



Special to The Covington News

Emergency workers stand outside the Rainbow Community Shelter off Turner Lake Road after a storm that included a tornado ripped through the building Saturday, Oct. 10.

# TORNADO RIPS THROUGH COVINGTON

- National Weather Service confirms EF1 twister hit Newton County with little warning
- Raging winds damage local homeless shelter Saturday evening; police confirm 1 injury

By TOM SPIGOLON  
tspigolon@covnews.com

COVINGTON, Ga. — Director Clara Lett stood outside what was left of the Rainbow Community Shelter building Monday morning.

She said she had been in the shelter's doorway five minutes before a tornado hit the building two days earlier.

"I'd just drove off and got around that corner and they said a tornado had hit," she said.

The National Weather Service reported a tor-

nado touched down in Covington and ran for about 1.4 miles Saturday, Oct. 10.

Police reported it uprooted some trees but only caused one minor injury — to a volunteer at the shelter when the tornado hit the building off Turner Lake Road about 5:15 p.m., said Covington Police spokesman Capt. Ken Malcom.

The EF1 tornado was tracked from Washington Street and Walker Bend Parkway to Woodhaven Drive near I-20 in western



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An apparent funnel cloud forms over Covington on Saturday, Oct. 10, about 6 p.m.

Covington, according to the National Weather Service.

An EF1 has estimated wind speeds of 73 to 112 mph, according to

the NWS.

The tornado downed trees along its path, including in the area of Brown Bridge Road and Turner Lake Road near the Rainbow shelter, a local official said.

It also did some minor damage to the skirts of some residences in a mobile home park near the homeless shelter, Malcom said.

Downed trees also caused some power outages in western Newton County, Snapping Shoals EMC reported.

However, there was

not any significant damage done elsewhere in the county, said Newton County sheriff's spokeswoman Caitlin Jett.

More than 22,000 outages were reported in Georgia Saturday, AccuWeather reported.

Reports to The Covington News stated multiple multiple injuries and damage in the area, but those could not be confirmed.

At the homeless shelter, the volunteer who was injured was

See TORNADO, A3

## Woman pleads guilty to prostitution in Covington

By TOM SPIGOLON  
tspigolon@covnews.com

COVINGTON, Ga. — A Gwinnett County woman pleaded guilty recently to a 2018 charge of prostitution after she reported an assault and sheriff's deputies found a customer took money he already had paid her for the crime.

Amirah Liyyah Witten, 23, of Lilburn, entered a plea of guilty to the charge before Judge Ken Wynne in Newton County Superior Court Wednesday, Oct. 7.

Information given during

See GUILTY, A2

## Early voting kicks off with long lines

Newton County residents flood election office on Day 1

By TOM SPIGOLON  
tspigolon@covnews.com

COVINGTON, Ga. — Newton County voters lined up by the hundreds to cast ballots Monday, Oct. 12, on the first day of Georgia's advance voting period in the General Election.

Voters began lining up outside the Newton County Administration Building well before the 8 a.m. opening time to cast ballots on 16 machines in the county elections office.

The line ran an estimated three-tenths of a mile and, at times, made a complete circle around the building on Usher Street, a block north of the Covington Square.

Phil Johnson, chairman of the county elections board, said the elections office could only get 16 machines in its available space because of the need to

See EARLY, A3



Taylor Beck | The Covington News

Voters stand in a line that circled the Newton County Administration Building on Monday, Oct. 12, as the first day of advance voting began.

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The Covington News sheds light on breast cancer.

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Follow us for breaking news updates





# Georgia Secretary of State's office unveils absentee ballot tracker

By **BEAU EVANS**  
Capitol Beat News Service

Georgians planning to vote by mail in the Nov. 3 general election have a new way to track the status of their absentee ballots after requesting one.

Secretary of State Brad Raffensperger's office has launched a new online tracking system called Ballot-Trax that lets voters sign up for text or email alerts on their ballot status.

"Creating this new absentee ballot tracking and notification system will provide Georgia voters with greater clarity and increased confidence that their votes are accepted," Raffensperger said in a statement.

The website to sign up for alerts is [georgia.ballottrax.net/voter/](http://georgia.ballottrax.net/voter/).

The new system comes after Raffensperger's office launched an online portal to request absen-

tee ballots last month. More than 200,000 people had used the request portal as of last Friday, Raffensperger said.

Around 1.2 million Georgians have been sent absentee ballots so far, marking a surge in vote-by-mail amid the COVID-19 pandemic.

With the tracking system, voters will receive a message when their absentee-ballot application is accepted, when the ballot itself is sent to a voter and whether the cast ballot is accepted or rejected, according to Raffensperger's office.

Anyone whose mail-in ballot is rejected will be given instructions on how to correct the issue and make sure their vote is counted, Raffensperger's office said.

Georgia is poised for record voter turnout in the Nov. 3 general election with a presidential contest, two U.S. Senate seats, congressional,

state and local offices all on the ballot.

The new absentee-ballot online tools, combined with a push to recruit more poll workers and a separate online tool to track wait times in line on Election Day, aim to ease problems seen in the June 9 primaries when Georgians faced long lines and technical hiccups with voting machines.

Raffensperger in recent weeks has repeatedly expressed confidence the upcoming election will run as smoothly as possible despite the challenges of high voter turnout, new voting machines and the ongoing pandemic.

"We have a very robust plan of action for the November election cycle," Raffensperger said last week. "I think we're much better prepared."

## GUILTY:

Continued from A1

the hearing showed she met a man through an online dating platform in April 2018 and went to a residence on Rainside Drive in Covington to meet him.

After they agreed on a price, the man paid her and they had sex. She then went to the bathroom and emerged to find the man had departed with the money, according to testimony.

She then called 911 and reported a sexu-

al assault had taken place. However, sheriff's deputies learned through an investigation that she had asked the man to pay for sex, according to information from the hearing.

Wynne sentenced her to 12 months on probation on a recommendation from the District Attorney's office because she did not have a criminal history before her arrest.

## CORRECTIONS

In the weekend edition of *The Covington News*, Randy McGinley, interim district attorney for the Alcovy Judicial Circuit, was incorrectly identified as chief assistant district attorney. McGinley held the position of chief assistant district attorney from 2017 until being appointed interim district attorney in June.

In Sports Extra, in-

side the Saturday-Sunday, Oct. 10-11, 2020, print edition of *The Covington News*, Alcovy's MJ Stroud was incorrectly identified as a senior. Stroud is a junior. *The Covington News* sports staff regrets its mistake. *The Covington News* regrets its errors.

### Spot a mistake?

Help us get it fixed; email us at [news@covnews.com](mailto:news@covnews.com).

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Congratulations to the Caldwell & Cowan Staff for this achievement!

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## James "Jay" Higgins, Jr.

James "Jay" Higgins, Jr., of Oxford, passed away Saturday, Oct. 10, 2020, at the age of 92. Mr. Higgins was retired from Nabisco after a remarkable 38-year career as a national salesman, and he was a longtime and vital member of First Baptist Church, in Covington, serving as a deacon for 30 plus years. He was civic-minded and carved out time to give back to his tight-knit community through acts of service; he was a past member of the Oxford City Council and past president of the Lions Club, where he cultivated the idea of the pancake dinner which has served countless pancakes since its inception. As a parent, Mr. Higgins fostered strong father-son bonds with Lane, Ran-

dy, and David with his intentional presence in their daily lives including after-school and sports activities: he was a Boy Scout Leader for Troop 211, a member of the Newton County Touchdown Club, and a baseball coach for the Oxford Recreational League. The weight of Mr. Higgins absence will be deeply felt by those he loved and cherished but the memories he made will carry on in their hearts forever. He was preceded in death by his loving wife of 50 years, Betty Echols Higgins; sons, G. Lane Higgins, J. Randy Higgins; parents, James Lloyd, Sr., and Julia (Spradlin) Higgins; and sisters, Myrtle Higgins, Ella Carden, Ellen Stone.

Those who will remember the well-lived life of Mr. Higgins are his son and daughters-

in-law, David L. and Sharon Higgins, Terri Higgins, Phyllis Higgins; grandchildren, Amy, Nathan, Blaire, Stephen, Nicki, Paige, Delaine; great-grandchildren, Colton, Ricky, Makenzy; as well as nieces and nephews, Carol Hoard, Buddy Stone, Scott Carden, Charles Carden.

A funeral service to honor Mr. Higgins will be held Wednesday, October 14, 2020, 2:00 P.M., at the First Baptist Church, 1139 Usher Street NE, in Covington, with Rev. Tim Barnes and Rev. Charles Reynolds officiating. Interment will follow in Oxford Historical Cemetery, Highway 81, in Oxford. Friends are invited to visit with his family at the Chapel of Caldwell & Cowan, 1215 Access Road, Tuesday, Oct. 13, from 6-8 p.m. Flowers

are accepted, or memorial donations may be made to First Baptist Church, 1139 Usher Street NE, Covington, GA 30014, with donations to be directed to the ministry in greatest need.

CDC guidelines recommend social distancing (6 feet apart) and wearing of masks while in public. Caldwell & Cowan Funeral Home requests that you observe these recommendations while in our funeral home attending visitations and/or services. In addition, gatherings are limited to 50 persons or less in our facility at one time. Please honor these restrictions for the safety of the family, yourself, and our staff.

Visit [caldwelland-cowan.com](http://caldwelland-cowan.com) to place online condolences.

## Betty Jane Robinson Beam

Betty Jane Robinson Beam, of Covington, passed away Monday, Oct. 12, 2020, at the age of 96. In 1971, Mrs. Beam moved to Newton County and became a vibrant member of her newly adopted hometown – a community where she would live, work, and play. She retired from Covington Molding after 13 years of loyal service and was

a much-loved member of Mansfield Baptist Church, where she faithfully attended worship and was actively involved in the Joy Sunday School Class. Mrs. Beam's hobbies of cake baking and decorating and painting folk art reflected her creative nature. She was preceded in death by her husband, Oscar Beam; son, Terry L. Ward; and parents, Paul T. and Lena F. (Bassler)

Robinson.

Mrs. Beam's memory will always remain in the hearts of her beloved family, especially her son and daughter-in-law, Jerry P. and Patricia Waid; brother and sister-in-law, Carl P. and Katherine Robinson; four grandchildren; as well as five great-grandchildren.

A graveside service for Mrs. Beam will be held Thursday, Oct. 15, 2020, 11 a.m., at Lawn-

wood Memorial Park, 1111 Access Road, in Covington, with Dr. Jeff Perkins officiating.

In lieu of flowers, memorial donations may be made to Mansfield Baptist Church, Attn: Joy Sunday School Class, 101 Woodlawn Road, Mansfield, GA 30055.

Visit [caldwelland-cowan.com](http://caldwelland-cowan.com) to place online condolences.

## Kiwanis Korner

Over the last few weeks, several Kiwanis Club of Covington members have shared in club meetings how their local businesses, organizations and systems are operating during the pandemic. The club has remained active throughout the pandemic through virtual meetings, socially distanced in-person meetings, in-person meetings with a virtual component for those who cannot physically meet with us. Kiwanis has also continued to support the community during these months through socially



distanced service projects and donations of funds that would have otherwise been used for meeting lunches. If you would like to learn more about the Kiwanis Club of Covington,

please visit our website at [covingtonkiwanis.org](http://covingtonkiwanis.org) or visit with us on Thursdays at 12:30 p.m. at the Covington First United Methodist Church fellowship hall.





Special to The Covington News

**The Rainbow Community Shelter, a nonprofit organization that provides housing to the homeless, is in need of donations after its building was damaged Saturday by a tornado. Pictured is a section of sleeping quarters left in pieces.**

## TORNADO:

Continued from A1

transported to an area hospital, Malcom said.

Lett said the storm also destroyed the volunteer's vehicle. Shelter officials are asking for a donation of another vehicle to help him continue to assist Rainbow, Lett said.

The volunteer used the shelter's van to transport residents to medical appointments, among other needs at the nonprofit.

"Maybe someone out there will donate him a vehicle," Lett said. "He is a real faithful, faithful volunteer."

About 20 shelter residents were inside the building eating dinner and watching TV when the storm hit, Lett said.

The Covington Housing Authority owns the building and is working with insurance adjusters to determine the extent of

damage, Lett said.

She said the American Red Cross was only able to pay to house its 20 male residents until Tuesday at an area Hampton Inn motel.

However, she said she expected a contractor from an area church to complete work on a new wall in the building by Tuesday to allow its male residents to move back in.

The wall is needed to separate areas housing men and women residents, she said.

Lett, director of the shelter for 18 years, said this incident would be a struggle to overcome but the community was helping it rebuild.

"I've had some challenges but I think this tops them all," she said.

Shelter board chairman Doug

Dawson said the board's main focus is to "get back up and going and taking care of the residents who were in that building."

"You can't plan for things like this," he said.

The nonprofit shelter was asking for donations to keep generators running to provide power to two large commercial-type freezers, Lett said.

It also will need to replace security cameras and fire alarm equipment, Dawson said.

The storm was the remnants of Hurricane Delta that struck the coast of Louisiana and prompted several tornado warnings across Georgia.

Those wanting to make donations to help the shelter rebuild can call 770-787-8519.

## EARLY:

Continued from A1

maintain social distancing due to COVID-19 safety concerns.

"We, like everywhere in the state, had overwhelming turnout," Johnson said.

At points during the day the line of voters began along Pace Street near Stallings Street; ran south alongside the administration building to Usher Street; turned east along Usher Street and ran the length of the front of the administration building.

It then turned north and ran the length of the building along Elm Street before snaking around to the building's rear door.

Among those waiting in line Monday morning was County Commissioner J.C. Henderson and his neighbor, James Lindsay.

Lindsay, 73, said he chose to cast a ballot in person during the advance voting period rather than on Election Day on Nov. 3 "because I may have something to do that day."

He added he wanted to make sure to vote in the General Election "because of the way things are going on in the country."

"We need a good man in office," Lindsay said.

Cindy Franklin said she wanted to vote in-person rather than trusting her ballot to the U.S. Mail.

Her husband, Pastor Mike Franklin of Solid Rock Baptist Church, also said he was "not

comfortable with mail-in voting."

He said he and his wife chose to stand in line for advance voting because he expected to wait in line longer at his assigned voting precinct on Election Day Nov. 3 than the two hours he spent there during the Primary Election in June.

Mike Franklin added it was important to vote in this election because of the candidates' stands on the issues.

"We're at a crossroads in our democracy," he said.

Mrs. Franklin said she felt it was important to cast a General Election ballot because of some candidates' backing of a type of governing she did not support.

"I do not want to lose a lot of my freedoms to socialism," she said.

Kristie Petree of Covington waited almost two hours in line with her handicapped husband before voting.

She said she wanted to vote early but, also, chose in-person voting rather than using an absentee ballot because she did not believe the U.S. Postal Service was capable of delivering her ballot on time.

"I do not trust mail-in voting," she said. "I want my vote to count."

Mia Johnson and daughter, Jocelyn, 10, waited in line near the Franklins along Pace Street.

She said it was worth



Tom Spigolon | The Covington News

**Poll officer Brandon Bowles of the Newton County Elections Office helps some voters maneuver through a grassy area behind the county administration building in Covington Monday, Oct. 12, on the first day of advance voting in Georgia.**

the time spent waiting in line to help "teach my daughter the impor-

ance of voting."

"We're here to do our civic duty," she said.

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## Community Calendar

### THURSDAY, OCT. 15

• The Arts Association hosts Concert on the Square starting at noon.

### SATURDAY, OCT. 17

• Octoberfest Sales Event in the Downtown District, "Saturday Sideline Sale," from 10 a.m.-6 p.m. Details to be announced.

### THURSDAY, OCT. 22

• The Arts Association hosts Concert on the Square starting at noon.

### SATURDAY, OCT. 24

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

### THURSDAY, OCT. 29

• The Arts Association hosts Concert on the Square starting at noon.

### THROUGH OCT. 30

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

### SATURDAY, OCT. 31

• Octoberfest Sales Event in the Downtown District, "Sweets on the Square," from 10 a.m.-4 p.m. participating businesses will be handing out free treats throughout the day.

### THROUGH NOV. 30

• Virtual Vampire Run from Oct. 1 through Nov. 30. All net proceeds from the race will go toward the Leukemia and Lymphoma Society. Prospective racers can register for the virtual run at [runsignup.com/Race/GA/MysticFallsCovington/VirtualVampireRun](https://www.runsignup.com/Race/GA/MysticFallsCovington/VirtualVampireRun) and help "take a bite out of blood cancers."

### ONGOING

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

• 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.

Send your event announcements to [news@covnews.com](mailto:news@covnews.com).

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Our View on the Issue

# Never forget our pink warriors



Listed below are the names of 94 courageous local women who have fought breast cancer, who are currently fighting the disease and those who have passed away. Some of their battles date back to as early as 1984, according to Piedmont Newton Hospital. Chances are, readers will know one or more of these ladies. Chances are, one or more of these ladies are a family member, friend or neighbor. May we never forget the strength and resolve these women, as well as millions of others around the world.

Cathy Allen  
Samantha Allen  
Robin Anglin  
Cheryl Atkinson  
Lana Bailey  
Lisa Baker  
Amanda Bauer  
Becky Beavers  
Helena Bell  
Alice Bishop  
Lanelle Bledsoe  
Tanya Booth  
Darlene Brannen  
Fran Brown  
De-Neane Bunch-Weng  
Kori Burdette  
Jean Burton  
Samantha Burton  
Leah Caldwell  
Amanda Campbell  
Faith Causey  
Mary Chandler  
Noemi Conchola  
Lisa Conner\*  
Audrey Cooke  
Dolores Dailey  
Connie Daniel  
Anna Marie Delnegro  
Sherry Devoe  
Diana Dipierro  
Katrina Fain  
Doris Freeman  
Kim Fulmer  
Dianna Galloway

Felicia Gibson  
Kay Goff  
Colette Hagans  
Velinda Hardy  
Alleassa Harley  
Precious Harmon  
Linda Harper  
Jennie Hartley  
Mickala Hawkins  
Priscilla Hill  
Sheryl Howard  
Connie Humphries  
Carol Isley  
Janet Jacobs\*  
Charlotte Jarrell  
Kimberly Jaynes  
Sonya Jines  
Patricia Johnson  
Katherine Johnson  
Heather Johnston  
Deloris Jones  
Mattie Kitchens  
Bonnie Kitchens  
Debra Krisher  
Cindy Landreth  
Joan LeJune\*  
Anita Lewis  
Stephanie Lunt  
Tammie Mayo\*  
April McCullough  
Debbie McIntosh  
Ellen Meadors  
Jennifer Mosley  
Nevada Moss

Cynthia Parker  
Jeanette Perry  
Nancy Proudfit  
Gayle Ragsdale  
Laurie Ramsey  
Denise Robicheaux  
Virginia Robinson  
Rhonda Ross  
Tammy Seabolt  
Sandra Shockley  
Faye Smith  
Susan “Jeanine” Smith  
Katrina Stephens  
Ruby Strandberg  
Alice Teague  
Pamela Terrell\*  
Leola Thorton  
Holly Vaughn  
Margaret Waddell  
Stacy Walden  
Alice Walker  
Ruth Walker  
Connie Waller  
Jane Williams  
Treva Wood  
Patsy Wright

*Our View on the Issue is an opinion of The Covington News editorial board, which includes Owner Patrick Graham and Editor and Publisher Taylor Beck.*

\* – denotes deceased

Tom Spigolon news editor

## Do we have the collective wisdom not to fall into disunity?

If your candidate loses the upcoming election, how do you plan to spend the hours and days afterward? Do you plan, like some, to further your hostility toward those who supported the winner? Will it make you hostile enough to openly mock them or their candidate on social media, or to their face?

I don’t need to remind you that Newton County is part of a state and country which may see the largest turnout of voters in history in the Nov. 3 General Election.

It has, as expected, become bitterly divisive as President Donald Trump in his patented way makes his case for holding on to the presidency and opponents trumpet all the reasons why challenger Joe Biden should replace him.

All Americans, I believe, hold a common set of beliefs that includes the potential for this country to lift up anyone economically through hard work.

At the same time, I believe most people believe in their constitutionally protected



freedom of speech without fear of retribution.

But when the Constitution was written, our leaders hardly could have envisioned individual opinions being expressed at the speed of light on any number of social media platforms. And those giving their views seem to forget there are people reading what they write.

Also, people tend to get rubbed the wrong way more and more as our elected leaders, radio show hosts and TV news commentators ratchet up the outrage on both sides rather than encouraging people to listen to other points of view.

Then people react — using everything from social media to Rebel flags flown from pickup trucks to get their points across.

I wish I could say all our leaders locally have done all they could to promote unity after this election. A few have tried, but in so doing they also took actions that alienated some and fostered more mistrust about their leadership.

What both parties in Congress should have agreed to long before now still is not reality — a second federal stimulus package to help those still being harmed by COVID-

19’s economic effects.

The two sides refuse to find common ground and (here comes that hated word) COMPRO-MISE on something that will help everyone.

One of Newton County’s two congressmen, U.S. Rep. Jody Hice, recently told the Walton County Chamber of Commerce that he was concerned that “instead of coming together as a country, we’re growing further and further apart.”

“It’s a shame that everything today is seemingly political. It concerns me where we are as a country,” Hice said in a story in *The Walton Tribune*.

Yet, at the same event he appeared to back the often-debunked claim Trump has pushed that mail-in voting can be rigged and lead to an “inauthentic election.”

Election officials and experts nationwide have said Trump’s insistence on conspiracy theorizing about mail ballots and voting in general will affect the public’s confidence in whatever result occurs in November, NPR reported.

The FBI — part of Trump’s Justice Department — has noted how difficult any coordinated fraud scheme involving mail ballots would be because U.S. elections are so de-

centralized and have numerous safeguards in place, NPR reported.

Newton County’s other congressman, U.S. Rep. Hank Johnson, hasn’t done much to bring the country together, either. He has been empathetic to calls for reforming police departments in the wake of shootings of unarmed Black men earlier this year.

However, many read this as linked to a national “defund the police” movement — scaring those who’ve seen the images from the ongoing chaos in cities like Portland, Oregon, or past actions by rioters in downtown Atlanta.

I remember the days following Trump’s 2016 election. It was true he had not won the popular vote but he won the all-important electoral vote that made him duly elected according to the Constitution.

Yet, some on the left insisted he was not the president because he had not won the popular vote. Then they continued to disagree with his unorthodox approach to governing, or his persistent use of Twitter rather than a press secretary.

What any of this had to do with the policies he planned to promote, or the initia-

tives he planned about foreign trade or health care, was not clear.

These folks appeared not to like him personally.

Christians might say the “evil one” has always worked to maintain disunity in this world to interfere with the human order that his arch enemy, God, established. As a result, it’s up to us to maintain the fragile unity that has held this country together for almost 250 years, they say.

Disunity has led to wars based in ethnic and religious hatred

between Hindus and Muslims in the Indian subcontinent; or Jews and Muslims in the Middle East since World War II. One of the bloodiest wars of the 19th century was fought partly in Georgia between two armies whose leaders wouldn’t compromise on any number of issues.

The question now is: Do our leaders and we have enough wisdom to avoid the same fate that those in other parts of the world did not?

*Tom Spigolon is news editor of The Covington News.*

### The Covington News

Newton Newspapers Inc.

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# CLASSIFIEDS

Yard Sales

Yard & Estate Sales

MULTI FAMILY YARD SALE

THURSDAY & FRIDAY  
OCTOBER 15 & 16  
8:00AM TO ??

LIGHTED CURIO Cabinet, Lots of  
Crystal and serving dishes, DVDs  
CLOTHES, TOYS, and much much  
more.

175 DEARING WOODS WAY  
COVINGTON.

# LEGALS

Public Notices

Corporations

**NOTICE IS** given that articles of incorporation that will incorporate **Heavy Duty, Mobile Lube Oil Solutions Inc.** have been delivered to the Secretary of State for filing in accordance with the Georgia Business Corporation Code. The initial registered office of the corporation is located at 305 Piedmont Cir., Covington, Georgia 30016 and its initial registered agent at such address is William Behrntdt.

**PUBLIC NOTICE #117389**  
**10/7,14**

**THE UNDERSIGNED** hereby certifies NuSouth Drag Racing League, LLC, a Georgia Corporation, 110 Syracuse Lane, Covington, Georgia 30016 is conducting business as NuSouth Transportation at 110 Syracuse Lane, Covington, Georgia 30016. The type of business being conducted is operation of transportation. This Affidavit is made in accordance with the Act of the Georgia Legislature O.C.G.A. § 10-1-490, approved August 1929, as amended.

**THIS 9TH** day of September, 2020.

**BY: KRISTINE R. Moore Tarrer**  
**ATTORNEY FOR** NuSouth Drag Racing League, LLC  
**SWORN TO** and subscribed to this the 10th day of September, 2020.  
**BY: JERI Robinson**, Notary Public

**PUBLIC NOTICE #117396**  
**10/7,14**

Divorces

IN THE SUPERIOR COURT  
OF NEWTON COUNTY  
STATE OF GEORGIA

INGRID BRIDGES  
PLAINTIFF,  
-VS-  
ERIC BRIDGES  
DEFENDANT.

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

NOTICE OF PUBLICATION

TO: ERIC BRIDGES  
434 SUMMBERHILL CIR  
STOCKBRIDGE, GA

BY ORDER of the court for service by publication dated **SEPTEMBER 11, 2020** you are hereby notified that on 9/1/20 (date of filing) **INGRID BRIDGES** (plaintiff) filed suit against you for Divorce .  
**YOU ARE** required to file an answer in writing within sixty (60) days of the date of the order for publication with the clerk of the Superior Court of Newton County and to serve a copy of the answer upon the plaintiff (if pro se) or upon the plaintiff's attorney (if represented).

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

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

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

IN THE SUPERIOR COURT  
OF NEWTON COUNTY  
STATE OF GEORGIA

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

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

NOTICE OF PUBLICATION

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

BY ORDER of the court for service by publication dated **SEPTEMBER 14, 2020** you are hereby notified that on 8/27/20 (date of filing) **KEMOY MCDONALD** (plaintiff) filed suit against you for Divorce .  
**YOU ARE** required to file an answer in writing within sixty (60) days of the date of the order for publication with the clerk of the Superior Court of Newton County and to serve a copy of the answer upon the plaintiff (if pro se) or upon the plaintiff's attorney (if represented).

WITNESS THE Honorable **LAYLA H. ZON**, Judge Superior Court of Newton County.

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

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

Foreclosures

NOTICE OF FORECLOSURE SALE

# Fun by the Numbers

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

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

Level: Intermediate

LAST WEEK'S SOLUTION:

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

**UNDER POWER**  
**NEWTON COUNTY, GEORGIA**

**THIS IS AN ATTEMPT TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.**

**UNDER AND** by virtue of the Power of Sale contained in a Security Deed given by **Dorothy M Floyd f/k/a Dorothy Mae Brown** to Wachovia Bank, National Association, dated December 13, 2006, and recorded in Deed Book 2364, Page 163, Newton County, Georgia Records, as last transferred to U.S. Bank Trust National Association, as Trustee of the Igloo Series III Trust by assignment recorded in Deed Book 3618, Page 95 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 sixty-three thousand four hundred forty and 00/100 (\$63,440.00), 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 Tuesday, November 3, 2020, the following described property:

**ALL THAT CERTAIN REAL PROPERTY SITUATED IN THE CITY OF COVINGTON IN THE COUNTY OF NEWTON AND STATE OF GEORGIA AND BEING DESCRIBED IN A DEED DATED 04/11/1970, AND RECORDED 04/14/1970, IN BOOK 96, PAGE 235, AMONG THE LAND RECORDS OF THE COUNTY AND STATE SET FORTH ABOVE AND REFERENCED AS FOLLOWS: DISTRICT OF CEDAR SHOALS, TRACT 1 AND 2, RECORDED PLAT BOOK 7, PAGE 97; BEING MORE PARTICULARLY DESCRIBED AS FOLLOWS:**

**TRACT NO. 1 - BEGINNING AT A POINT ON THE WEST SIDE OF GEORGIA HIGHWAY NO. 162 AT THE SOUTH LINE OF PROPERTY OF EVELYN BROWN AND THENCE RUNNING SOUTH 89 DEGREES 41 MINUTES WEST ALONG EVELYN BROWN PROPERTY 1, 004.41 FEET TO PROPERTY OF MANDY BROWN; THENCE RUNNING SOUTH 0 DEGREES 19 MINUTES EAST 210 FEET TO A POINT; THENCE RUNNING NORTH 89 DEGREES 41 MINUTES WEST 904.8 FEET TO THE WEST SIDE OF GEORGIA HIGHWAY NO. 162; THENCE RUNNING NORTHERLY ALONG THE WEST SIDE OF GEORGIA HIGHWAY NO. 162, 232.8 FEET TO THE POINT OF BEGINNING. SAID TRACT CONTAINING 4.6 ACRES**

**AND**

**TRACT NO. 2 - BEGINNING AT THE NORTHEAST CORNER OF THE TRACT HEREIN CONVEYED WHERE SAME CORNERS WITH PROPERTY OF FLORIDA BROWN ESTATE, AND PROPERTY OF THE CHILDREN OF ANDREW BROWN; THENCE RUNNING SOUTH 0 DEGREES 19 MINUTES EAST 136.7 FEET TO A POINT; THENCE RUNNING SOUTH 89 DEGREES 41 MINUTES WEST 967.9 FEET TO PROPERTY OF WESLEY; THENCE NORTH 0 DEGREES 05 MINUTES EAST 136.7 FEET TO PROPERTY OF WILLIE CLARENCE BROWN; THENCE RUNNING NORTH 89 DEGREES 41 MINUTES EAST 967.4 FEET ALONG WILLIE CLARENCE BROWN PROPERTY AND THE FLORIDA BROWN ESTATE TO THE POINT OF BEGINNING. SAID TRACT CONTAINING 3 ACRES.**

**PROPERTY ADDRESS: 882 HWY 162 SOUTH, COVINGTON, GA 30016.**

**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).

**YOUR MORTGAGE** servicer can be contacted at 800-327-7861 - Loss Mitigation Dept., or by writing to BSI Financial Services (Servicer), 314 S. Franklin Street, PO Box 517, Titusville, PA 16354, to discuss possible alternatives to avoid foreclosure.

**SAID PROPERTY** will be sold subject to any outstanding ad valorem taxes (including taxes which are a lien, but not yet due and payable), any matters which might be disclosed by

an accurate survey and inspection of the property, any assessments, liens, encumbrances, zoning ordinances, restrictions, covenants, and matters of record superior to the Security Deed first set out above.

**TO THE** best knowledge and belief of the undersigned, the party in possession of the property is Dorothy M Floyd f/k/a Dorothy Mae Brown or tenant(s); and said property is more commonly known as 882 Hwy 162 South, Covington, GA 30016.

**THE SALE** will be conducted subject (1) to confirmation that the sale is not prohibited under the U.S. Bankruptcy Code and (2) to final confirmation and audit of the status of the loan with the holder of the security deed.

**U.S. BANK** Trust National Association, as Trustee of the Igloo Series III Trust as Attorney in Fact for Dorothy M Floyd f/k/a Dorothy Mae Brown.

**BOWEN QUINN, P.A.**  
**25400 US Hwy 19 N, Suite 150**  
**CLEARWATER, FL 33763**  
**PHONE: (727) 474-9603**  
**ESERVICE@BOWENQUINN.COM**

**BY: /S/ Erin M. Rose Quinn**  
**ERIN M. Rose Quinn, Esq.**  
**GEORGIA BAR** Number 547833

**PUBLIC NOTICE #117402**  
**10/7,14,21,28**

**NOTICE OF SALE UNDER POWER**

**THERE WILL** be sold on the first Tuesday in November 2020, before the courthouse door in Newton County, Georgia, during the legal hours of sale, to the highest bidder for cash, the following described property, to-wit:

**ALL THAT** tract or parcel of land lying and being in Land Lot 268 of the 9th Land District in the City of Covington, Newton County, Georgia, and being shown as Lot 2 containing 5.94 acres, in accordance with that plat of survey prepared and certified by Mark T. Patrick, Georgia R.L.S. No. 2791, said plat being dated August 26, 2004, and recorded in Plat Book 41, Page 264, public records of Newton County, Georgia, and said plat by reference thereto being incorporated herein and made a part hereof for a more particular description of the captioned property.

**LESS AND** Except:

**ALL THAT** tract or parcel of land lying and being in Land Lot 268 of the 9th Land District, Newton County, Georgia, and being shown as Tract 5, containing 0.078 acres, in accordance with that plat of survey prepared and certified by Mark D. Patrick, Georgia, R.L.S. No. 2791, said plat being dated July 16, 2006, and recorded in Plat Book 45, Page 70, Public Records of Newton County, Georgia, and said plat by reference thereto being incorporated herein and made a part hereof for a more particular description of the captioned property.

**SAID PROPERTY IS CURRENTLY IDENTIFIED AS TAX MAP AND PARCEL NUMBER C043A 078 BY THE NEWTON COUNTY TAX ASSESSOR.**

**THIS SALE** will be made under the Power of Sale contained in a deed to secure debt in favor of Morris Bank, dated June 28, 2019, recorded in Deed Book 3863, Page 504, Clerk's Office, Newton County Superior Court. Said deed secures a note payable in monthly installments. Default has occurred in the payment, and the power of sale in said deed to secure debt has become operative. A copy of the notice of sale is being given to debtor as required by O.C.G.A. Section 44-14-162 et seq. The proceeds of said sale will be applied as provided in said deed. Said sale will also be made subject to all unpaid ad valorem taxes, liens, and assessments.

**S/ALEX C. Smith**  
**BY: ALEX C. Smith**  
**CORPORATE COUNSEL** for Morris Bank

**PUBLIC NOTICE #117392**  
**10/7,14,21,28**

**NOTICE OF SALE UNDER POWER**  
**GEORGIA, NEWTON COUNTY**

**BY VIRTUE** of a Power of Sale contained in that certain Security Deed from **DANIEL W CREWS, SR.** to **SAFEWAY MORTGAGE, INC.**, dated October 18, 2006, recorded November 29, 2006, in Deed Book 2331, Page 185 , Newton County, Georgia Records, said Security Deed having been given to secure a Note of even date in the original principal amount of One Hundred

OBTAINED WILL BE USED FOR THAT PURPOSE.

**ATTORNEY CONTACT:** Rubin Lublin, LLC, 3145 Avalon Ridge Place, Suite 100, Peachtree Corners, GA 30071

**TELEPHONE NUMBER:** (877) 813-0992 Case No. KCP-20-03011-2

**AD RUN** Dates 10/07/2020, 10/14/2020, 10/21/2020, 10/28/2020

**RLSELAW.COM/PROPERTY-LISTING**

PUBLIC NOTICE #117349

10/7,14,21,28

NOTICE OF SALE UNDER POWER

STATE OF GEORGIA, COUNTY OF ROCKDALE

BY VIRTUE of a Power of Sale contained in that certain Security Deed from **Alicia Bass-Wilson** to Mortgage Electronic Registration Systems, Inc. as grantee, as nominee for Countrywide Home Loans, Inc., its successors and assigns, dated January 07, 2004 and recorded on January 14, 2004 in Deed Book 2983, Page 287, in the Office of the Clerk of Superior Court of Rockdale County, Georgia, said Security Deed having been given to secure a Note of even date, in the original principal amount of Two Hundred Seven Thousand and 00/100 dollars (\$207,000.00) with interest thereon as provided therein, as last transferred to Citibank, N.A., not in its individual capacity but solely as Owner Trustee of New Residential Mortgage Loan Trust 2019-RPL3 by Assignment recorded in Deed Book 6772, Page 1, aforesaid records, will be sold at public outcry to the highest bidder for cash before the courthouse door of Rockdale County, Georgia, or at such place as has or may be lawfully designated as an alternative location, within the legal hours of sale on the first Tuesday in November, 2020, all property described in said Security Deed including but not limited to the following described property:

**ALL THAT** tract or parcel of land lying and being in Land Lot 179 of the 16th District of Rockdale County, Georgia, and being Lot 42 of the Falls at Bridgewater Subdivision, Unit Two, as per plat recorded in Plat Book 29, pages 203-204 (being more particularly described on page 204), Rockdale County, Georgia Records, which plat is incorporated herein and made a part hereof by reference for a more complete and particularly described property:

**ALL THAT** tract or parcel of land lying and being in Land Lot 179 of the 16th District of Rockdale County, Georgia, and being Lot 42 of the Falls at Bridgewater Subdivision, Unit Two, as per plat recorded in Plat Book 29, pages 203-204 (being more particularly described on page 204), Rockdale County, Georgia Records, which plat is incorporated herein and made a part hereof by reference for a more complete and particularly described property:

**SAID PROPERTY** may more commonly be known as **1240 Falls Creek Court SW, Conyers, GA 30094.**

**THE DEBT** secured by said Security Deed has been and is hereby declared due because of, among other possible events of default, non-payment of the monthly installments on said loan. The debt remaining in default, this sale will be made for the purpose of paying the same and all expenses of this sale, including attorney's fees (notice of intent to collect attorney's fees having been given).

**THE INDIVIDUAL** or entity that has full authority to negotiate, amend and modify all terms of the loan is Shellpoint Mortgage Servicing, 55 Beattie Place, Suite 100 MS 561, Greenville, SC 29601, 1-800-365-7107.

**SAID PROPERTY** will be sold on an "as-is" basis without any representation, warranty or recourse against the above-named or the undersigned. The sale will also be subject to the following items which may affect the title: a) zoning ordinances; b) matters which would be disclosed by an accurate survey or by an inspection of the property; c) any outstanding ad valorem taxes, including taxes, which constitute liens upon said property whether or not now due and payable; d) special assessments; e) the right of redemption of any taxing authority; f) all outstanding bills for public utilities which constitute liens upon said property; g) all restrictive covenants, easements, rights-of-way and any other matters of record superior to said Security Deed. To the best of the knowledge and belief of the undersigned, the owners and party in possession of the property are Alicia Bass-Wilson and or tenant(s). The sale will be conducted subject to 1) confirmation that the sale is not prohibited under the U.S. Bankruptcy code and 2) final confirmation and audit of the status of the loan with the holder of the Security Deed.

**CITIBANK, N.A.**, not in its individual capacity but solely as Owner Trustee of New Residential Mortgage Loan Trust 2019-RPL3

**AS ATTORNEY-IN-FACT** for **ALICIA BASS-WILSON**

**CONTACT:**  
**PADGETT LAW** Group: 6267 Old Water Oak Road, Suite 203, Tallahassee, FL 32312; (850) 422-2520

**AD RUN** Dates: 10/07/20; 10/14/20; 10/21/20; 10/28/20

**PUBLIC NOTICE #117352**  
**10/7,14,21,28**

Name Changes

IN THE SUPERIOR COURT FOR THE COUNTY OF NEWTON, STATE OF GEORGIA

IN RE: PETITION OF BENNE JEAN GILKEY CIVIL ACTION FILE NUMBER: 2020-CV-1900-4

NOTICE OF PETITION TO CHANGE NAME

TO ANY AND ALL INTERESTED PERSONS:

GREETINGS:

NOTICE IS hereby given that, BENNE JEAN GILKEY filed his Petition in the Superior Court of Newton County, Georgia on the SEPTEMBER 18, 2020 requesting to change his name from BENNE JEAN GILKEY TO BENNA LAJEAN GILKEY. Notice is hereby given pursuant to law to any interested or affected party to appear in the Superior Court of Newton County and to file objections to said name change. Objections must be in writing and filed with the Clerk, Newton Superior Court within thirty

OBTAINED WILL BE USED FOR THAT PURPOSE.

**ATTORNEY CONTACT:** Rubin Lublin, LLC, 3145 Avalon Ridge Place, Suite 100, Peachtree Corners, GA 30071

**TELEPHONE NUMBER:** (877) 813-0992 Case No. KCP-20-03011-2

**AD RUN** Dates 10/07/2020, 10/14/2020, 10/21/2020, 10/28/2020

**RLSELAW.COM/PROPERTY-LISTING**

**PUBLIC NOTICE #117349**  
**10/7,14,21,28**

**NOTICE OF SALE UNDER POWER**  
**STATE OF GEORGIA, COUNTY OF ROCKDALE**

**BY VIRTUE** of a Power of Sale contained in that certain Security Deed from **Alicia Bass-Wilson** to Mortgage Electronic Registration Systems, Inc. as grantee, as nominee for Countrywide Home Loans, Inc., its successors and assigns, dated January 07, 2004 and recorded on January 14, 2004 in Deed Book 2983, Page 287, in the Office of the Clerk of Superior Court of Rockdale County, Georgia, said Security Deed having been given to secure a Note of even date, in the original principal amount of Two Hundred Seven Thousand and 00/100 dollars (\$207,000.00) with interest thereon as provided therein, as last transferred to Citibank, N.A., not in its individual capacity but solely as Owner Trustee of New Residential Mortgage Loan Trust 2019-RPL3 by Assignment recorded in Deed Book 6772, Page 1, aforesaid records, will be sold at public outcry to the highest bidder for cash before the courthouse door of Rockdale County, Georgia, or at such place as has or may be lawfully designated as an alternative location, within the legal hours of sale on the first Tuesday in November, 2020, all property described in said Security Deed including but not limited to the following described property:

**ALL THAT** tract or parcel of land lying and being in Land Lot 179 of the 16th District of Rockdale County, Georgia, and being Lot 42 of the Falls at Bridgewater Subdivision, Unit Two, as per plat recorded in Plat Book 29, pages 203-204 (being more particularly described on page 204), Rockdale County, Georgia Records, which plat is incorporated herein and made a part hereof by reference for a more complete and particularly described property:

**SAID PROPERTY** may more commonly be known as **1240 Falls Creek Court SW, Conyers, GA 30094.**

**THE DEBT** secured by said Security Deed has been and is hereby declared due because of, among other possible events of default, non-payment of the monthly installments on said loan. The debt remaining in default, this sale will be made for the purpose of paying the same and all expenses of this sale, including attorney's fees (notice of intent to collect attorney's fees having been given).

**THE INDIVIDUAL** or entity that has full authority to negotiate, amend and modify all terms of the loan is Shellpoint Mortgage Servicing, 55 Beattie Place, Suite 100 MS 561, Greenville, SC 29601, 1-800-365-7107.

**SAID PROPERTY** will be sold on an "as-is" basis without any representation, warranty or recourse against the above-named or the undersigned. The sale will also be subject to the following items which may affect the title: a) zoning ordinances; b) matters which would be disclosed by an accurate survey or by an inspection of the property; c) any outstanding ad valorem taxes, including taxes, which constitute liens upon said property whether or not now due and payable; d) special assessments; e) the right of redemption of any taxing authority; f) all outstanding bills for public utilities which constitute liens upon said property; g) all restrictive covenants, easements, rights-of-way and any other matters of record superior to said Security Deed. To the best of the knowledge and belief of the undersigned, the owners and party in possession of the property are Alicia Bass-Wilson and or tenant(s). The sale will be conducted subject to 1) confirmation that the sale is not prohibited under the U.S. Bankruptcy code and 2) final confirmation and audit of the status of the loan with the holder of the Security Deed.

**CITIBANK, N.A.**, not in its individual capacity but solely as Owner Trustee of New Residential Mortgage Loan Trust 2019-RPL3

**AS ATTORNEY-IN-FACT** for **ALICIA BASS-WILSON**

**CONTACT:**  
**PADGETT LAW** Group: 6267 Old Water Oak Road, Suite 203, Tallahassee, FL 32312; (850) 422-2520

**AD RUN** Dates: 10/07/20; 10/14/20; 10/21/20; 10/28/20

**PUBLIC NOTICE #117352**  
**10/7,14,21,28**

Name Changes

IN THE SUPERIOR COURT FOR THE COUNTY OF NEWTON, STATE OF GEORGIA

IN RE: PETITION OF BENNE JEAN GILKEY CIVIL ACTION FILE NUMBER: 2020-CV-1900-4

NOTICE OF PETITION TO CHANGE NAME

TO ANY AND ALL INTERESTED PERSONS:

GREETINGS:

NOTICE IS hereby given that, BENNE JEAN GILKEY filed his Petition in the Superior Court of Newton County, Georgia on the SEPTEMBER 18, 2020 requesting to change his name from BENNE JEAN GILKEY TO BENNA LAJEAN GILKEY. Notice is hereby given pursuant to law to any interested or affected party to appear in the Superior Court of Newton County and to file objections to said name change. Objections must be in writing and filed with the Clerk, Newton Superior Court within thirty

(30) days of the filing of said Petition.

**THIS 25TH** day of September, 2020 **RESPECTFULLY SUBMITTED,**  
**SHARON L. Barksdale**  
**ATTORNEY FOR** Petitioner  
**GEORGIA BAR** No. 037981  
**P.O. BOX** 81084  
**CONYERS, GA** 30013  
**PHONE: (770) 760-9383**  
**FAX: (770) 760-1629**  
**EMAIL: SLBATTY@BELLSOUTH.NET**

**PUBLIC NOTICE #117390**  
**10/14,21,28,11/5**

Public Hearings

NOTICE OF PUBLIC HEARING ON PROPOSED ORDINANCE TO THE NEWTON COUNTY CODE OF ORDINANCES

NOTICE IS hereby given that a public hearing will be held Tuesday, October 20, 2020, 7:00 p.m. at the Newton County Historic Courthouse, 1124 Clark Street, Covington, Georgia to consider Ordinance No. O-102020.

A N

ORDINANCE ADOPTING AND ENACTING A NEW CODE FOR THE

COUNTY; PROVIDING FOR THE REPEAL OF CERTAIN ORDINANCES NOT INCLUDED THEREIN; PROVIDING A PENALTY FOR THE VIOLATION THEREOF; PROVIDING FOR THE MANNER OF AMENDING SUCH CODE; AND PROVIDING WHEN SUCH CODE AND THIS ORDINANCE SHALL BECOME EFFECTIVE. The Public Hearing is to receive public input on the proposed ordinance. The proposed ordinance can be reviewed at the Newton County Board of Commissioners Office/County Clerk.

**NOTICE IS** hereby given that a public hearing will be held Tuesday, October 20, 2020, 7:00 p.m. at the Newton County Historic Courthouse, 1124 Clark Street, Covington, Georgia to consider Ordinance No. O-102020.

**A N**

**ORDINANCE** ADOPTING AND ENACTING A NEW CODE FOR THE

**COUNTY; PROVIDING FOR THE REPEAL OF CERTAIN ORDINANCES NOT INCLUDED THEREIN; PROVIDING A PENALTY FOR THE VIOLATION THEREOF; PROVIDING FOR THE MANNER OF AMENDING SUCH CODE; AND PROVIDING WHEN SUCH CODE AND THIS ORDINANCE SHALL BECOME EFFECTIVE.** The Public Hearing is to receive public input on the proposed ordinance. The proposed ordinance can be reviewed at the Newton County Board of Commissioners Office/County Clerk.

**JACKIE SMITH**, County Clerk

**PUBLIC NOTICE #117425**  
**10/14,18**

Public Notice

NOTICE TO THE PUBLIC

YOU ARE HEREBY NOTIFIED that on October 19, 2020, at 9:30 a.m., at the Newton County Courthouse, Courtroom 4, 1132 Usher Street NW, Covington, Georgia 30014, Judge Eugene Benton of the Superior Court of Newton County will hear the case of **STATE OF GEORGIA vs. NEWTON COUNTY INDUSTRIAL DEVELOPMENT AUTHORITY and LIDL US OPERATIONS, LLC.** Civil Action File No. 2020-CV-1977-1, the same being a proceeding to confirm and validate the Newton County Industrial Development Authority Taxable Revenue Bonds (Lidl US Operations Project), Series 2020, in the maximum aggregate principal amount of \$100,000,000 (the "Bonds"), proposed to be issued by the Newton County Industrial Development Authority (the "Issuer") in order to promote and expand for the public good and welfare, commerce, and industry within Newton County, Georgia (the "County"), for the purpose of acquiring land in the County, and acquiring, constructing and equipping improvements and related building fixtures and equipment (the "Project"). The Project is to be leased by the Issuer to Lidl US Operations, LLC (the "Company") for use as the Company's warehouse and distribution facility and an economic development project, all in accordance with the terms of a resolution (the "Bond Resolution") adopted by the Issuer, and the Exhibits thereto. In such proceeding, the Court will also (a) hear and determine the validity of instruments relating to and providing security for the Bonds including the Bond Resolution, an Indenture of Trust, a Lease Agreement, a Bond Purchase Agreement, a Guaranty Agreement, a Home Office Payment Agreement and a Project Agreement, as described in the Petition and Complaint; and (b) hear and determine such other questions of law and fact pertaining to the right of the Issuer to issue the Bonds and to provide the security therefor. The Bonds shall be a special and limited obligation of the Issuer, payable from funds provided by the Company and shall not be payable from taxes or other public funds and **NO PERFORMANCE AUDIT OR PERFORMANCE REVIEW (AS SUCH TERMS ARE DESCRIBED IN SECTION 36 82 100 OF THE OFFICIAL CODE OF GEORGIA ANNOTATED) WILL BE CONDUCTED WITH RESPECT TO THE EXPENDITURE OF BOND PROCEEDS.**

**ANY CITIZEN** of the State of Georgia residing in Newton County, or any other person wherever residing who has a right to object, may intervene and become a party to these proceedings.

**LINDA D. HAYS**  
**CLERK, SUPERIOR** Court Newton County, Georgia

**PUBLIC NOTICE #117393**  
**10/7,14**

**SUMMARIES OF PROPOSED CONSTITUTIONAL AMENDMENTS**

**PURSUANT TO** requirements of the Georgia Constitution, Attorney General Christopher Carr, Secretary of State Brad Raffensperger, and Legislative Counsel Richard C. Ruskell hereby provide the summaries of the proposed constitutional amendments that will appear on the November 3, 2020, general election ballot for consideration by the people of Georgia (short captions are those adopted by the Constitutional Amendments Publication Board):

- 1 -

**AUTHORIZES DEDICATION** of fees and taxes to their intended purposes

**See LEGALS, A6**







# SPORTS

The Covington News

Chris Bridges columnist

## Dawgs take on Tide in battle of heavyweights

The upcoming collegiate gridiron battle between the Georgia Bulldogs and the Alabama Crimson Tide has all the makings of an instant classic.

It could very well be one of the those games aired on a regular basis through the years.

Often matchups labeled as “marquee” going into the contest don’t live up to their billing. On paper, though, this one certainly has all the necessary elements to be one for the ages.

Both teams are ranked near the very top of the new Associated Press poll released Sunday. Alabama is at No. 2 while UGA is at No. 3.

While both teams have had some flawed moments in 2020, both are capable of beating anyone on their schedule — regular season, conference title game and playoffs.

With the exception of the first two quarters of the season, UGA has probably been as impressive as anyone. The Bulldogs are the real deal on defense.

Alabama, meanwhile, is certainly clicking on all cylinders offensively, rolling up more than 700 yards of total offense in the Crimson Tide’s high-scoring victory against Ole Miss last weekend.

It’s defense where Alabama seems to be lacking and that really seems odd. Head coach Nick Saban is a defensive-minded coach. One of the trademarks of his teams through the years has been solid defenses.

It will be a matchup of strength (Alabama’s offense) vs. strength (Georgia’s defense) on Saturday night. Many times in cases such as this it is the defense which slows down the high-powered offense.

UGA fans should hope Alabama doesn’t score more than 60 points this week. Georgia’s offense, while good, probably wouldn’t be able to keep track.

In all likelihood, however, the game will probably be in neighborhood of a 17-14 score or maybe 20-17 or 24-20.

Saban continues to be perfect when meeting his former assistants who are now head coaches. He added one more victory to that total last Saturday against Ole Miss and Lane Kiffin, although it was a track meet to be sure.

Georgia’s Kirby Smart, a former long-time assistant for Saban, has come as close as anyone to defeating his mentor.

The matchup will be talked to death this week on sports talk shows, both local and national, and in the printed media. It could turn out to be just the first meeting between the teams this season.

There is a very strong chance Alabama and Georgia will meet in the SEC championship contest. Some have even suggested a third meeting (in the playoffs) is possible but if one team wins the regular season and conference title matchups then a third game is likely not going to happen.

After a sluggish first half to open the season against Arkansas, UGA has played 10 quarters of dominant football, especially on defense. Saturday’s game will be a tougher test to say the least. Alabama is loaded with future professional players on the offensive side of the football and it will take a solid effort and game plan by the Bulldogs to win the game.

Games like this are what make college football so special. It’s a game fans of both schools have been looking to throughout the offseason. There will be plenty of crosstalk this week, some good-natured and some not-so-good-natured.

It’s a tough game to predict the winner in. Under normal circumstances the fact Alabama is at home would be an advantage. That has been negated some now.

In terms of picking a winner, you probably can just flip a coin. It is really the ultimate toss-up contest.

Chris Bridges is a former sports editor for The Covington News and The Walton Tribune. He welcomes feedback about this column at pchrisbridges@gmail.com.

### Prep Softball

## Lady Rams lifted by late-inning heroics

By MASON WITTNER  
mwittner@covnews.com

COVINGTON, Ga. — The latest chapter of the Newton softball team’s storybook campaign was one to remember.

Hosting Region 4-AAAAAAA adversary Parkview on their home diamond Wednesday, Oct. 7, the Lady Rams jumped out to an early lead only to have it erased. They then had to claw their way back late just to force extra innings.

But in the 10th inning, when all hope looked lost after surrendering three runs, they stormed back with four runs of their own to pull off the upset, 8-7.

Newton’s evening started off with a bang.

After six pitches resulted in two outs, the Lady Rams kept the home half of the first inning alive as senior Ty’Liah Hardeman and sophomore Kyla Stroud drew back-to-back walks. The patience at the plate paid off as senior Kaitlyn Neely and freshman Aaliyah Wilcox came through with run-scoring singles to make it 3-0.

The Lady Panthers trimmed their deficit with an RBI single in the second inning before tacking on three more runs in the fourth to slide in front, 4-3.

With one out and two on in the seventh inning, Neely stepped to the plate for the Lady Rams. She grounded into a fielder’s



Mason Wittner | The Covington News

Hayden Pearson had impactful moments in the circle and at the plate for Newton in the Lady Rams’ comeback wins last week.

choice, but simply putting the ball in the play proved to be a victory in itself as it allowed Hardeman to race home and score the game-tying run.

Parkview’s Lauren Buchanan retook the lead for the Lady Panthers in the 10th inning when she ripped a three-run triple to right field. However, her heroics proved to be short-lived.

Newton sophomore Camiyah Smith started the rally. She knocked an RBI single to the left side of the infield, plating a run to make it 7-5. On the next pitch, junior D’myia Jackson belted a two-run triple to left field, knot-

ting the game up once again.

In stepped Hayden Pearson. The junior, who made the start in the circle and pitched six innings for the Lady Rams, played the role of hero by walking things off with a sacrifice fly that scored Jackson to lift her club to an 8-7 victory.

Newton was back in action once again on Thursday when it traveled to Bogart to take on North Oconee. And, once again, the club found itself in need of a late rally in order to end up on the right side of the scoreboard.

The Lady Rams rose to the challenge.

Down to its final out in the seventh inning and facing a 3-2 deficit, Neely drew a six-pitch walk to load the bases. A wild pitch during the ensuing at-bat allowed Hardeman and Stroud to score, pushing Newton in front. The Lady Rams would clamp down defensively and hold on for the 4-3 victory.

Newton (16-8, 6-4) will close out the regular season this week with a doubleheader at Grayson on Wednesday, Oct. 14, and a contest at Locust Grove on Thursday, Oct. 15.

## Piedmont Academy advances in state playoffs

By CHRIS BRIDGES  
Correspondent

DAMASCUS, Ga. — The Piedmont Academy varsity softball team advanced to the GISA Class AA semifinals on Monday by sweeping Southwest Georgia on the road.

The Lady Cougars took a 5-1 win in the quarterfinal series opener before closing the deal with a 9-0 victory in game two. The games were played in Damascus.

“This was a great win for our program,” coach Joe Johnson said. “This is a special group of girls. They work hard and our leadership from our seniors helps put us over the top.”

Game one was tied after the first two innings when the Lady Cougars scored twice in the top of the third. Two additional runs in the top of the fifth inning sealed the win.

Piedmont was paced by Haley Ann Frank and Ava Anglin in game one with two hits each. Anglin drove in three runs while Emily McEwen and Fleming Sealy both had an RBI.

Averi Camp pitched all seven innings and had three strikeouts.

In game two the Lady Cougars fell behind 1-0 after the top of the first but took the lead with two runs in the bottom half. Piedmont was the designated home team in the second contest Monday.

The Lady Cougars added three runs in the second inning, one in both the third and fourth frames and two more in the fifth. Frank had three hits in the series clinching contest while Marissa Holder added two.

McKayla Arnold, Frank and Holder each drew walks. McEwen drove in three runs and Holder added an RBI. McEwen’s double

in the bottom of the fifth inning sealed the win.

Jayden Young also had a key hit in the third inning to score Abby Arnold.

McEwen worked in the pitcher’s circle going five innings with two strikeouts.

“I’m super excited about these two big wins,” Anglin said. “It was especially exiting winning playoff softball on the road. It was a complete team effort. We were seeing the ball pretty well while having good quality at bats. I am very proud of our pitchers for only giving up one run per game and pitching out of trouble. Our plan is to get to work this week and be ready for round two on Saturday.”

Piedmont will travel to Brentwood in Sandersville on Saturday for the semifinal round.

“I like how we match up with them,” Johnson said.



Mason Wittner | The Covington News

Eastside exacted its revenge against Jackson County on Monday. In early September, the Lady Eagles went on the road and were outlasted in a 4-3 loss to their Region 8 rivals. Monday they got payback by sweeping a doubleheader, 4-2 and 12-3.



# PLAYERS OF THE WEEK



**Alcovy Tigers**

**#9 Armani Russ**

Russ hauled in a touchdown pass to provide the Tigers with their only points in a loss to South Forsyth on Friday night.






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**Eastside Eagles**


**#44 Jean Claude Joseph**

Joseph and the Eastside defense locked down Apalachee in a dominant region victory Thursday night. The Eagles have looked sharp on the defensive side all season long.





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**Newton Rams**

**#6 Tyrell Floyd**

Floyd found himself at the right place at the right time on Friday night. The senior scooped up a blocked punt and returned it for a touchdown for the Rams' lone score against Houston County.





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**Social Circle Redskins**

The Redskins had a bye week but will return to the field Friday, Oct. 16, as they play host to Washington-Wilkes





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# Westfield School Hornets 57, Piedmont Academy Cougars 22

# Cougars fall to strong Westfield team

**By CHRIS BRIDGES**  
Correspondent

PERRY, Ga. — Perhaps the biggest lesson the Piedmont Academy football team learned last Friday was that it must take advantage of all opportunities. That is especially true when playing a larger opponent who enters the game undefeated. The Cougars (4-1) fell 57-22 to the Westfield School Hornets on the road in Perry. It was the first loss of the 2020 season for Piedmont. Westfield improved to 3-0.

“Westfield is a very good team,” coach Will Johnson said. “They run their offense very well. It wears you down. There were still some small things which we can take away from the game.”

Despite the loss there were still plenty of positives for the Cougars. Piedmont led 8-7 after the first quarter and trailed just 22-14 midway through the second quarter.

Injuries were certainly a negative for the Cougars who had to completely reshuffle the offensive line as the game progressed. Dalton Wallace was already out and Ryan Reeves was injured on the game’s second series. Gavin Mask moved to the line but was then also injured. Spencer Carter moved from wide receiver to left tackle and Landon Conner stepped in at right tackle.

“We like to establish our run game and then set up the pass,” Johnson said. “It was impossible to run with so many linemen out. We had to throw our game plan out the window and start throwing every down. With us having so many players going



Chris Bridges | Special to The Covington News  
**Piedmont Academy suffered its first loss of the 2020 season Friday night when it was bested by Westfield School.**

on offense and defense it was really tough.”

The coach said Mask played while during his time on the offensive front and did not allow a sack.

Westfield had taken more control of the game by halftime, however, building a 36-15 lead.

“We had other chances to score,” Johnson said. “When you are going against good teams you have to take advantage of all your opportunities. We had five dropped passes and four holding penalties. When you throw in the injuries that we had then it is hard to beat a team like the one we faced. We had our chances but let them slip away.”

Luke Welch had one of the best games of his career with eight catches for 182 yards and two scores. Ryan Holder had two catches for 50 yards and a touchdown. Brody Anderson hauled in three catches for 15 yards.

Chris Pittman was 15-of-26

for 260 yards and three scores. Pittman also rushed for 48 yards on eight attempts.

“Chris stayed in the pocket and had impressive numbers,” Johnson said.

Piedmont will face another quality opponent this week when they travel to Creekside Christian Academy in McDonough. The Creekside Cougars are 4-0 leading into this week’s game.

“They are very athletic,” Johnson said. “They defeated Wilkinson County, 40-14, in their last game. They are not a power running team. They don’t like to be under center much. That will be good for our defense. What we have to do is limit the costly mistakes like third down drops and holding penalties once the play has already gone by you. We also have to be able to get off the field defensively.”

The game continues a very tough stretch for Piedmont. Kickoff is set for 7:30 p.m. this Friday.

## Prep Football Preview

# Week 7 loaded with marquee matchups

**By MASON WITTNER**  
[mwwittner@covnews.com](mailto:mwwittner@covnews.com)

COVINGTON, Ga. — Buckle up.

Week 7 of the Georgia High School Association varsity football schedule promises to be a wild ride for the local scene.

All three Newton County high schools will be taking their shows on the road against top-tier opponents. Nearby Social Circle will be returning home from a road trip of its own, but the Redskins will have their hands full with a powerhouse as well.

We’re only halfway home in the 2020 regular season, but this week could go a long way toward setting the tone for how the next month of games will play out.

Each of the four games are currently slated to kick off at 7:30 p.m. on Friday. For live high school football updates all season long, please follow *The Covington News* on all social media as well as @CovNewsSports and @mason\_wittner on Twitter.

**Alcovy (0-5) at Lowndes (5-0)**

The Tigers’ woes continued on Friday night when they suffered a 39-7 loss to visiting South Forsyth at Sharp Stadium. They’re now sitting at 0-5 for the first time since 2015.

Unfortunately, there’s no rest for the weary.

Alcovy will trek down to Valdosta this week to take on a national powerhouse in Lowndes. The Vikings came in at No. 8 in the latest MaxPreps Top 25 national rankings for high school football after knocking off Valdosta, 33-21, on Friday.

While the Tigers have shown flashes of brilliance on offense this season, the defense has continuously struggled to keep the team in games. That unit will be tested once again as the Vikings are averaging a whopping 37.6 points per game through their first five contests.

**Eastside (4-1) at Clarke Central (3-2)**

The Eagles are flying high thanks to back-to-back blow-out victories to open Region 8-A play.

After handling business on the road against Johnson two weeks ago, Eastside looked sharp in spite of a short week of preparation as it trounced Apalachee, 35-7, in a Thursday night showdown. Consequently, the club was rewarded with an extra day to prepare for what could very well be its toughest test of the season.

Make no mistake about it — Region 8 runs through Clarke Central. The Gladiators have earned that respect.

Clarke Central upset Buford in the final week of the 2019 regular season to claim the region crown. The reigning champs are now 3-2 on the year but 2-0 in the region, having handled their own business against Apalachee (28-0) before taking down Jackson County (38-10) last week.

The Gladiators struggled early on in the year, squeaking past fellow Athens resident Cedar Shoals (10-3) in Week 1 before getting smacked around by Oconee County (24-7) and Buford (47-0) in the weeks that followed. But the question will be how Eastside’s power run game — averaging 259 rushing yards per contest — will stack up against a defense that has effectively shut down its last two opponents.

through the first four games. Instead, the team has struggled to find success on first down, and convert the drives in which they do find it into points.

Parkview is coming off a season in which it posted a 12-2 mark and was bounced out of the state semifinals by eventual champion Marietta. The Panthers have found non-region success early on in 2020 and come into the week riding a three-game winning streak after taking out Loganville (42-0), Marietta (50-28) and Tucker (38-33).

The bad news is Newton will be backing its way into one of the toughest regions in the state after dropping two straight games to state powerhouses. The good news is the season is still in front of the Rams as their spot in the postseason is dependent upon how the next five contests unfold.

“The four ball games we’ve played up to this point — no matter what our record is — you throw them out of the window. None of those games are going to get you into the playoffs,” head coach Camiel Grant Jr. said Friday night.

The Rams must now wipe their slate clean and head into the Big Orange Jungle this week prepared to scrap and claw their way to victory.

**Newton (2-2) at Parkview (4-1)**

The last two weeks have been unkind to the Rams.

Coming off a gut-wrenching, last-minute defeat at McEachern, Newton failed to produce enough offense to keep up with Houston County in a 21-7 loss Friday night.

Newton graduated a plethora of talent on defense last year, but that unit has held its ground

**Social Circle (2-3) at Washington-Wilkes (4-0)**

The Redskins took advantage of a struggling Oglethorpe County squad two weeks ago as they rolled to a 27-12 victory.

Now Social Circle will open up the Region 8-A Public slate against a program that has yet to receive a blemish this season.

Washington-Wilkes hasn’t simply won its first four games of the year. It has dominated them.

The Tigers have blown past Cross Creek, Warren County, Elbert County and Southeast Bulloch by a combined score of 169-27.



# Rich, nutty comfort food for breakfast

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

Bread pudding is a tasty concoction made with simple ingredients that, when combined, pack a delicious punch. Bread pudding often can be crafted from ingredients one likely already has in the kitchen. In addition, recipes can be adjusted depending on the number of servings desired.

While bread pudding may be thought of as a dessert, it also can make for a tantalizing meal at breakfast or brunch. Ideal for warming up on autumn or winter days, this “Breakfast Bread Pudding With Pecan Crumble,” courtesy of The American Pecan Council and Brandon Matzek, founder of the culinary website Kitchen Konfidence, is sure to be a hit. This satisfying dish also can be prepared ahead of time and then garnished before warming and serving.

**Breakfast Bread Pudding with Pecan Crumble**  
Yields 6 to 8 servings

*For the bread pudding:*  
1/2 tablespoon unsalted butter, for greasing  
1 pound brioche bread, cut into 3/4-inch cubes  
8 eggs  
2 cups milk  
1/2 cup heavy cream  
1/2 cup sugar  
1/2 cup packed light brown sugar  
1 tablespoon vanilla extract  
2 tablespoons good bourbon  
Pinch of fine grain sea salt  
1/2 cup chopped pecans, toasted



Metro Creative Services

While bread pudding may be thought of as a dessert, it also can make for a tantalizing meal at breakfast or brunch.

*For the crumbled topping:*  
1/2 cup flour  
1/2 cup pecan pieces  
1/2 cup packed dark brown sugar  
1 teaspoon cinnamon  
1/4 teaspoon fine grain sea salt  
3 tablespoons unsalted butter, at room temperature  
Sliced persimmons, for serving (optional)  
Maple syrup, for serving (optional)

*Directions:*  
Lightly butter a 9-by-13 inch baking dish, then place cubes of brioche in the baking dish in an even layer. In a large bowl, whisk together eggs, milk, heavy cream, sugars, vanilla, bourbon, and a pinch of sea salt. Sprinkle toasted pecans over the brioche, then pour the wet ingredient mixture evenly all over the bread, making sure it’s covered thoroughly.

Cover and let sit in the fridge for at least two hours (or up to overnight). To bake the bread pudding: Preheat the oven to 350 degrees and remove the baking dish from fridge. Meanwhile, prepare the crumble: Add flour, pecans, dark brown sugar, cinnamon, salt, and butter to a medium bowl, and using your fingertips, rub ingredients together until evenly combined and

clumps start to form. Sprinkle the surface of the bread evenly with the crumbs. Bake until the bread pudding is puffy and the top is golden, about 45 minutes to an hour. To serve, cut squares of warm bread pudding, and place on small plates. Top with sliced persimmons and maple syrup, if desired.

# Considering costumes ahead of COVID Halloween

Researchers say virus-theme, ‘Star Wars’ attire could be among spooky holiday trends



Metro Creative Services

New research from the National Retail Federation says social media has been the biggest influence on costume lists in recent years.

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

Lavish costumes are one of the hallmarks of Halloween. Some people plan their costumes months in advance, and each year inspiration comes from some of the popular memes, movies and conversations that have helped shape people’s lives.

New research from the National Retail Federation says social media has been the biggest influence on costume lists in recent years. Halloween purchases are increasingly inspired by celebrities, friends and neighbors and what these people are doing online. NRF President and CEO Matthew Shay said in 2019 that 35 percent of consumers surveyed

indicated they turned to the internet for Halloween inspiration.

Those considering Halloween costumes for 2020 can take a look back at some of the popular costumes of the last few years, based on Google Trends search data.

**2016**  
The Teenage Mutant Ninja Turtles experienced a resurgence of popularity in recent years, and numerous people were searching up turtle-powered costumes in 2016.

**2017**  
Popular television shows “Game of Thrones” and “Justice League” inspired many costumes in 2017.

However, basic animal costumes like mice, horses, bears, deer, and dinosaurs also were in demand.

**2018**  
Disney released the live-action film version of “Beauty and the Beast” in 2017, but it took another year for the movie to inspire Halloween costumes. Many Belles and Beasts were seen in neighborhoods across the country.

**2019**  
Comic book characters reigned supreme in 2019. The popular “Avengers” comic book and movie franchise pushed superheroes to the forefront of costume wish-lists. Spi-

der-Man, Thor, Loki, Captain America, and more were quite popular this year for kids and adults.

**2020**  
It’s no understatement that 2020 has been an unusual year. Chances are that many pop culture moments will pave the way for Halloween costumes. COVID-19-themed costumes are likely to be seen, including costumes that pay homage to prominent immunologist Dr. Anthony Fauci and other first-line medical heroes. New York Gov. Andrew Cuomo is another face people have seen a lot of in 2020, increasing the chances that he will make for a popular costume this year.



## Have a recipe you’d like to share?

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

Thanks to the small-screen release of “Hamilton” on Disney Plus in the summer, Alexander Hamilton could be inspiration for theater and history lovers.

Kids and adults may also gear Halloween costumes around characters from a galaxy far away thanks to “The Mandalorian.” Baby Yoda anyone?

Halloween costume inspiration comes from all sources, and many can’t wait to don their costumes this October.



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LB.



**Honey Crisp Apples**  
**79¢**  
EA.



5 Pound Bag  
**Red Potatoes**  
**\$2.89**  
BG.



5 Ounce Bag  
**Fresh Express  
Baby Spinach  
or Spring Mix  
Salad**  
**\$2.29**  
BG.



**Turnip & Mustard Greens**  
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EA.



**Acorn, Spaghetti & Butternut  
Squash**  
**79¢**  
LB.

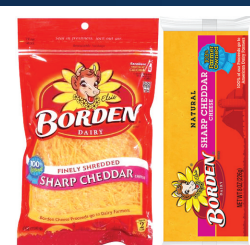


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Select Varieties  
**Rice-A-Roni or  
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**76¢**



16.92-31.78 Ounce,  
Select Varieties  
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7.5-13.7 Ounce, Assorted  
**Nabisco  
Ritz Crackers**  
**\$2.28**



5-6 Ounce, Select Varieties  
**Golden Flake  
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**\$1.33**



7.5-7.75 Ounce, Assorted  
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**\$1.99**



18 Count  
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**Gwaltney  
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**\$1.12**



12 Ounce  
**Bar-S  
All Meat  
Bologna**  
**91¢**



14 Ounce  
**Eckrich  
Skinless  
Smoked  
Sausage**  
**\$2.65**



12 Ounce  
**Jennie-O  
Turkey  
Bacon**  
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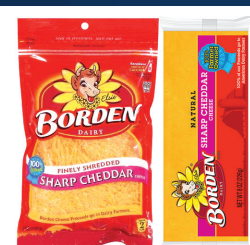


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**Breakstone  
Cottage Cheese**  
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89 Ounce  
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29.6 Ounce, Assorted  
**Eggo Waffles**  
**\$3.91**



28 Ounce, Assorted  
**Idaho Fries**  
**\$1.88**



10-16 Ounce, Assorted  
**PictSweet Simple  
Harvest Vegetables**  
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8.5-10.15 Ounce  
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		CAB Choice <b>Sirloin Tip Roast</b> <b>\$3.69 LB.</b>				CAB, Family Pack <b>Ground Sirloin</b> <b>\$3.69 LB.</b>	
		6 Pack, Mini Cans, Assorted <b>Coca-Cola Products</b> <b>5/\$10.00</b>				16 Ounce, Assorted <b>Body Armor</b> <b>10/\$10.00</b>	
		USDA Select, Family Pack, Boneless <b>New York Strip</b> <b>\$7.99 LB.</b>				CAB Choice, Family Pack, Boneless <b>New York Strip</b> <b>\$9.99 LB.</b>	
		Single Pack <b>Whole Boston Butt</b> <b>\$1.39 LB.</b>				<b>Boston Butt Pork Roast</b> <b>\$1.49 LB.</b>	
		Family Pack <b>Western Style Pork Ribs</b> <b>\$1.69 LB.</b>				12 Ounce, Assorted <b>Jimmy Dean Sliced Bacon</b> <b>2/\$7.00</b>	
		6 Pack <b>Mayfield Ice Cream Sandwiches</b> <b>2/\$5.00</b>				Toffee, Orange Creme, Brown Cow, Chocolate or Strawberry Crunch <b>Mayfield Bars</b> <b>2/\$5.00</b>	
		24 Ounce <b>Food Club Ketchup</b> <b>99¢</b>				6 Pack, 1/2 Liters, Assorted <b>Pepsi Products</b> <b>4/\$10.00</b>	
		24.5-29.3 Ounce, Excludes Decaf <b>Maxwell House Coffee</b> <b>\$5.99</b>				Gold, Granny Smith, Red or Fuji <b>Washington State Apples</b> <b>99¢ LB.</b>	
		5 Pound Bag <b>Idaho Potatoes</b> <b>2/\$4.00</b>				Red or White <b>California Grapes</b> <b>\$1.69 LB.</b>	
		CAB Choice, Family Pack <b>Sirloin Tip Steak</b> <b>\$4.99 LB.</b>				Vacuum Pack, Boneless <b>Whole Pork Loin</b> <b>\$1.99 LB.</b>	
		CAB Choice <b>Stew Meat, Diet Lean or Stir Fry</b> <b>\$4.99 LB.</b>				CAB Choice, Family Pack <b>Cubed Steak</b> <b>\$4.99 LB.</b>	
		Family Pack <b>Pork Neck Bones</b> <b>\$1.19 LB.</b>				Vacuum Pack <b>St. Louis Style Ribs</b> <b>\$3.49 LB.</b>	
		7-9 Ounce, Caesar, Caesar Supreme or Bacon Caesar <b>Fresh Express Salad Mix</b> <b>\$2.99</b>				<b>Jumbo Collard Greens</b> <b>2/\$5.00 BN.</b>	
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		Pint <b>Grape Tomatoes</b> <b>\$2.99</b>				Fresh <b>Red, Yellow or Orange Bell Peppers</b> <b>2/\$3.00</b>	
		1 Pound Bunch <b>Fresh Asparagus</b> <b>\$2.99</b>				Pint <b>Blue Bell Ice Cream</b> <b>2/\$5.00</b>	
		19-32 Ounce <b>Ore-Ida Potatoes</b> <b>2/\$6.00</b>				Pint <b>Mayfield Dairy Farms Ice Cream</b> <b>4/\$5.00</b>	
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		8 Ounce, Shredded or Bar <b>Borden Cheese</b> <b>2/\$5.00</b>				27 Ounce <b>Margaret Holmes Greens</b> <b>2/\$4.00</b>	
		11 Ounce, Fruity, Cocoa or Fruity with Marshmallow <b>Post Pebbles Cereals</b> <b>2/\$4.00</b>				8 Ounce <b>Kraft Salad Dressing</b> <b>4/\$5.00</b>	
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		12 Ounce <b>Texas Pete Hot Sauce</b> <b>3/\$5.00</b>				8-10 Ounce <b>Ruffles Chips</b> <b>2/\$6.00</b>	
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# Breast Cancer Awareness

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Supporters from Savage Society CrossFit stand by Sonya Hopper (second from right). As Hopper battles breast cancer, she continues to be active at the gym. Special to The Covington News

## Breast cancer in a COVID world

### Local patient encourages women to schedule screening mammograms

By SARAH TEACH  
Piedmont Newton Hospital

COVINGTON, Ga. — Sonya Hopper needed to schedule her annual screening mammogram, which she typically got each March, but then the COVID-19 pandemic hit. Due to the uncertainty around the pandemic, she decided to postpone making her appointment.

“It would have been so easy to just brush it off and wait until next year,” said Hopper.

“With everything going on this year, I could have kept putting it off and putting it off, but it stayed on my mind and I finally rescheduled the appointment for August.”

Expecting nothing out of the ordinary, Hopper had her screen-

ing mammogram at the Women’s Diagnostic Center at Piedmont Newton Hospital, but the radiologist saw something new on her images.

“I received a call asking me to come back for further imaging after the doctor saw something different on this year’s mammogram,” said Hopper. “I was scheduled for a diagnostic mammogram and then a biopsy. It all happened so quickly.”

Within two weeks, she was starting chemotherapy for aggressive, stage one breast cancer.

“I spent the first week afraid of what to expect from the chemotherapy,” said Hopper who is very active and a CrossFit enthusiast. “I think being in shape has helped me to respond

well to my treatment. I have some fatigue and mild side effects, but otherwise, I feel pretty good.”

With October being Breast Cancer Awareness month, Hopper wanted to share her story to stress the importance of getting annual screenings.

“Cancer does not care if you are healthy and in shape,” said Hopper. “Healthy people get breast cancer, too.”

Hopper will undergo a total of 20 weeks of chemotherapy before having surgery to remove both breasts followed by reconstructive surgery. She’s ready for a long battle and says she faces her journey one day at a time.

“I’ve leaned into my

See COVID, C3



Sonya Hopper (bottom right) pictured with her family. Hopper will undergo a total of 20 weeks of chemotherapy before having surgery to remove both breasts followed by reconstructive surgery. Special to The Covington News

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# Why are screening mammograms important for early detection of breast cancer?

**By SARAH TEACH**  
Piedmont Newton Hospital  
COVINGTON, Ga.  
— October is Breast Cancer Awareness Month. One in eight women will develop breast cancer in their lifetime, making breast cancer one of the most common types of cancer among women. In 2020, the American Cancer Society estimates that more than 325,000 cases of breast cancer (invasive and non-invasive) will be diagnosed in women in the U.S., and more than 42,000 will die from breast cancer.

Although U.S. deaths associated with breast cancer continue to decline, still more can be done to increase early detection and survival rates. Mammography is the best way to screen for breast cancer checking for the disease before symptoms appear. A mammogram is an X-ray of the breast which can detect abnormalities in the breast tissue earlier.

Regular mammography screening has been shown to lower the risk of dying from breast cancer. The National Comprehensive Cancer Network recommends routine mammography for women starting at age 40. Women are encouraged to speak with their primary care physician about their risk factors, as well as determine when is the



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**Regular mammography screening has been shown to lower the risk of dying from breast cancer. The National Comprehensive Cancer Network recommends routine mammography for women starting at age 40.**

right time for them to start getting screening mammograms.

Mammogram technology has greatly improved, and Piedmont Newton Hospital offers the latest in mammography imaging, including digital mammography and tomosynthesis three-dimensional (3D)

breast imaging. Digital mammography uses compression and x-rays to create clear, two-dimensional images of inside the breast. Tomosynthesis three-dimensional breast imaging produces a series of contiguous, thin slices of breast tissue allowing doctors to examine

breast tissue one layer at a time.

The Women's Diagnostic Center at Piedmont Newton Hospital is recognized as a Breast Imaging Center of Excellence by the American College of Radiology, offering comprehensive breast health services includ-

ing breast ultrasound, breast MRI, stereotactic guided breast biopsy, ultrasound guided biopsy, and MRI guided breast biopsy.

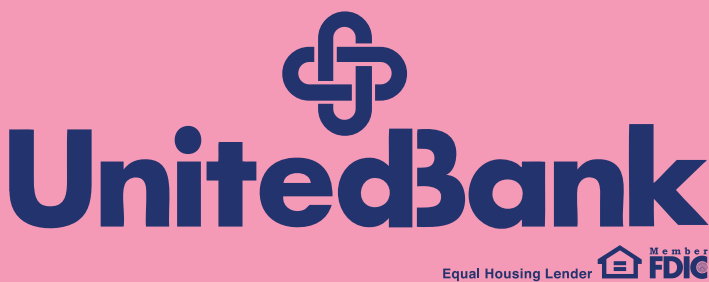
Although no screening test is 100 percent effective, the combination of routine self breast exams, annual clinical breast exam,

and mammography have been shown to be a very effective means of screening for breast disease.

For more information on breast health services at Piedmont Newton Hospital or to schedule your mammogram, visit [www.piedmont.org](http://www.piedmont.org).

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A healthy diet and routine exercise may help women reduce their risk of developing breast cancer, while poor lifestyle choices can increase that risk.

## Studies show balanced diet, exercise can help prevent breast cancer

### SPECIAL TO THE NEWS

news@covnews.com

When it comes to breast cancer risk, some things are beyond a person's control. Women might not be able to do much in regard to their genetic makeup and family history, each of which can elevate their risk for breast cancer, but many risk factors are within women's control.

A healthy diet and routine exercise may help women reduce their risk of developing breast cancer, while poor lifestyle choices can increase that risk. For example, being overweight is a strong risk factor for breast cancer for women who are 18 and older, advises Stanford Health Care. Even 10 percent weight gain (or 15 pounds on a 150-pound woman) increases breast cancer risk as well as the risk of recurrence.

Diet and exercise can play a pivotal role in reducing breast cancer risk, and it's important for women to understand just how much good healthy diets and routine exercise can do for them in regard to fighting breast cancer.

• Stanford Health Care says some studies suggest limiting dietary fats in the diet, partic-

ularly those that come from animals, to reduce breast cancer risk.

These include butter, full-fat dairy, poultry skin, and fatty meats. Reducing intake of dietary fats, especially animal fats, may protect against diseases sensitive to hormones, like breast cancer.

• Data from the Women's Healthy Eating and Living study suggests that soy consumption from whole foods and soy milk for any breast cancer type is probably safe, despite public perceptions. Avoid soy supplements and concentrated soy that comes in many soy protein powders until more about their effects is known.

• The American Cancer Society links alcohol consumption to a higher risk of various cancers, including breast cancer. The more alcohol a person drinks, the higher his or her cancer risk. The ACS recommends no more than one drink per day for women and two for men. A five-ounce glass of wine is considered one drink.

• Susan G. Komen® says a high body mass index has been associated with increased risk for postmenopausal breast cancer. Exercise may help reduce risk

by altering metabolism, hormones and breast density.

• Inflammation is an immune system response to injury or illness. However, when inflammation is chronic, it can damage DNA and lead to cancer, advises the National Cancer Institute. Deep marine fish; dark, leafy green vegetables; bright, multi-colored vegetables; black teas; and spices like turmeric can help fight or prevent inflammation.

• The ACS recommends adults get at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week (or a combination), preferably spread throughout the week to keep body weight in check.

• Stanford Health Care says consumption of high amounts of sugar can increase insulin levels and result in weight gain, each of which can lead to breast cancer. Limit intake of sugary snacks and refined carbohydrates, opting for healthy alternatives such as fruit, vegetables, beans, whole grains, dairy, and soy milk. Diet and exercise is vital to overall health and can help women reduce their risk for breast cancer.

## COVID:

Continued from C1

faith during this time," said Hopper. "During COVID, well before my diagnosis, I started reading my Bible more. I started getting deeper into my faith and felt God was revealing himself to me. I think he was preparing me and preparing my heart for this trial."

Hopper is also happy that she has days where she feels well enough to go to CrossFit. While she's not participating this year,

she will be cheering from the sidelines at an upcoming CrossFit competition at her gym, Savage Society CrossFit. After learning about her diagnosis, the gym put together the competition in support of Hopper, and proceeds from the competition are being donated to the Hope Boutique at Piedmont Newton.

"When someone receives a cancer diagnosis there is a lot of

information to process and a lot of choices to make. It can be overwhelming," said Hopper. "I believe there is a God who carries you through and will ease your fears. He'll do this in so many ways and by putting people in your life to help you through the hardest parts."

To learn more about breast health services at Piedmont Newton Hospital, visit [www.piedmont.org/newton](http://www.piedmont.org/newton).



Special to The Covington News

Sonya Hopper, a local breast cancer patient, lifts weights at Savage Society CrossFit. After Hopper's diagnosis, the gym intends to donate proceeds from an upcoming competition to Piedmont Newton's Hope Boutique.

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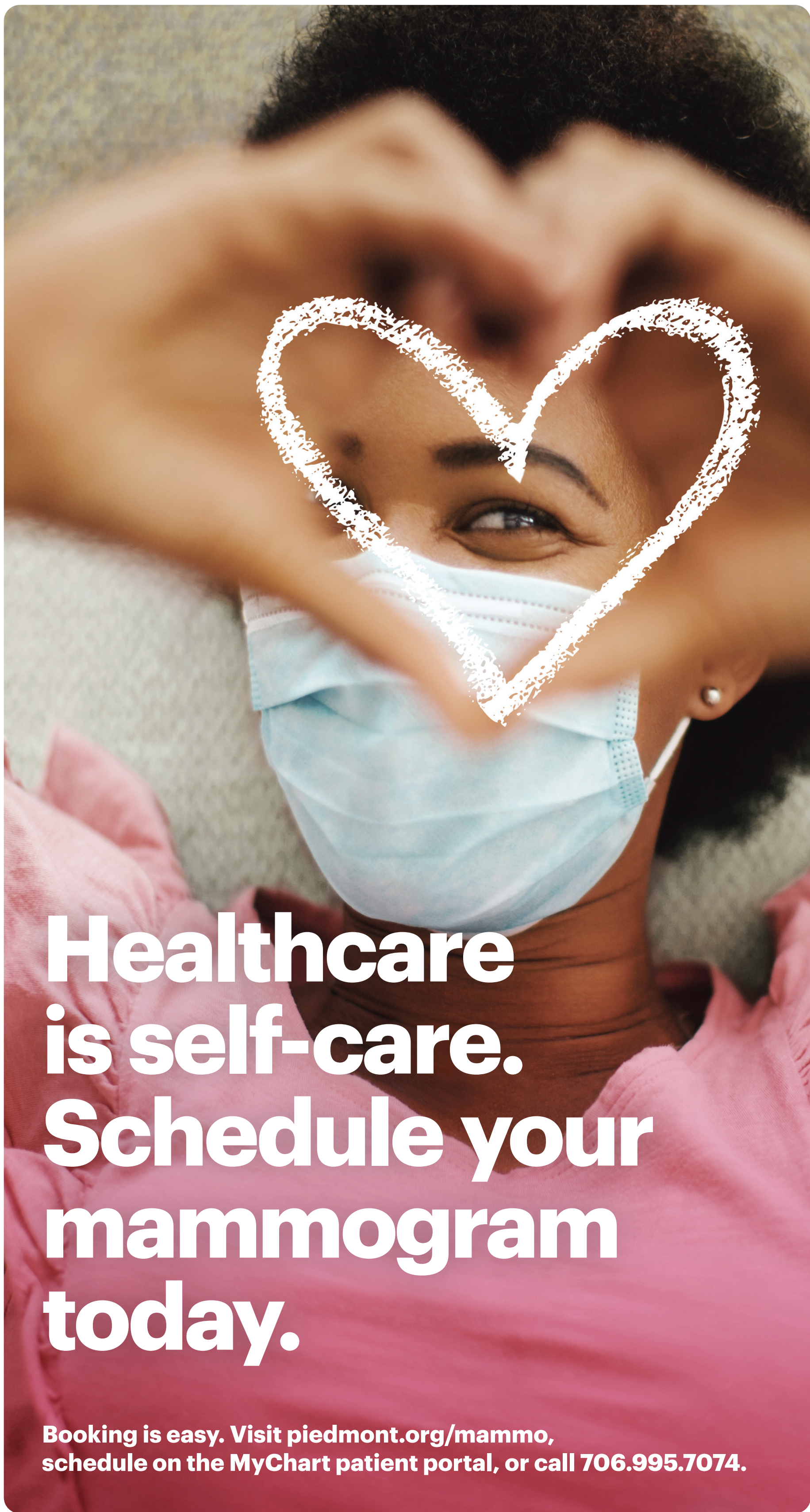
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# Inspiring hope

Piedmont Newton's Hope Boutique helps cancer patients in time of need



Taylor Beck | The Covington News

Piedmont Newton's Hope Boutique, located at the Women's Diagnostic Center in Covington, isn't very big, but its impact on breast cancer patients is larger than life.

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

**COVINGTON, Ga.** — Located on the campus of Piedmont Newton Hospital in Covington, tucked away inside the Women's Diagnostic Center, is the Hope Boutique.

No bigger than a changing room, it is filled with wigs, turbans, protective pillows, hair color

samples and other items dedicated to breast cancer patients, but its impact is what one might call "larger than life."

Wendy Hankins, Piedmont's leading cancer navigator at the diagnostic center, said the Hope Boutique was first opened in 2006 with the help of the American Cancer Society, the approval

of the Newton Medical Center Administration, the generosity of local merchants and the inspiration of one volunteer — Kay Goff.

"She was fitting a patient for a prosthetic and noticed she had tube socks in her bra because that's all she could afford. It broke her heart," Hankins said. "So she got with our director at the time,

and they opened the Hope Boutique."

Goff was a breast cancer survivor, Hankins said.

The vision behind Hope Boutique was to provide wigs and other feminine items to female breast cancer patients free of charge.

"The ladies will come in, we'll sit down and look through catalogs, play on the computer,

let them pick out a wig or two that they think they'll like, we order it and the boutique then pays for it."

Since the boutique opened, has evolved to offer assistance to other cancer patients as well. And the patients don't have to be from the area, either, she said.

"We also started to see a couple years ago that there was a little bit

less need for the cosmetic things and there was more of a need for groceries, utilities — you know, people were having to choose between paying for their medicine or paying for food and rent."

Now patients can fill out a brief application so the boutique can help them with

See HOPE, C6

## Early Detection is Key

October is Breast Cancer Awareness Month.



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Taylor Beck | The Covington News

Besides offering wigs for breast cancer patients, the Hope Boutique at Piedmont Newton also provides financial support to help patients pay for medication, groceries and other necessities they might be without.

## HOPE:

Continued from C5

whatever needs they may have, Hankins said, whether financial or cosmetic.

“We’ll help with rent, utilities, car payments, grocery gift cards, taxis they need for getting from point A to point B.”

To raise money for the boutique, the hospital holds

an annual T-shirt sale among other activities, but Hankins said everything done through the boutique is funded by monetary donations.

“If it weren’t for the community support that we have, none of this would be possible,” she said.

Since opening nearly 15

years ago, more than 350 individuals have received resources, services and encouragement from the boutique.

“The patients are so grateful,” Hankins said. “I can’t tell you how many times I have cried with getting a wig for a lady and they come in and they’ve got their little

hat on — they’re self-conscious — then we put that wig on, spruce them up a little bit and I hear a, ‘Hot dog, I’m going out to lunch!’”

“For a woman to often times lose her breast, and then turn around and lose her hair and her eyelashes and her eyebrows and all those

things that make us feel feminine, to be able to give them just a little something to give them a glimpse of who they’ve always been, and know that they’re going to get back to where they were, it’s absolutely amazing.”

# 6 things to know about stage zero breast cancer

**By SARAH TEACH**  
Piedmont Newton Hospital

**COVINGTON, Ga.** — Many people have never heard of stage zero breast cancer, but data from Breastcancer.org states that over 48,000 cases on non-invasive breast cancer cases will be diagnosed in women this year. The stage of cancer is a description that indicates the size of the tumor and whether or not it has spread from where the cancer cells have been found. It also helps your medical team develop an effective treatment plan just for you.

Dr. Tamica White, a



**Tamica White**

breast surgeon at Piedmont Newton Hospital, thinks it is important for women to be familiar with stage zero breast cancer and how to treat it.

- Stage zero breast cancer is when cancer cells are present in one or more of the breast ducts but have not spread to other areas of the breast, lymph nodes or other parts of the body.
- According to the

National Breast Cancer Foundation, Inc., there are three possible types of stage zero breast cancer; Ductal carcinoma in situ (DCIS), Lobular carcinoma in situ (LCIS), and Paget disease of the nipple.

- Although stage zero breast cancer is considered non-invasive or pre-invasive, patients still need to obtain treatment to prevent the cancer from becoming invasive.
- Over one-third of women diagnosed with stage zero breast cancer will go on to develop invasive breast cancer.
- Current treatment options include remov-

al of the breast tissue that involves the cancer, radiation therapy, or a mastectomy, which removes the entire breast tissue.

- While a diagnosis of stage zero breast cancer is serious and may cause anxiety, with

treatment, the five-year survival rate is very high.

“As always, women are urged to perform self-exams and report any changes or irregularities to their doctor, but with stage zero there would likely be

no palpable lump,” White said. “That’s why it’s important for women to have routine mammograms performed annually.”

For more information on cancer services at Piedmont Newton, visit [piedmont.org/cancer](http://piedmont.org/cancer).

## Higher risk patients should get MRI screening

**By SARAH TEACH**  
Piedmont Newton Hospital

**COVINGTON, Ga.** — Some of the greatest advances in medicine have come in the field of imaging. For women of average risk for breast cancer, this involves annual screening mammograms, which use X-ray images to look for abnormalities. However, for women at higher risk for breast cancer, the American Cancer Society recommends receiving a breast MRI in addition to a screening mammogram.

Not all hospitals or breast imaging centers have dedicated breast MRI equipment or on-site physicians specialized in breast radiology and procedures. Both Piedmont Newton and Piedmont Rockdale hospitals’ imaging facilities offer this specialized imaging to detect cancer earlier, as well as to diagnose and stage breast cancer in a less invasive manner.

“Performing breast MRIs at Piedmont Newton enhances the comprehensive services for breast care offered by our Women’s Diagnostic Center,” said Dr. Michelle Ross, a breast radiologist at Piedmont Newton Hospital. “A breast MRI allows us to better examine women with dense breast tissue or breast implants, as well as provides another level of screening for women at high risk of developing breast cancer.”



MRI uses strong magnets and radio waves to create three-dimensional

images of the body. Yet, each MRI scan is specialized to the specific area of the body being examined by a coil designed for that particular part of the body. The coil acts as an antenna for the radio waves transmitted through the body during a scan, concentrating the radio waves at the specific area of concern, and then transmitting the data back to the computer.

Breast MRI is used in addition to screening mammography or breast ultrasound and for women determined by their primary care physician or radiologist to be at extremely high risk for breast cancer or for those with breast implants. Breast MRI is also used to further examine abnormalities found on a mammogram or ultrasound, as well as to determine if a biopsy is needed of a suspect area. MRI-guided breast biopsy can also be used to identify and stage breast cancer after a diagnosis.


Women should talk to their primary care physician to determine their risk for breast cancer and at what age they should begin screening for breast cancer. In addition to screenings, women should be familiar with how their breasts ordinarily look and feel and discuss any changes with their doctor right away.

For more information on the comprehensive breast health services offered at Piedmont Newton Hospital, visit [www.piedmont.org](http://www.piedmont.org).



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# History behind the renowned pink ribbon

**STAFF REPORTS**  
news@covnews.com

A pink ribbon has been the symbol for breast cancer awareness for a long time, but very few know how it came to be.

## The Ribbon

The ribbon first became synonymous for spreading awareness in 1979 when Penney Laingen, the wife of a hostage who had been taken in Iran, was inspired to tie yellow ribbon around the trees in her yard, signaling the desire to see her husband return home, according to PinkRibbon.org. "Its history goes back much further: it is mentioned in 500-year-old poems, in military marches and in folk songs, even in films. But Laingen used it for first time publicly as a silent voice of support," the website states.

Eleven years later, AIDS activists made use of the concept by turning the ribbon bright red, looping it and "sprucing it" to be pinned to the



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chest of actor Jeremy Irons during the Tony Awards, representing those affected by AIDS.

## Peach to Pink

In the late 80s, early 90s, Charlotte Hayley, who had battled breast cancer, introduced the concept of a peach colored breast cancer awareness ribbon to spread awareness.

She would attach them to cards that stat-

ed, "The National Cancer Institute's annual budget is (\$1.8 billion), and only (5%) goes to cancer prevention. Help us wake up our legislators and America by wearing this ribbon."

She handed out the cards out at her local supermarket and wrote prominent women, everyone from former first ladies to "Dear Abby."

The peach colored

ribbon of Hayley aroused interest from Alexandra Penney, editor in chief of *Self* magazine, who was working on *Self* magazine's 1992 National Breast Cancer Awareness Month issue. She saw the initiative to adapt to Hayley's idea by working with her. But according to PinkRibbon.org, Hayley rejected the offer saying that *Self*'s initiative was

too commercial.

Unable to use Hayley's peach ribbon for legal reasons, *Self* magazine and other people interested in promoting breast cancer awareness with the ribbon symbol decided to go pink.

## Pink Ribbons roll out

First to put pink ribbons on the national scene was the Susan G. Komen Breast Cancer Foundation, according

to PinkRibbon.org. Komen handed out bright pink visors to breast cancer survivors running in its "Race for the Cure" since late 1990. In fall 1991, mere months after AIDS activists introduced the looped ribbon concept, the foundation gave out pink ribbons to every participant in its New York City race. The organization later tried to trademark the ribbon, but were unsuccessful.

The cosmetics industry got on board in 1991 to promote breast cancer awareness with the help of Evelyn Lauder of Estée Lauder Cosmetics, according to PinkRibbon.org. When Lauder and Penney partnered to start a breast cancer awareness promotion, they liked Hayley's concept of giving ribbons to promote the support of breast cancer awareness. Lauder, Penney and Hayley worked together to come up with the pink ribbon symbol for breast cancer awareness. Due to the publication of the magazine and the distribution of ribbons, the symbol became known over the country. As breast cancer awareness started to grow, more and more organizations started to incorporate the pink ribbon as the symbol for breast cancer.

# Coping with physical changes caused by cancer treatment

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

Among American and Canadian women, breast cancer ranks as either the most commonly occurring cancer or a close second. The World Cancer Research Fund says there were 2 million new cases of breast cancer in 2018 across the globe, while the American Cancer Society notes the chance that a woman will die from breast cancer is about 2.6%.

Fortunately, for most women, a cancer diagnosis is not terminal. Early detection and thorough treatment helps to improve the five-year survival rate, especially for those with cancer that is localized to the breast or has only minimally spread. Women may have to undergo various forms of treatment, including radiation, chemotherapy and surgery.

The National Cancer Institute notes that, while they're effective, breast cancer treatments

can cause changes that affect a woman's physique, body image and sexuality. Some changes will be short-term, such as hair loss or fatigue. Others may be permanent, such as breast loss or scarring from lumpectomy and mastectomy. Fertility also may be affected, potentially compromising a woman's ability to get pregnant after treatment.

Regardless of the changes, breast cancer patients must realize they are not alone. Scores of women have experienced similar feelings and can be sources of support and inspiration during recovery. In addition, a handful of strategies can help women confront the physical changes resulting from cancer treatment in a positive way.

• Understand that it is OK to feel frustrated, upset or angry with the changes that have occurred. It doesn't make you shallow. Anyone has the right to grieve

treatment options that have changed their bodies in various ways.

• Attempt to focus on how cancer treatment and the entire experience has made you stronger and more in tune with life. Cancer can be a wake-up call that sparks positive changes going forward. Focus on your strengths, rather than on what you cannot reverse.

• Look for new ways to enhance your appearance, like a new hairstyle. A makeup makeover also can help. Some women like to splurge on a stylist who can help shape a wig or offer them some innovative ideas to change their appearance.

• Speak with a doctor about what you can do to treat and camouflage skin changes from treatment. Topical creams may alleviate redness or dry patches while other remedies can minimize surgical scarring.

The changes in body image that breast

cancer survivors experience tend to be connected to the features that society characterizes as "feminine." Loss of one or both breasts can greatly affect body image. However, if mastectomy surgery is

necessary, speak with your doctor about reconstruction possibilities. There also are very good prosthetic inserts and bras that can mimic the look of natural breasts under clothing.

Physical changes are

common after cancer treatment. Women can try a handful of strategies to successfully confront these changes.

## October is Breast Cancer Awareness Month!

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# Men can get breast cancer, too

## SPECIAL TO THE NEWS

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The color pink has become synonymous with raising awareness about breast cancer. Each Mother's Day, professional baseball players don pink attire and even use pink bats to raise awareness about breast cancer, while many pink T-shirts and ribbons can be seen during annual walks that aim to raise money for breast cancer research. These efforts and others involving the color pink are often inspired by good-natured people's attempts to support female friends and relatives who have been diagnosed with breast cancer, but it's important to note that this potentially deadly disease can afflict anyone, including men.

An overwhelming majority of breast cancer patients are female. In fact, the National Breast Cancer Foundation reports that less than 1% of all breast cancer cases develop in men. However, BreastCancer.org notes that more than 2,600 men were expected to be diagnosed with breast cancer in 2019. Men who overlook breast cancer and its potential symptoms could be putting themselves in jeopardy, however unlikely that may be.

### How do men get breast cancer?

The fact that men don't have breasts does not prevent them from getting breast cancer. That's because men's bodies have breast tissue and even small amounts of breast-stimulating hormones. According to BreastCancer.org, most males bodies don't utilize these hormones all that much, which is why their breast tissue stays flat and small. However, some men, and even boys, utilize the hormones more than others, and even develop breasts, which are typically just mounds of fat. But in some instances males develop real breast gland tissue, which can be a byproduct of abnormal hormone levels or certain medications.

### What are some risk factors for male breast cancer?

Instances of male breast cancer are so rare that the disease has not been the subject of substantial research. But researchers have learned that various factors can increase a man's risk for breast cancer. Learning these risk factors is important, as men are not typically screened for breast cancer, which means it's often diagnosed in its later, less treatable stages.

- **Age:** The average age of men diagnosed with breast cancer is 68. That's not too surprising, as age also increases women's risk for the disease.

- **Elevated estrogen levels:** Men with elevated estrogen levels are at greater risk of developing breast cancer than those with normal levels. Estrogen levels can increase due to various factors. Men who take hormonal medicines may experience elevated estrogen levels, while being overweight also increases those levels. Alcohol limits the liver's ability to regulate estrogen levels, so men who are heavy drinkers also may be elevating their risk for breast cancer.

- **Klinefelter syndrome:** This condition affects about one in 1,000 men and is characterized by lower than normal levels of the male hormone androgen and higher than normal levels of the female hormone estrogen.

- **Radiation exposure:** Men who have been treated with radiation to the chest have an increased risk of developing breast cancer.

Men are not immune to breast cancer. Recognizing that and understanding risk factors for male breast cancer can save lives.

# What to expect after cancer treatment ends

## SPECIAL TO THE NEWS

news@covnews.com

Once the initial shock of a breast cancer diagnosis wears off, many patients are ready to get down to business and begin treatment. Based on data collected by the SEER database, which is maintained by the National Cancer Institute, five-year survival rates for breast cancer in the United States are excellent. If the cancer is localized or regional (spread to nearby structures or lymph nodes), the survival rate is 99% and 86%, respectively. If the cancer has spread to distant parts of the body, the five-year survival rate is 27%. These survival rates underscore the importance of early detection and treatment.

Treatment may induce feelings of anxiety among patients. Equally scary can be what to expect after treatment ends. Here's a closer look at what comes next.

### After surgery

If treatment involves surgery for a lumpectomy or mastectomy, patients will move to into the recovery room after surgery to wake up from anesthesia. BreastCancer.org says if you are feeling any pain, now is the time to speak up, as staff in the recovery room assess

your pain and vital signs.

Many surgeries are completed on an outpatient basis. However, more invasive surgeries that involve lymph node dissection require a hospital stay.

Doctors will set up a schedule of follow-up care to check surgical sites and monitor healing. Radiation or chemotherapy may be used in conjunction with surgery and may continue even after surgery.

### After chemotherapy

Chemotherapy causes an "enormous assault" on the body, according to Dr. Marisa Weiss, founder of BreastCancer.org. Many of the hurdles that people feel post-treatment are lasting fatigue. WebMD says a phenomenon called "chemo brain" can occur. This is a mental change characterized by an inability to focus and memory deficits.

In addition, after chemo ends, it may take up to six months for hair to start to grow back, and hair that grows back may be a different color and have a different texture.

### After radiation

The American Cancer Society says side effects from radiation may vary depending

on the patient. Extreme fatigue is often noted, and such feelings may come and go.

Some people experience skin changes in the radiation treatment area. The skin may appear red, irritated, swollen, or blistered. Over time, the skin may become dry, itchy or flaky. Depending on certain types of radiation treatment, radioprotective drugs may be offered to help protect certain normal tissues.

### Follow-up

Doctors will prescribe a regimen for follow-up care. Every few months women may expect a visit at first. The longer you have been cancer-free, the fewer follow-up visits will be required. Mammograms on any remaining breast tissue will be scheduled between six and 12 months after surgery, and annually thereafter.

Bone density tests and blood and imaging tests also may be recommended if you are taking certain medications or have physical indicators that the cancer might have come back.

Getting back on track after breast cancer treatment can take time. Eventually, life can return to normal, especially for patients with a good support team in place.

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