Demond Mason, Nancy Schulz and Chairman Marcello Banes.

"We're so thankful and blessed to be here and to be here in Newton County. Newton County's been here 200 years, and so we're just so excited and ready to celebrate," Banes said. "This is a great celebration. We're going to be celebrating all year long, so y'all be looking for some great things, a lot of fun activities we're going to be doing throughout the year. Again, we're so blessed and we're so thankful for the citizens and the people that came before us. And here we are, staying on the grounds at 200 years of being able to celebrate. It's a bless-

Covington/Newton County Chamber of Commerce President Debbie Harper was also



Taylor Beck | The Covington News

Newton County Board of Commissioners Chairman Marcello Banes speaks before raising the county's bicentennial flag outside the Historic Courthouse in Covington on Saturday, Dec. 5.

in attendance, as well as representatives from Newton County Schools and Oxford College of Emory University.

In the "spirit of OneNewton," Banes had local officials and other county leaders in attendance help raise the county's bicentennial flag in front of the courthouse.

Newton County was created from parts of Henry, Jasper and Walton counties by the Georgia Legislature in 1821. Since then, Newton County has grown to

include six municipalities, seen the railroad system transform its agricultural economy, witnessed the creation of a major interstate bringing residents a short drive to nearby cities and airports, and embraced a diversity of people and cultures from all over the

According to the U.S. Census Bureau, Newton County's population was 111,744 as of 2019, an increase of more than 77,000 people from 1980 (34,666).

Community Calendar

THURSDAY, DEC. 10

• The Newton County Democratic Committee will hold its Bi-Annual Executive Committee/Officer Elections via Zoom at 7 p.m. Interested parties should visit rebrand.ly/NewtonDemsVOTE for specific details on how to register to vote and for details on how to register to be a candidate.

SATURDAY, DEC. 12

- · Abiding Grace Lutheran Church will host Christmas for Kids from 10 a.m. to noon at the church, located on 5500 Hwy. 212 in Covington. Admission is free but space is limited. Register at c4k.abidinggrace.com or call 770-385-7691.
 - Santa on the Square, from 5:30-7:30 p.m.
- The Porterdale Christmas Parade begins at 7 p.m. and will move through city neighborhoods "where residents can safely view the parade from their front porches," according to the city's website. A map of the parade route can be found at CovNews.com.

SUNDAY, DEC. 13

• Tuba Christmas in Porterdale begins at 3 p.m. in front of the Porterdale Memorial Gymnasium facility. Tuba player registration begins at 1 p.m.; rehearsal runs from 2-3 p.m. Public is asked to bring folding chairs and wear masks.

SATURDAY, DEC. 19

• Santa on the Square, from 5-8 p.m.

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.

ONGOING

- 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.
- 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 Hulgan at foodpantry@covingtonfirst.org to sign up.

Send your event announcements to news@covnews.com.

PROBE:

Continued from A1

further action should be

taken or not." He said his job "is to make a fair assessment of the evidence that could be proven in a court of law and apply

it to the law." "Those two things guide my decisions to proceed on a case or not," McGinley said.

"I take that responsibility very seriously, and as with any case that is not formally closed in our office, I am bound by that responsibility.'

He added he could not comment about the specifics of the case.

Sawyer reportedly spoke to both a grand jury and the FBI after the report was released but no charges were filed, an Atlanta TV station reported.

The audit points to former longtime county attorney Tommy Craig as the person primarily responsible for convincing Newton County commissioners to keep working to fund the project despite the population growth it was forecast to serve not materializing.

Craig worked as both the county attorney and "water consultant" responsible for helping gain federal permits for the project.

His attorney, Ed

Tolley, told WAGA-TV that his client did not break any laws and the county commission approved the purchase of all property. Tolley told the TV

station that Craig, 71, is recovering from cancer "and unable to defend himself publicly."

He also said Craig was able to secure

federal approval for

other reservoirs across

Georgia and, as such, was considered a leading expert in the field, Tolley said.

County Commissioner Ronnie Cowan said he doubted an investigation would uncover 'criminal intent."

He said it more likely would find "negligence" because of "sloppy" accounting after the county worked with numerous project managers during the time officials were working on it.

"I don't see intent," Cowan said.

Cowan said state and federal investigators did not see enough evidence to warrant criminal charges following the 2016 report which was released before Cowan took office in 2017.

In addition, a district attorney's office typically does not have enough resources for such a major "white collar crime" investigation because it is primarily responsible for prosecuting the numerous property and violent crimes coming through the courts, Cowan said.

The project was abandoned but left the county with enough land to proceed with construction of an additional drinking water source if needed in the future, Cowan said. County commission-

ers fired Craig in 2015 after 40 years in the position, in part because of problems with the project.

The county then hired Cumming-based law firm Jarrard & Davis as the government's attorney, and the firm hired Sawyer to perform a

forensic accounting

analysis of the work done to secure the land and permits for the reservoir's construction.

Sawyer charged in his report about "the now-failed, defunct Bear Creek Reservoir project" that Craig "recklessly wasted county (and) taxpayer funds" on that resulted in the county spending \$25 million over 20

The report stated that Craig earned \$2 million from the effort despite the land not being used.

Among the land deals Sawyer's report said were "questionable" was one for purchase of the Gaithers Plantation in south Newton County for \$4.1 million.

Craig oversaw the county's 1995 purchase of the 2,200-acre site from Henry Lassiter, who died in 1994 "and was a known associate of Tommy Craig," the report stated.

Lassiter and his estate avoided paying property tax of about \$2.5 million, which the county lost in revenue because it was publicly owned and undeveloped, the report said. On another deal

Craig suggested the county pay \$1.4 million for 200 acres but agree to give the land back to the original owner for free if the lake was never built - which it did, the TV station reported. Sawyer said in his

report that Craig "made numerous, repeated, misleading, deceptive statements and misrepresentations to the **Board of Commission**ers and taxpayers about the need, feasibility and achievability" of the

proposed reservoir.

"By misleading key decision makers about progress of the permitting process, Mr. Craig continued billing and collecting legal and consulting fees for the reservoir project," the report stated.

"Mr. Craig became inextricably involved in a long-running project where he should have known and should have advised county leaders and taxpayers that the project would not and could not be approved, and was destined for failure, as a result of his actions or lack of timely action with reg-

"Because Craig provided a false sense of hope to county leaders and taxpayers, they relied on his supposed expertise and legal advice, that he was an advocate for the county's best interest, and thus, prolonged his term as county attorney.

"Instead, he continued wasting taxpayer funds for his own benefit and the benefit of his colleagues and family members."

It also alleged Craig "had continual, ongoing knowledge that the reservoir project would not be permitted" but continued to lead the county to pay "excessive prices for properties.

"In spite of this knowledge and concealed by his misrepresentations and misleading, deceptive statements" Craig facilitated land acquisition transactions "by purchasing overpriced properties, resulting in

at least \$25 million of

taxpayer losses."



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Wednesday, December 9, 2020

- Letters to the Editor can be delivered by: Mail: Editor: The Covington News, P.O. Box 1249, Covington, GA 30015
- In person: Stop by 1166 Usher St. NW in downtown Covington Email: news@covnews.com

OPINIONS

The Covington News

Dave Belton guest columnist

Closing election loop holes will be General Assembly's top priority

iven the incredibly fast pace of the changing news, I have, thus far, not written about the election. And I al-

ways try (sometimes unsuccessfully) to keep my comments



specific to Georgia. However, as Georgia is now the epicenter of the political universe, I feel an obligation to speak Many of you are

very happy with the results of the election. Congratulations. Mr. Biden ran such an energetic campaign that he somehow gained 16 million more votes than Obama...on the very same night that Republicans won 27 out of 27 toss-up Congressional seats and flipped a few state legislatures. Biden did much worse with minorities than Hillary or Obama, and Trump won more percentage of minorities than any Republican president in 70 years. No president in history that gained votes in his reelection subsequently lost that reelection, yet somehow Trump (who gained a whopping 10 million votes from 2016 to 2020) did so during a global pandemic. And Biden underperformed Obama in virtually ev-

amounts. Wow. Because of Republican leadership that created our incredibly successful, lowtax business-friendly environment, Georgia has added 2.7 million people to our state over the last score of years; 800,000 people over the past 10 years; and 285,000 in the last year.

ery county in the USA

select areas such as De-

troit, Milwaukee, Phil-

adelphia, and Atlanta;

where he super-exceed-

ed Obama by incredible

except around a few

This huge change in demographics – due to our bountiful cor-









Though many are frustrated by the way the state of Georgia has handled the Nov. 3 General Election presidential vote audit/recount, Dave Belton said legislators are doing everything they can within the law to address the issues. Pictured are President Donald Trump (top left), President-elect Joe Biden (top right), Georgia Gov. Brian Kemp (bottom left) and Georgia Secretary of State Brad Raffensperger (bottom right).

nucopia of great jobs – has moved Georgia from the 10th to the eighth most populous state in the nation.

It has also made us more purple.

Like many of you, I am concerned at how this election was handled in some Georgia counties. Election officials in Morgan and Newton were admirable. But it seems that in some metro counties, serious prob lems may have occurred. The Secretary of State (SOS) is currently conducting 250 investigations - including Fulton County's infamous "water-main break" story – as well as people from out of state declaring their intent to temporarily move here just to vote. That, of course, is a felony that incurs a 10 years prison term...a crime that we will prosecute.

It is essential that Americans believe that their elections are fair. If there were discrepancies,

people on the Left and the Right should want them investigated. As it took Al Gore 36 days to concede back in 2000, I believe we must invest time and effort to ensure the legitimacy of this election. I am ready to go into a Special Ses-

sion to get that done. Thus far, Georgia has already done two machine counts, and one hand-count of the ballots. All three of these counts tabulated roughly the same. This seems to indicate that the machines themselves were not a problem. But it appears that the SOS new mass mail balloting process has led a majority of Georgians to question the integrity of this election. I have received – literally – thousands of emails about this. I have watched hours of testimony and read dozens of articles and briefs. I have personally talked to the SOS, as well as the governor and the speaker and the

attorney general about

your concerns. Before COVID, many prominent Democrats said that mass mail ballots were fraught with peril. It is obvious that the way the SOS is conducting mass mail balloting does NOT honor the Georgia law that requires a photo ID to vote. We told the SOS this last March, BEFORE he took the disastrous step of sending them out to everyone in the state. The governor and the speaker and I and most of my colleagues are calling on the SOS to audit the signatures against the signatures on record, as well

as count the num-

ber of envelopes vs.

the number of ballots. Thus far, the SOS has refused.

Georgia House Republicans are doing our own independent investigation. We recently told the SOS that "significant failures in counties across the state, before, during, and after Election Day" are "unacceptable." We are imploring him to ensure that signatures for the Senate runoffs (and all future elections) be inspected by independent observers of BOTH parties, and that he immediately reach out to other state agencies to deploy legal experts to county level election centers to safe-

guard our elections. It is true that the Constitution says that state legislators pick the Electors. But the GA Constitution (and virtually every other states' Constitutions) says that the state legislators select their Electors based on the popular vote. Changing that law now would require the governor calling a

Special Session. I know that many of you are frustrated. We are following the law and will do what we can within the law. I assure you that election reform – to close these loop-holes that this SOS has created will be the top priority of the General Assembly when we return in January.

In the meantime, it is incumbent that all patriotic Georgians vote in the Senate Runoff this January. The future of our nation is in your hands.

Dave Belton is a Republican from District 112, serving in the Georgia House of Representatives.

Dorothy Piedrahita columnist

Cherish creative Christmas memories

t is possible to laugh December 2020. Let's see if it is possible for us to smile

and make merry! Here is a request. Why not

we make an "ugly sweather" for Christmas? Why don't we indulge in frivolities and create one.

I haven't made or worn one myself. Let your imagination run wild. I am ready for a bit of laughter. After your creation is put together, send a picture to The Covington News. I can't wait to see them. Laughter and smiles are good for our souls. That's what Christmas is about.

We have decorated our tree. Our Christmas decorations include the bedrooms, kitchen, doors, Spike's dog kennel, our bird cages, laundry room and garage.

I get leisure seeing the beautiful colors of the season. When I was Meals-On-Wheels Coordinator for Senior Services of Atlanta, the volunteers looked forward to making Santa Claus stocking and wreath for the seniors. We included the crafts with meals delivered in December. Stockings and wreaths are easy to make.

Parents and children in Newton County should enjoy those projects as well as others. Like Christmas Star cards. While children have visions of sugarplums dancing in their heads. I don't think so! Newton County children dream about iPads, Shadow Fighter, a new phone and the old standards bicycles and dolls. My great grandson is too young to know what he wants, but he knows what he likes. I have seen his home.

It is decorated like a winter snow land. My granddaughter has done an amazing job. Candles of frankin-

cense and myrrh and festive motifs on the tree, tree skirt wreaths. stockings are what I see when I open my front door. This year our tree is more country. I am using dried fruits slices, straw baskets, pinecones of different sizes. I placed berries from bushes from out doors. I just felt more "naturale" this season.

We can all have a magnificent Noel. By the way, my great grandson's middle name is Noel.

Smile, although we are wearing face masks. Maybe wear a Christmas mask. Show people you meet you aren't a scrooge.

The sights and sounds of Christmas are all around us. Our excitement is growing! Can't you feel it? Cherish each moment of the season. Be hopeful and love one another. It's the time to be jolly.

It is time to unpack ornaments of Christmases past. Read those Christmas cards from old friends.

I can't forget the new little ones who were born in 2020. Their first Christmas will never come again. Dress your new child, twins or triplets in christmassy outfits.

Our father was part of a triplet set. He was born on New Year's Day in 1918.

If you haven't gotten into the Christmas spirit, there's still time. Hopefully the magical holiday anticipation will hit you.

Dorothy Piedrahita is a Covington resident who has worked as an activist and in government and business throughout her career.



Metro Creative Services

Traditions like decorating the Christmas tree and crafting handmade ornaments are things that should be enjoyed and cherished by families each year.

The Covington News

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The Covington News

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The Covington News

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UPLOAD submission at: https://co-newton-ga.

<u>bonfirehub.com/portal/?tab=login</u> THERE WILL be a MANDATORY

Pre-Proposal Conference MONDAY, DECEMBER 14, 2020 AT 1:30 P.M. LOCAL TIME at the Turner Community Center, located at 6185 Turner Lake Rd NW. Covington, GA 30014. ZOOM MEETING will be made

available to those unable to attend by request in writing to Randi Fincher via email at rfincher@co.newton.ga.us

NOTE: CONTRACTOR and all subcontractors must obtain a business license and be fully insured.

INSURANCE: CONTRACTOR shall

maintain the following insurance (a) comprehensive general liability, including covering bodily injuries with limits of no less than \$1,000,000 per occurrence, and property damage with limits of no less than \$1,000,000 per occurrence; and (b) commercial automobile liability, including blanket contractual, covering bodily injuries per occurrence, and property damage with limits of no less than \$1,000,000 per accident (c) statutory worker's compensation insurance, including \$1,000,000 employer's

insurance (d) employee dishonesty and/or crimes coverage with respect to personnel of Contractor having access to County buildings, with limits of no less than \$50,000 per occurrence. All insurance shall be provided by an insurer(s) acceptable to the County and shall provide for thirty (30) days prior notice of cancellation to the County. Upon request, Contractor shall deliver to the County a certificate or policy of insurance evidencing Contractor's compliance with this paragraph. Contractor shall abide by all terms and conditions of the insurance and

the coverage. THE SUCCESSFUL Proposer shall secure and pay for all permits, assessments, charges or fees required in connection with the

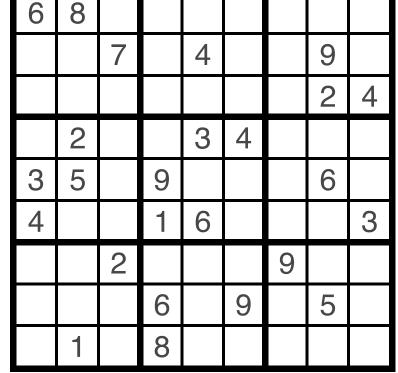
shall do nothing to impair of invalidate

proposed construction. BOND: BID/PERFORMANCE Provide a Bid Bond in accordance with the language identified within the

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



Level: Intermediate

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!

LAST WEEK'S SOLUTION:

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

N for details. If this Proposal shall be accepted by Newton County and the undersigned shall fail to execute a satisfactory contract in the form of said proposed Contract, give satisfactory Performance and Payment Bonds, or furnish satisfactory proof of the insurance required, as stated in the Instructions to Bidders within ten (10) days from the Notice of Award of the Contract, then Newton County may at its option, determine that the undersigned abandoned the Contract and thereupon this

Bid Bond Form. Refer to Attachment

SUCCESSFUL Proposer shall secure and pay for all permits, assessments, charges, required in connection with the proposed construction.

Request for Proposals shall be null

and void, and the sum stipulated in

the attached Bid Bond.

ANY INQUIRIES regarding this RFP must be submitted in writing no later than Noon-Local Time, January 04, 2021 to: Newton County Purchasing Office, Attn: Randi Fincher, 1113 Usher Street, Suite 204 Covington, GA 30014 or email: rfincher@co.newton. ga.us. Questions will be answered at the mandatory pre-submission conference and/or in writing by addendum. Questions received after this time will not receive a response.

PROPOSAL considered by the OWNER, taking into consideration specific evaluation factors, listed in their order of relative importance, as set forth in the

NEWTON COUNTY reserves the right to reject any or all Proposals, including without limitation, the right to reject any Proposal that the OWNER believes would not be in the best interest of the Project.

DIGITAL COPIES of the PROPOSAL 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 PROPOSAL DOCUMENTS may be obtained upon a non-refundable payment of \$25.00 for each set. The County is not obligated to consider the contractor's proposal if they are not on record with the issuing office as having received complete Proposal Documents.

DECEMBER 03, 2020

LLOYD KERR, County Manager NEWTON COUNTY Board of

PUBLIC NOTICE #117687

ADVERTISEMENT FOR REQUEST FOR PROPOSAL FOR **DESIGN-BUILD ON-CALL** Task Order Services - Parks & Recreation - Renovations / **Expansions at Various Parks NEWTON COUNTY BOARD OF COMMISSIONERS** RFP #21-08

SEPARATE SEALED PROPOSALS Design-Build On-Call Task Order services related to renovation and or expansion of various Park Facilities in their Park System, on behalf of the Newton County Board of Commissioners on behalf of the Newton County Board of Commissioners will be received by Newton County via

ELECTRONIC BONFIRE'S SUBMISSION PORTAL until 11:30 A.M., Local Time on Thursday, January 14, 2021. Refer to RFP Exhibits A & B for specific scope of

BONFIRE ELECTRONIC SUBMISSION INSTRUCTIONS FOLLOW instructions to submit via our online submission Portal.

PREPARE submission materials as outlined in

SUBMIT REQUESTED Information: NAME TYPE # Files Requirement **TECHNICAL PROPOSAL** PDF (.pdf) 1 Combined File

Required PRICING PROPOSAL PDF (.pdf) 1 Combined File required THE MAXIMUM upload file size is

UPLOAD submission at: https://co-newton-ga. bonfirehub.com/portal/?tab=login

THERE WILL be a MANDATORY Pre-Proposal Conference on MONDAY, DECEMBER 14, 2020 AT 11:00 A.M. LOCAL TIME at the Turner Lake Park - Community Center, located at 6185 Turner Lake Rd NW, Covington, GA 30014.

subcontractors must obtain business license and be fully insured. INSURANCE: CONTRACTOR shall

CONTRACTOR and all

maintain the following insurance (a) comprehensive general liability, blanket contractual, covering bodily injuries with limits of no less than \$1,000,000 per occurrence, and property damage with limits of no less than \$1,000,000 per occurrence; and (b) commercial automobile liability, blanket contractual, covering bodily injuries with limits of no less than \$1,000,000 per occurrence, and property damage with limits of no less than \$1,000,000 per accident (c) statutory worker's compensation insurance, including \$1,000,000 employer's liability insurance (d) employee dishonesty and/or crimes coverage with respect to personnel of Contractor having access to County buildings, with limits of no nan \$50,000 All insurance shall be provided by an insurer(s) acceptable to the County and shall provide for thirty (30) days prior notice of cancellation to the County. Upon request, Contractor shall deliver to the County a certificate or policy of insurance evidencing Contractor's compliance with this paragraph. Contractor shall abide by all terms and conditions of the insurance and shall do nothing to impair of invalidate the coverage.

THE SUCCESSFUL Proposer shall secure and pay for all permits, assessments, charges or required in connection with the proposed construction.

BID/PERFORMANCE Provide a Bid Bond in accordance with the language identified within the Bid Bond Form. Refer to Attachment N for details. If this Proposal shall be accepted by Newton County and the undersigned shall fail to execute a satisfactory contract in the form of said proposed Contract, give satisfactory Performance and Payment Bonds, or furnish satisfactory proof of the insurance required, as stated in the Instructions to Bidders within ten (10) days from the Notice of Award of the Contract, then Newton County may at its option, determine that the undersigned abandoned the Contract and thereupon this Request for Proposals shall be null and void, and the sum stipulated in the attached Bid Bond.

SUCCESSFUL Proposer shall secure and pay for all permits, assessments, charges, or fees required in connection with the proposed construction.

ANY INQUIRIES regarding this RFP must be submitted in writing no later than Noon-Local Time, Monday, January 04, 2021 to: Newton County Purchasing Office, Attn: Randi Fincher, 1113 Usher Street, Suite 204 Covington, GA 30014 or email: rfincher@co.newton. ga.us. Questions will be answered at the mandatory pre-submission conference and/or in writing by addendum. Questions received after this time will not receive a response.

EACH PROPOSAL will considered by the OWNER, taking into consideration specific evaluation factors, listed in their order of relative importance, as set forth in the Request for Proposals.

NEWTON COUNTY reserves the right to reject any or all Proposals, including without limitation, the right to reject any Proposal that the OWNER believes would not be in the

best interest of the Project.

DIGITAL COPIES of the PROPOSAL 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 PROPOSAL DOCUMENTS may be obtained upon a non-refundable payment of \$25.00 for each set. The County is not obligated to consider the contractor's proposal if they are not on record with the issuing office as having received complete Proposal

DECEMBER 03, 2020

LLOYD KERR, County Manager **NEWTON COUNTY** Board of Commissioners

PUBLIC NOTICE #117685

Corporations

NOTICE IS given that Articles of Incorporation that will incorporate Cultivating Lives and Activating You, Inc. have been delivered to the Secretary of State for filing in accordance with the Georgia Nonprofit Corporation Code. The initial registered office of the corporation is located at 70 Chestnut Drive, Covington, GA 30016 and the initial registered agent at such address is Danielle

PUBLIC NOTICE #117688 12/9,16

Divorces

IN THE SUPERIOR COURT OF NEWTON COUNTY STATE OF GEORGIA

PANZIE S. FANTAUZZI PLAINTIFF,

DIEDORO A. FANTAUZZI, JR. DEFENDANT.

CIVIL ACTION No.: 2020-CV-2045-5

NOTICE OF PUBLICATION TO: DIEDORO FANTAUZZI

BY ORDER of the court for service

by publication dated NOVEMBER 16. 2020 you are hereby notified that on OCTOBER 8, 2020 (date of filing) PANZIE FANTAUZZI (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 W. KENDALL WYNNE, JR., Judge Superior Court of Newton County. THIS, THE 16th day of NOVEMBER,

LINDA D. Havs CLERK OF Superior Court PUBLIC NOTICE #117649

11/25,12/2,9,16 **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., 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 Loss Mitigation Dept, or by writing to 101 Hudson Street, 24th Floor, Jersey City, New Jersey 07302, to discuss possible alternatives to avoid

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

foreclosure.

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 INDIVIDUAL CAPACITY 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, after-described property to secure a Note in the original principal amount of One Hundred Twenty-Eight Thousand Eighty-Six 0/100 dollars and (\$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 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 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 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, 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 Hearings NORTHEAST GEORGIA

REGIONAL COMMISSION'S AREA AGENCY ON AGING PUBLIC HEARING

NORTHEAST

Regional Commission's (NEGRC) Area Agency on Aging (AAA) will hold a telephonic Public Hearing via the GoToMeeting™ platform on Wednesday, January 6, 2021 from 10:00 am - 12:00 pm. The purpose of this meeting is to gain input into services needed for our aging population within the 12-county NEGRC planning and service area. Counties included are: Barrow, Clarke, Elbert, Greene, Jackson, Jasper, Madison, Morgan, Newton, Oconee, Oglethorpe and Walton Information received Counties. from the public hearing will assist in planning and developing future AAA services.

THE GOTOMEETING™ can be accessed via computer, tablet or smart phone at the link: https://global. GoToMeeting.com/join/492326677 You can also dial-in using your phone at 1(408) 650-3123. Access Code: 492-326-677. If you are new to GoToMeeting™, get the app now and be ready when your first meeting starts at the link: https://global. gotomeeting.com/install/492326677.

ANYONE UNABLE to join the GoToMeeting™ Public Hearing can provide their input on Aging Services in Northeast Georgia by completing a survey. Please go online to www. negrc.org to access and complete the Needs Assessment survey.

WRITTEN COMMENTS may be submitted no later than one week prior to the meeting and mailed to:

PEGGY JENKINS, AAA Director NORTHEAST GEORGIA Regional Commission 305 RESEARCH Drive

OR VIA email: pjenkins@negrc.org

information, contact Peggy Jenkins, NEGRC's AAA Director, at 706-583-2546 or 1(800) 474-7540.

FOR QUESTIONS or further

PUBLIC NOTICE #117689

Wednesday, December 9, 2020

HEALTH & FITNESS

How to track your progress en route to getting healthy

SPECIAL TO THE NEWS

news@covnews.com

Each January, many people resolve to improve their overall health in the year ahead. Such resolutions can serve as motivating factors that compel people to live longer, healthier lives.

New Year's resolutions have proven hard to keep. While it's difficult to pinpoint how many people are successful with their resolutions, reports indicate that success is typically elusive. A recent report from U.S. News & World Report found that 80% of resolutions fail by February.

One of the tricks to realizing a resolution is to continue making progress toward your goal. Finding ways to measure progress can make the difference between staying the course in the year ahead or having your resolution fall short. • Set specific goals.

It's essential that people

who are hopeful that a New Year's resolution will help them get healthier be specific when setting their goal. For example, it's easy to determine if you're on a path to success if you declare your intention to lose 10 pounds rather than simply saying, "I want to lose weight." If your goals are specific, you can set benchmarks throughout the year that help you measure the progress you're making en route to achieving your ultimate goal. If you want to lose 10 pounds and you've lost six by the end of June, that's measurable progress toward your goal that can motivate you to

keep going. • Take a friend along for the ride. Friends also can serve as both measuring sticks and motivators en route to

getting healthy. A part-



Metro Creative Services

One key to tracking your journey to getting healthy is setting specific goals. Rather than saying, "I want to lose weight," trying being more specific so you can set benchmarks along the way.

ner who's also striving to get healthier can make it that much easier to get to early morning or late night workouts. This person can make sure you're up in the morning and let you know if it's been awhile since you've shown the commitment necessary to achieve your goal. If your workout partner is more than halfway to his or her goal by mid-year and you're lagging behind, you can compare routines to determine if there's any tweaks you can make to increase your chances of being successful.

Document every-

thing. Strava is an internet service that tracks exercise and incorporates social networking. Strava helps millions of runners and cyclists track their workouts so they can see if they're staying the course each day or falling short of their goals. Such services can be highly effective at tracking progress, but people aiming to get healthier also can use a notebook to keep detailed records of workouts, caloric intake and other factors that can help them get healthy.

• Visit your physician. Doctors can be invalu-

able resources as people try to get healthy. Schedule a physical early in the year and ask your doctor to help you set goals. Then schedule a follow-up later in the year to see how your efforts are affecting your overall health. Few things can prove as motivational as a good report from the doctor.

Resolutions have a tendency to fall by the wayside. But with some effective metrics, people can make serious progress toward getting healthier in the year

Easy-to-keep resolutions

SPECIAL TO THE NEWS

news@covnews.com

The dawn of a new year is a great time to take stock of the year that just passed and set goals for the next 12 months. Resolutions focused on improving personal health are especially popular, and for good reason. Improving one's overall health can have positive implications for years to come.

Even with the best intentions, resolutions have historically proven hard to keep. Simplifying health-based resolutions can lead to a higher success rate and a healthier you.

- Walk more. It is easy to get preoccupied with the "10,000 steps per day" mantra that many people follow and that certain fitness trackers promote. Walking 10,000 steps daily, which equates to roughly five miles per day, is a healthy goal, but it may not be realistic for everyone. Take stock of how many steps you currently take each day, and then resolve to walk 2,000 more. As your body acclimates to walking more, add another 2,000 steps, continuing to do so until you reach 10,000 steps.
- Learn something new about being healthy. Informed health decisions require gaining a greater understanding of your body. Rely on a reputable source such as the Centers for Disease Control and Prevention to learn more about how to be healthy.
- Spend less time on social media. Staring at your phone or tablet for multiple hours browsing tweets or checking messages might not be the best thing for your physical and mental health. Browsing the internet may take up time that

to get involved with

It also may make you

more empathetic and

nonprofit organizations.

could be better spent engaging in physical activity. According to Dr. Elia Abi-Jaoude, a staff psychiatrist at the Hospital for Sick Children and Toronto Western Hospital, various studies have shown how excessive social media usage can adversely affect relationships, sense of self, sleep, academic performance, and emotional well-being.

- Eat more whole foods. Whole foods, including vegetables, fruits, nuts, seeds, whole grains, and fish, contain various nutrients the body needs to function at peak capacity. These foods may help reduce the risk of many diseases and help people maintain healthy body weights. Start slowly — a gradual approach is more manageable than going on a drastic diet.
- Avoid sweetened beverages. You are what you eat and what you drink. A 2006 report in the American Journal of Clinical Nutrition found consumption of sugar-sweetened beverages, particularly carbonated soft drinks. may be a key contributor in the epidemic of overweight and obesity. Skip sweetened beverages and opt for more water or
- Find a physical activity you like. Rather than resolving to join the gym or signing up for a 5K because it's what everyone is doing, find a physical activity you truly enjoy and aim to do it a few times a week.

unsweetened teas.

 Avoid restrictive health and wellness resolutions that can be unsustainable. By taking small steps en route to your goals, you may be more motivated to stay the course and realize your resolutions.

Helping, being mindful of others can help you, too

SPECIAL TO THE NEWS

Personal growth is at the heart of many New Year's resolutions. Few paths to positive personal growth are more noble than resolving to help others through increased acts of generosity and kindness.

According to Psychology Today, doing good for others, no matter how big or small the deed, feels good but also provides reciprocal benefits. The link between volunteering and lower rates of depression has been well-documented, and there is

neural evidence from MRI studies suggesting a link between being generous and signs of happiness in the brain.

The following are several ways to improve oneself by being more mindful of others.

• Be aware of social issues. Read your local newspaper to stay upto-date on the pulse of your community as well as the world. Educate yourself about current issues that are affecting people from all walks of life. Understanding the needs or plights of others may

compassionate toward other people. Volunteer at a charity. Find a charitable group with which you can volunteer your time. This is a boost your willingness great way to support a cause you believe in and makes it possible for you to collaborate with others who are like-minded, potentially helping you make new friends.

 Learn a new language. North America is a melting pot that's home to people from many different parts of the world. Learning a new language may facilitate interactions with fellow community members who might not speak English as a first language

 Help someone you know. It's commendable to want to assist a charity or a global cause, but what about people close to you who may need a boost? Whether you're lugging boxes to help a friend move or babysitting a niece or nephew so their parents can enjoy a much-needed night out, when you help someone, those good deeds will return to you in time.

When making resolutions, people should consider goals that involve helping others. While this assistance can benefit the people who are on the receiving end of the care and attention, those who are giving of themselves also reap considerable rewards.



Metro Creative Services

Studies show there are links between volunteering and lower rates of depression. MRI studies show there is neural evidence of links between being generous and happiness in the brain.

ELECTION:

Continued from A1

session because lawmakers cannot legally interfere with the results of the Nov. 3 election that resulted in Democrat Joe Biden narrowly defeating President Donald Trump and earning Georgia's 16 electoral votes.

"I do not support a special session because we do not have the authority under our state law and the Constitution to overturn elections," said Strickland, whose district includes eastern Newton County.

"This process is clearly defined in our state law and our court system is where election challenges should be brought," Strickland

"On top of that, a lot of the issues that have been raised are federal mandates that we do not have the ability to change, either," he said last week.

"I think it would be a show. It would cost taxpayers a lot of money." He joined Gov. Brian Kemp, Lt. Gov. Geoff Duncan and legislative leaders in rejecting the call by other senators and some state House members for Kemp to call special sessions to change election laws —



Tom Spigolon | The Covington News

District 17 State Sen. Brian Strickland, R-McDonough, talks about the upcoming 2021 session of the Georgia General Assembly during the Covington/Newton County Chamber of Commerce's annual Pre-Legislative Breakfast at the Newton College and Career Academy Thursday, Dec. 3.

both to tighten residency requirements before the Jan. 5 runoff and to change the current method of choosing presidential electors.

Kemp and Duncan issued a joint statement Sunday, Dec. 6, that said four state Senate members' calls for a special session to create a method for choosing electors other than by the winner of the state's popular vote would be unconstitutional "and immediately enjoined by the courts, resulting in a long legal dispute and no short-term reso-

lution." Strickland, however, said he supported the state Senate hearings that began Thursday,

Dec. 3, in Atlanta "that will dive into many allegations that we've heard" from a variety of sources. He said he wanted

to hear from election officials and others who have alleged fraud in the Nov. 3 election. "I do support parts

of what they ask for ... but not the way they want to do it," Strckland said.

"Now that Gov. (Brian) Kemp has complied with his mandate to certify these results, lawsuits can, and are, being brought. This is where anyone with allegations of fraud will have the opportunity to fully present their case.

"I support Gov. Kemp

and am proud of the way he has conducted himself in this process by continuing to put his oath and duties under our laws and our Constitution ahead of politics."

He said he also supported "giving a fresh look in January at our absentee laws on the books."

"Because of all the questions concerning signature verifications, we should look at that deeper and consider putting an ID requirement into law," Strickland said.

Despite President Donald Trump's allegations to the contrary, the Associated Press reported a consent

decree signed earlier this year between the state government and some Democratic Party groups does not prevent Georgia election clerks from scrutinizing signatures on absentee ballots.

The legal settlement signed in March addresses accusations about a lack of statewide standards for judging signatures on absentee ballot envelopes, the AP reported.

Gabriel Sterling of the Secretary of State's office said the only change the consent decree made was in the office's policy of how notification should be given to voters whose ballots were rejected and the change was totally at the discretion of the Secretary of State.

He said the policy was changed to give a voter notice within 24 hours if a ballot was rejected within 11 days of the election because a signature did not match.

A federal lawsuit which sought to stop the state's certification of the presidential election said Secretary of State Brad Raffensperger illegally changed election law by himself when he signed the

consent decree.

The lawsuit argues the decree violated the U.S. Constitution because it requires any changes in election law be done by state legislatures.

Strickland, an attorney and member of the Senate Judiciary Committee, said, "The ongoing issue of the federal consent order way of handling verification vs. current state law on handling verification — we need

direction on that." "When it comes to the consent order, I think the legislature needs to look at our current absentee verification process when it comes to signature.

"As we have seen, the current process was not set up for an election dominated by absentee ballots and does not provide an adequate means for auditing," he

Strickland spoke last week after the annual pre-session breakfast hosted by the Covington-Newton County Chamber of Commerce featuring the six members of the county's delegation to the Georgia General Assembly.

CHATS:

was that?"

Continued from A1

program. When reflecting on the interaction, CJ summed up the experience with one of his favorite lines, "How cool

The Mars Base Camp Trivia Game

can be viewed on the National 4-H Facebook page.

"Newton County 4-H is very proud of CJ and all of his accomplishments," UGA Extension - Newton County's Charlene Scott said. "CJ is

a Master 4-H'er, currently serving as a Georgia 4-H State Representative, as well as staying active in the local Newton County 4-H Program."

For more information about Newton County 4-H, contact Scott at

cscott@uga.edu or visit the Newton County 4-H website at tinyurl.com/ newtoncounty4h.

NORTHEAST GEORGIA REGIONAL COMMISSION AREA AGENCY ON AGING NEEDS ASSESSMENT SURVEY AND QUESTIONNAIRE SFY 2022

Please insert your county name here: Newton County

Please review all services listed below and check the five (5) services that you, your family or your community needs. REMEMBER TO ONLY CHECK FIVE (5) SERVICES or your survey will be disqualified. It is not necessary to sign your name to the survey; only write in the county name. THESE SURVEYS WILL BE INSTRUMENTAL IN DETERMINING THE SERVICES YOU FEEL ARE NEEDED IN YOUR COUNTY. Please return the completed survey to Peggy Jenkins, 305 Research Drive, Athens, GA 30605-2795. Thanks for your participation.

- ☐ Transportation (someone to drive you)
- Congregate Meals (meals served at Senior Center)
- Senior Employment (training and placement for senior jobs)
- ☐ Home Repair/Modifications (devices to assist you with daily living such as ramps, etc.)
- Nurse/Home Health/Medical Care
- ☐ Homemaker (someone to clean your home)
- ☐ **Personal Care** (someone to help with bathing, etc.)
- ☐ GeorgiaCares (someone to help you understand Medicaid/Medicare and get help with medications)
- ☐ Telephone Reassurance (someone to check on you by phone)
- ☐ Legal Assistance (help with legal issues, wills, benefits, etc.) ☐ Money Follows the Person/Nursing Home Transition (Transitioning
- ☐ Mental Health Services (Help/information/access related to mental illness, developmental disabilities

Where or who would you call if you needed help obtaining services?

Are there other services needed that we have not mentioned?

persons that reside in nursing homes back into the community)

- ☐ Respite Care (aide to sit with your family member while the caregiver
- ☐ Housing Assistance (help locating housing resources)
- ☐ Home Delivered Meals (meals delivered to your home)
- ☐ Energy Assistance (help paying for heating and cooling bills)
- ☐ Elder Abuse Counseling (education on preventing abuse of the elderly)
- ☐ Caregiver Programs (support groups, education and training for
- those who are caring for someone) ☐ Information & Assistance (information on services that are available
- ☐ Adult Day Care (a day care center for adults)
- Wellness Program (education on becoming healthier)
- ☐ Kinship Care (information on help in raising grandchildren)
- ☐ Assistive Technology (devices that enable seniors and individuals with disabilities to accomplish daily living tasks, achieve greater independence and enhance quality of life)

What are the most pressing problems for people in your community who are older or disabled?

Have you or a member of your household had a problem for which you were unable to find appropriate services?

If so, please describe the issues briefly and tell us what type of service might have helped to solve the problem.

FOR CURRENT CLIENTS ONLY

What do you like about the services you're receiving?

How can the Area Agency on Aging improve the services you are receiving?

Commission begins creation of in-house law department

By TOM SPIGOLON tspigolon@covnews.com

COVINGTON, Ga. Commissioners are hoping to cut the county government's costs by creating a new department to handle the government's legal needs rather than paying an outside law firm.

Newton County Board of Commissioners members voted unanimously last week to proceed with a plan to create an in-house law department to replace the outside firm it has employed for legal needs since 2016.

Commissioners voted Tuesday, Dec. 1, to discuss the next steps in the transition at a future meeting.

County officials said they now must set up the new department, including accounting for the new attorney position and support

The county government has used the Forsyth County-based law firm Jarrard & Davis for its legal needs since 2015.

Jarrard & Davis would continue to serve as the county attorney until the new department is operating, said spokesman Bryan Fazio.

District 5 Commissioner Ronnie Cowan said the board has been discussing such an action for about three years.

"We're trying to control legal fees," he said.

District 1 Commissioner Stan Edwards who made the motion to begin the transition process — said he was unsure when the board will discuss the matter again.

The county commission contracted with Jarrard & Davis after firing its longtime Covington law firm headed by W.T. "Tommy" Craig in 2015 amid questions about

management of funds for the Bear Creek Reservoir project that was ultimately abandoned.

The sheriff's office, however, still uses Craig's firm for its legal work.

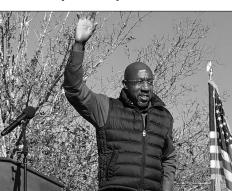
Ironically, the county government originally hired Jarrard & Davis in 2015 to serve as an interim county attorney until it could create an inhouse attorney position. Commission Chair-

man Marcello Banes said earlier this year his research showed Newton County pays more for legal services than its neighboring counties and some larger counties in metro Atlanta. He said he supported

creation of an attorney position and one supporting staff member under the supervision of County Manager Lloyd Kerr

"I greatly appreciate the hard work that (JarGeorgia's Democrat US Senate candidates rally in Conyers





Tom Spigolon | The Covington News

Raphael Warnock and Jon Ossoff verbally assailed their Republican opponents Saturday, Dec. 5, in Conyers, calling them out of touch with all Georgians except the wealthy, while saying they would work to deal with the pandemic and make health care more affordable.

rard & Davis) has done during a difficult transition period. However, it is clear that the time has come to address our legal costs in a more aggressive manner," Banes said in July.

Banes said Newton County paid a total of \$944,562 to two different law firms representing the county government and sheriff's office in the 2020 fiscal year that ended June 30. That amount has fluctuated annually but has averaged about \$910,000 annually since 2010, according to figures Banes report-

He said that, by comparison, some larger counties spent much less in 2020, including Henry County at \$589,000, Hall County at \$765,310, and Paulding County at \$504,707.

He said many counties he researched either used a single local law firm or an in-house attorney.

However, some critics have argued that the county should keep Jarrard & Davis because its costs have trended downward after dealing with significant

one-time legal issues such as a change in the county's form of government, issues surrounding the Bear Creek Reservoir, and lawsuits involving the county's landfill and its former recreation director.

Megan Martin of Jarrard & Davis also has said any government using a law firm can lower costs by being more efficient in its usage of legal services - for example, by not requiring attorneys to be present at all meetings.

Newton County elections office celebrates former director







Tom Spigolon | The Covington News

Angela Mantle (center) received gifts from her successor, Angela Davis, and others during a reception for Mantle on her last day as elections director Friday, Dec. 4. Mantle is moving to a different department after five years as director and 17 years in the elections office.



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SPORTS

The Covington News

Prep Softball



Lauren Burnett

Two Lady Eagles receive All-State recognition

By MASON WITTNER

COVINGTON, Ga. — Despite missing out on the postseason, the Eastside softball team held its own in its first season as members of Class AAAAA.

And people took notice. Weeks after being named the Region 8-AAAAA Offensive Player of the Year, junior Natalie Ray received further recognition by being listed on the GACA AAAAA All-State First Team. Ray, who committed to Ole Miss this fall, batted leadoff for the Lady Eagles for the majority of the

Fellow Lady Eagle junior Lauren Burnett, who was previously named Region 8-AAAAA Defensive Player of the Year, was also recognized by the GACA as a member of the AAAAA All-State Second Team.



Natalie Ray

Prep Basketball

Tigers claw past **Eagles for first** time in 2 years

By GARRETT PITTS Correspondent

COVINGTON, Ga. — Alcovy took down rival Eastside for the first time in two years Friday night as the Tigers pulled out a 61-55 win

in overtime.

Right after the opening tip-off, the game was neckand-neck, as the Tigers and Eagles would trade scores for majority of the opening

Sophomore forward Steven Moore would come through with points near the end of the quarter which would allow the Tigers to get separation and go into the second quarter with a 19-14 lead over the Eagles.

Eastside came out of the first quarter strong as they

would storm back and take the lead in the second quarter as seniors Jaylen Lelie-

See CLAW, A10

Prep Football

Eagles back in flight

Eastside travels to Jones County for state quarterfinals

By MASON WITTNER

COVINGTON, Ga. For just the fourth time in program history, Eastside is among a group of eight finalists in the hunt for a coveted state title.

The No. 2 seed Eagles advanced to the Class AAAAA state quarterfinals with a 37-7 throttling of No. 1 seed New Manchester on Friday night. Their reward will be a trip to another top-seeded opponent in Jones County this week for the third round of the playoffs.

"When you reach the Elite Eight in this state it's a significant accomplishment because of the quality of football," Eastside head coach Troy Hoff said. "To be there again — for the second time in three years, the fourth time ever — is special. We've talked over the last few weeks saying there are players that play their entire career and coaches that coach their entire career that never get this far. It's a very special time."

Part of what has made the journey spectacular are the obstacles the team was forced to overcome along the away.

One week out from their season opener, the Eagles lost first-string quarterback Jaylen Woods to a leg injury. Woods was sidelined for the first seven games of his senior season, forcing the club to plug in fellow senior Dayton Green — one of Eastside's top targets at wideout — under center.

The team rallied around its new quarterback. The result was a 5-2 start with the losses coming to Class AAAAAA county rival Newton (21-7) and eventual Region 8-AAAAA champion Clarke Central (35-34).



Anthony Banks | The Covington News

Junior Dallas Johnson will be key for the Eagles once again this week after rushing for 172 yards and two touchdowns in a second-round win over New Manchester.

Injuries are a part of the game, but the way Eastside responded to Woods going down — as well as traversing through a season in the midst of a pandemic — speaks volumes about the resiliency of the program.

"This has been the year of adversity on a number of different levels," Hoff said. "I can't say enough about how our kids have bought into it and just gone to work every day.'

Eastside (10-2) has been challenged all season, but their toughest task is await-



No. 2 Eastside at No. 1 Jones County Classification: AAAAA When: Friday, Dec. 12, @ 7:30 p.m. ET Where: Jones County Stadium in Gray, Ga..

ing them in Gray, Ga., this Friday night.

Jones County's season got off to a rocky start. The Greyhounds hosted a pair of state powerhouses back-toback to open their campaign and paid the price, getting trampled by Grayson (51-13) and North Gwinnett

(44-21). They then dropped to 0-3 with a 30-6 loss on the road to Veterans.

Since then, however, things have turned out just

After running the table in Region 4 and earning a No. 1 seed for the postseason, Jones County comes into the quarterfinals riding a ninegame winning streak. Their most recent triumph was a 34-13 blowout over No. 2 Griffin last Friday night.

The Greyhounds' identity

See FLIGHT, A10

Cougars fall in state championship contest

Second consecutive finals loss for Cougars to Thomas Jefferson

By CHRIS BRIDGES

Correspondent

MONTICELLO, Ga. — Things started off on a positive note for the Piedmont Academy football team last Friday night, but by the time the final horn sounded the Cougars saw their dreams of a state championship for the 2020 season fall short.

The Cougars (6-4 overall) were defeated by visiting Thomas Jefferson Academy, 41-14, in a surprisingly one-sided contest for the final three quarters. The Jaguars (10-3 overall) have now defeated Piedmont two consecutive seasons in the GISA Class A state championship game.

On a championship night which featured cold weather, a strong wind and heavy rain leading up to kickoff, Piedmont took the game's opening possession and marched 60 yards in seven plays for a 7-0 lead. Senior quarterback Chris Pittman covered the final nine yards with 8:40 left in the first quarter. Landon Conner added the point-after kick.

"We couldn't ask for a better start to the game," coach Will Johnson said. "We were so close to going



Special to The Covington News

The Cougar defense makes a stop in the title game against Thomas

up 14-0 but after that it was like we were playing in quicksand."

Jefferson.

Thomas Jefferson began their opening drive at its own 47-yard line but fumbled on the first play. Mason Tanner recovered the fumble for the Cougars.

The teams traded punts before Johnson's team moved into scoring position again. Piedmont had a first and goal at the 5-yard line before a penalty moved the Cougars back. The offense could not recover and a 26yard field goal was eventually unsuccessful.

That sequence of events

seemed to be the turning point of the contest. Thomas Jefferson responded by scoring on three consecutive possessions for a two-touchdown halftime lead. TJA reached the end zone on a 45-yard run by Dawson Sharpe, a 2-yard run by Matt McNeely and a 20-yard pass from Cam Beasley to Aiden

"It's crazy how a game can change like that," Johnson said. "We couldn't stop them at all after that. Thomas Jefferson beat us in every aspect of the game."

Leading 21-7 at halftime, TJA added two third quarter scores to seal the deal and the championship. The Jaguars scored on a 10-yard run by McNeely and on a 40-yard return on a fumble recovery by Sharpe within a span of nine seconds late in

the third quarter. John Durden's 4-yard score with 4:08 left gave Thomas Jefferson a 41-7

advantage.

The elements didn't play as much of a factor as the Jaguars effective ball control offense and a stingy defense used to contain Pittman. The senior All State player had rushed and passed for more 1,000 yards coming into the title game with more than 30 total touchdowns.

Pittman did pass for a 2-yard score to Ryan Holder with 1:03 left in the contest. Conner again added the extra point.

Piedmont was penalized five times for 35 yards in the first half while TJA did not have a penalty.

The Cougars won the regular season at home, 28-7, between the teams. Both coaches, however, said leading into the rematch they expected the championship

See FALL, A10

FLIGHT:

Continued from A7

is their rushing attack. Senior tailback Andrew Carner rushed for 220 yards and three touchdowns on 29 carries against Griffin. On the season, he's racked up 1,378 yards on the ground and a whopping 25 rushing scores on 172 carries.

Of course, Eastside is no stranger to the ground-and-pound game. Their own Dallas Johnson has put together a monster junior season, running for 1,376 yards an eight touchdowns on 178 carries thus far — including 172 yards and a pair of

TDs last week. Consequently, this quarterfinal matchup could come ultimately come down to which run defense is able to contain the opposing offense for longer.

"They definitely will try to lean on you running the football, and they've done a good job of that all year," Hoff said. "They're similar to us in approach offensively. Maybe a little bit different in how they're doing it, as far as schematically and by formation, but absolutely there's some parallels there."

Friday night's game starts at 7:30 p.m. Follow @CovNewsSports and @mason wittner on Twitter and Facebook for live updates.

Garrett Pitts | The Covington News

Alcovy collected a 61-55 victory over Eastside in overtime Friday night. It marked the Tigers' first win over its county rival in two seasons.

PLAYER OF THE WEEK



Benson recorded a teamhigh 10 total tackles for the Eagles in their second-round victory over New Manchester on Friday night. He helped the Eastside defense hold an opponent under 10 points for the sixth consecutive game.





CLAW:

Continued from A9

Johnson and Jayce Douglas would bring the Eagles out in front with a quick barrage of scoring.

The two county rivals went back and forth for the remainder of the quarter before going into halftime with Alcovy leading 28-24.

Coming out of halftime, the Eagles would start to gain some momentum as Jackson and Douglas would deliver Eastside with a 40-30 lead going into

the fourth quarter.

Entering the final quarter, it was crucial for Alcovy to address the miscues that were beginning to set them back in the final stretch of the game.

"We made a lot of mistakes," Alcovy head coach Mack Hardwick said. "We made a lot of careless mistakes and careless turnovers, we missed rebounding assignments and free throws. We just had to keep our composure."

The Tigers would find a way to get the lead late as points from senior Trevon Howze and sophomore Ben Hodges would give Alcovy the 49-44 lead with just under a minute left in the game.

The Eagles would refuse to go away as junior Jacquez Williams would knock down the three-pointer to bring them within two, followed by a foul on senior Chancellor Marks which would allow the senior Eagle to knock down the two free-throws to tie the game at 49-49 as time

expired.

Going into the halftime, Hardwick was making sure the Tigers did not let Eastside's momentum get the better of them before the final four minutes.

"[I was] telling them to stay composed, and to make no turnovers and to run our plays and stay disciplined on offense," Hardwick

A quick and-one from Howze would begin a final momentum push for the Tigers as Alcovy would get to a 59-51 lead before Moore would throw down a big dunk to put the exclamation point on the big overtime win for the Tigers.

Douglass would score four points in the final ten seconds for the Eagles, but it would be too late as the Tigers run earlier in overtime would be too much to overcome.

Alcovy would go on to win by six, as the Tigers would get their first win over the Eagles in two years and move to 2-2 on the early season. Howze led the Tigers in scoring as the senior guard would finish the game with 16 points.

Following the victory over Eastside, Alcovy kept the ball rolling on the road against Dawson Creek on Saturday. Led by Howze's 16-point performance, as well as three other Tigers — Byron Howard (11 points), Hodges (11 points) and Moore (10 points) — finishing in double figures, Alcovy picked up a

57-50 win. Alcovy put its threegame winning streak on the line Tuesday night when it traveled to Social Circle (3-0) for a non-region matchup. Eastside attempted to bounce back Tuesday evening when it opened region play at home against

Apalachee. For more coverage of prep basketball, please visit covnews.com.

Mason Wittner, sports editor of The Covington News, contributed to this report.

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FALL:

game to be close. Piedmont's last football state championship came in 2011.

"The pressure of the moment may have gotten to us," Johnson said. "The conditions didn't help. The wind made it tough to pass and Thomas Jefferson beat us in the trenches so we couldn't run the football. Every time we tried to fight back something would happen. We had way too many mistakes and turnovers."

Pittman was 16-of-29 for 145 yards. Holder finished with five receptions for 60 yards and a

"Early in the game Chris was able to run the football like he normally does but as the game went on Thomas

Jefferson did a good job of winning the line of scrimmage," Johnson

While disappointed

said."

at falling for the second consecutive season in the championship game, Johnson said the program is still progressing.

"We increased our number of wins this year and certainly are looking to get back again next season," the coach said. For TJA, the Jaguars

were able to claim another state title for their storied program.

"We have a bad habit of starting a game slow," said Thomas Jefferson coach Terence Hennessy. "It was that way going back to last season. We have to try to fix that before next year. Once we were able to recover, we starting clicking and then defensively was able to slow Piedmont down."

While McNeely was

the leading rusher for

the Jaguar offense, he

also made significant

contributions on defense, including the drive which ended with a missed field goal for Cougars.

"Keeping Piedmont out of the end zone on that series allowed us to gain some energy and we picked up our level of play," Hennessy said.

Thomas Jefferson used a new defensive alignment at times which the team had not previously shown.

"Normally we play a 4-2-5," Hennessy said. "We went to a 3-3 which allowed us to keep six in the box and gave us more options to keep Pittman inside the tackles. In the 3-3, Matt (McNeely) went everywhere Pittman did. We never felt like we had to use this scheme but we went to it after Piedmont marched down the field and scored on their first possession."

Continued from A9

Wednesday, December 9, 2020

FOOD & ENTERTAINMENT

Cozy up to a slow-cooked meal

Dig into slice of Orange Spice Cake with berries perfect for holidays

SPECIAL TO THE NEWS

news@covnews.com

Slow cookers are a handy tool for any home chef, particularly those who juggle busy daily schedules. With slow cookers, meals can be prepared in advance and then left to simmer for hours while they develop deep flavors as meats become tender and succulent.

When cooking recipes in a slow cooker, it's best to choose cuts of meats and poultry that can stand up to long cook times. These cuts tend to be more fibrous and tough, but will tenderize with time. Short ribs, for example, are a prime option for slow cooking magic. They're the star of this recipe for "Bacon, Onion & Stout Braised Short Ribs" from "Crock-Pot® 365 Year-Round Recipes" (Publications International, Ltd.) from The Crock-Pot Kitchens.

Bacon, Onion and Stout Braised Short Ribs

(Serves 4) Ingredients:

4 pounds bone-in beef short ribs, well trimmed

1 teaspoon salt, plus addi-

tional for seasoning 1/2 teaspoon ground black pepper, plus additional for

seasoning

1 tablespoon vegetable oil 6 ounces thick-cut bacon



Metro Creative Services

When cooking recipes in a slow cooker, it's best to choose cuts of meats and poultry that can stand up to long cook times.

cut into 1/4-inch dice

1 large onion, halved and cut into 1/4-inch slices

1 tablespoon tomato paste 2 tablespoons all-purpose

2 tablespoons spicy brown

mustard 1 bottle (12 ounces) Irish

1 bay leaf

1 cup beef broth

2 tablespoons finely

chopped parsley leaves Hot mashed potatoes or cooked egg noodles (option-

Directions:

Season beef with salt and pepper. Heat oil in large skillet over medium-high heat until almost smoking. Working in batches, cook short ribs in skillet, turning to brown on all sides. Transfer each batch to a slow cooker as it is finished. Wipe out pan with paper towels

and return to heat. Cook bacon, stirring occasionally, until crisp, about four minutes. Transfer with a slotted spoon to a paper towel-lined plate to drain. Remove and discard all but 1 tablespoon drippings from pan. Reduce heat to medium and add onion. Cook until softened and translucent, stirring occasionally. Add tomato paste, flour, mustard, 1 teaspoon salt and 1/2 teaspoon pepper. Cook, stirring constantly, 1 minute.

Remove from bottom of pan.

Pour over short ribs. Add drained bacon, bay leaf and beef broth. Cover and cook on low eight hours, or until meat is tender and falls off the bone.

Remove beef and skim fat from cooking liquid. Remove bay leaf and stir in parsley. Serve with mashed potatoes or egg noodles.

Tip: This recipe can be cooked ahead and refrigerated overnight.

Vegan substitutions for everyday cooking

SPECIAL TO THE NEWS

If the wealth of vegan products now available in many mainstream supermarkets is any indication, more people are adopting vegan

A vegan lifestyle is the practice of abstaining from the use of animal products, most notably in regard to diet. Adherents to veganism also avoid animal products in clothing and home as

The Vegan Society traces its origins to 1944. The main tenets of veganism have been to "to seek an end to the use of animals by man for food, commodities, work, hunting, vivisection, and by all other uses involving exploitation of animal life by man." However, the one aspect most readily unifying is a



Metro Creative Services

Thanks to more widespread adoption of these diets, including veganism, it's now easier than ever to adhere to diets that might once have been hard to follow.

plant-based diet that avoids all animal foods, including dairy, eggs and honey.

As anyone who has followed an alternative diet can attest, finding recipes that also match dietary restrictions can be challenging. But thanks to more wide-

spread adoption of these diets, including veganism, it's now easier than ever to adhere to diets that might once have been hard to follow.

Whether one is vegan or simply wants to include more plant-based items in their cooking,

these substitutions can assist home chefs and

bakers. Egg substitutions Substituting eggs can be challenging. Eggs interact with other ingredients in various ways, often helping to emulsify or bring together items into particular textures. About three to four tablespoons of applesauce can replace one egg in baked goods. Bananas also are great binding ingredients in baked items. Silken tofu can be used to create a vegan version of scrambled eggs, and this tofu can be used in many different recipes in place of

Milk substitutes Scores of milk alternatives are now available on store shelves. From almond milk to coconut milk to soy milk or even hemp milk, consumers have many options. While they may not produce the exact same texture or flavor as cow's milk, these products do quite well in various recipes.

Butter substitutes Non-dairy vegan margarines will not contain any traces of lactose or whey in their formulas.

Certain varieties may contain hydrogenated oils. Read labels to find suitable products.

Cheese substitutes Cheese comes in various textures, from grated to firm to soft cheeses. While nothing in vegan cooking can completely mimic cheese, many new products come very close. Certain vegan cheeses can be made from nuts or dairy alternatives, such as almond milk and coconut. Similar fermenting processes give vegan cheese the bite associated with traditional cheeses. And other ingredients can help it to melt or crumble.

Meat substitutions Replacing meat has never been easier. Various vegetables and fruits can mimic the texture of certain meats. Such is the case with mushrooms, which have a naturally savory, meat-like flavor. Beans and tofu also serve well in place of meat in dishes. Seitan is made from wheat gluten instead of soybeans, which can be advantageous to anyone who also has a soy allergy and wants to go vegan.

Thanks to the vast array of new products, those who embrace veganism will find they have many ingredients available to add variety and flavor to their cooking.



Have a recipe you'd like to share?

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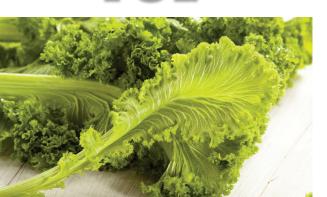
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Family Pack, Bone-In Quarter Loin Pork Chops



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Country

Style

Pork Ribs



Vacuum Pack St. Louis Style



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Shank Portion



Bone-In **Thick Cut** Pork Chops

#1 Mississippi



14.5 Ounce, Selected Margaret Holmes Vegetables



10.5 Ounce, Mushroom or Chicken **Food Club** Cream Soups







24 Ounce, Selected Flavors **Hunt's**



11.5-15.66 Ounce Velveeta Skillets





Luck's



Bush's Beans

8 Ounce



Pasta Sauce

24 Count, Family Size



16 Ounce



Luck's Pinto, **Great Northern** or Mixed Beans







Food Club Sour Cream



52 Ounce Simply Orange Juice



11.6-14.8 Ounce Eggo **Waffles or Pancakes**



16 Ounce Mayfield **Dairy Farms Ice Cream**



Dole **Pineapples**



Fresh Green Cabbage



5 Pound Bag **Florida** Grapefruit



Florida Naval Oranges

12 Ounce

4 Pound Bag



Bartlett, Red, Bosc or Danjou Pears







Ocean Spray Cranberries



Tropical Mangos



Sugar Tree Spiral Sliced Ham



Honeysuckle **Turkey Breast**



Center Slice Ham Steaks



Sea Best Shrimp

1 Pound, 30-40 Count,



Off the Bone, Brown Sugar, Smoked or Black Forest Kretschmar



Wilson **Virginia Baked Ham**



Kretschmar Muenster Cheese



Deli Made Crab Salad

Store Hours: 7 Days 8 am - 10 pm • No Rainchecks This Ad Good Wednesday, December 9th thru Tuesday, December 15th, 2020

Wed

Thur

Fri Sat

Sun

Mon

Tues