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SATURDAY-SUNDAY, JANUARY 22-23, 2022



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Inside

A GUIDE TO HEALTHY LIVING

The Covington News offers tips and suggestions for keeping your body in best shape possible
Special Section can be found inside!



His Word

Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer.

Psalm 19:14, KJV

Newton County Board of Commissioners

Former manager alleges racial discrimination

Planned lawsuit points to social media posts, conversations as evidence two commissioners wanted Black person to replace Kerr

By TOM SPIGOLON
tspigolon@covnews.com

COVINGTON, Ga. — The county's former manager says in a complaint to a federal agency that two Newton commissioners have "a history of publicly advocating" for African Americans to hold all county government leadership positions and "made comments on both social media and to other

commissioners regarding their intent to hire an African American to replace me."

Lloyd Kerr, who is white, stated in a complaint to the Equal Employment Opportunity Commission that



Lloyd Kerr

commissioners Alana Sanders and Demond Mason, who are Black, "have posted videos on social media taking that position, making clear they harbored racial animus in opposing my holding the position of county manager and voting to non-renew my employment."

In addition, Kerr's attorney, Edward Buckley, sent a notice to Newton County

Tuesday, Jan. 18, that stated Kerr plans to sue the county in federal court because of the Board of Commissioners' action not to extend his contract past Jan. 1 because of his race unless a settlement can be reached.

"If the county is not willing to engage with us to resolve this matter by Feb. 1, 2022, Mr. Kerr will proceed with the investigation of his

allegations," Buckley said. "If we are not able to resolve this matter, we will file a federal lawsuit."

Buckley told The Covington News that "some of these Board members have been very vocal concerning their desire to hire people who are not (Kerr's) race."

"It's illegal to, first of all,

See **MANAGER, A5**

Newton County

Commissioners say no to state proposed district changes

By TOM SPIGOLON
tspigolon@covnews.com

COVINGTON, Ga. — Newton County commissioners Tuesday voted not to approve changes to their district lines that a state panel proposed based on population shifts since 2010.

However, a state senator representing Newton indicated local legislators are also working on a version of the district map and it could be sent for Senate consideration soon.

District 17 State Sen. Brian Strickland, R-McDonough, said Wednesday the county's legislative delegation has been working on a map that should be finalized in draft form.

"I have personally been in conversations with my colleagues in both chambers over this past week in finalizing a draft that I hope we will file in the Senate next week," Strickland said.

He said he was "not certain what is going on with the Board of Commissioners and the map they were considering" but he felt "confident that our legislative delegation will get this done without any issues."

The county's legislative

See **CHANGES, A6**

Martin Luther King Jr. Day Celebration



Covington Regional Ballet's Elite Company poses offstage at the 2022 Martin Luther King Jr. Beloved Community Commemorative Service held Monday, Jan. 17, in Atlanta.

Special | The Arts Association

Dancing for King

Covington Regional Ballet takes stage in Atlanta for MLK Day

STAFF REPORTS
news@covnews.com

ATLANTA — Covington Regional Ballet's Elite Company performed

Jan. 17 at Ebenezer Baptist Church in Atlanta during the opening part of the 2022 Martin Luther King, Jr. Beloved Community Commemorative Service.

The service was the culminating program for the weeklong celebration of Dr. Martin Luther King Jr.'s life and legacy, according to The Martin Luther King, Jr. Center for Nonviolent Social Change.

The Arts Association in Newton County has operated the School of Covington Regional Ballet since 2013 and the school has operated since 2001.

Students may choose a pre-professional track which includes company participation or a recreational track for their dance education, according to the website.

National Weather Service

Chance of snow, freezing rain across Newton ahead of weekend

STAFF REPORTS
news@covnews.com

COVINGTON, Ga. — Forecasts called for a chance of snow early Saturday morning, which could lead to potentially hazardous road conditions.

According to the National Weather Service, there was a 20% chance of snow before 1 a.m. on Saturday, which was expected to follow freezing rain — or possibly snow showers — throughout the day

Friday.

In the event of inclement conditions, Newton County government spokesperson Bryan Fazio said public works crews would be ready to keep roads clear.

Storms were expected

to move out of the area by midday Saturday. Saturday's high was expected to be 43 degrees with a low of 23.

Friday's high was 37 degrees and a low of 25.



Special to The News

With a chance of inclement weather in the forecast that could effect road conditions, Newton County crews are ready for action, if necessary.

Inside

Tigers take down region foe Heritage

See **SPORTS, B1**



Weekend Weather Forecast



Saturday, Jan. 22
High: 43° Low: 25°
• Partly cloudy



Sunday, Jan. 23
High: 47° Low: 23°
• Mostly sunny

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Newton County Board of Commissioners

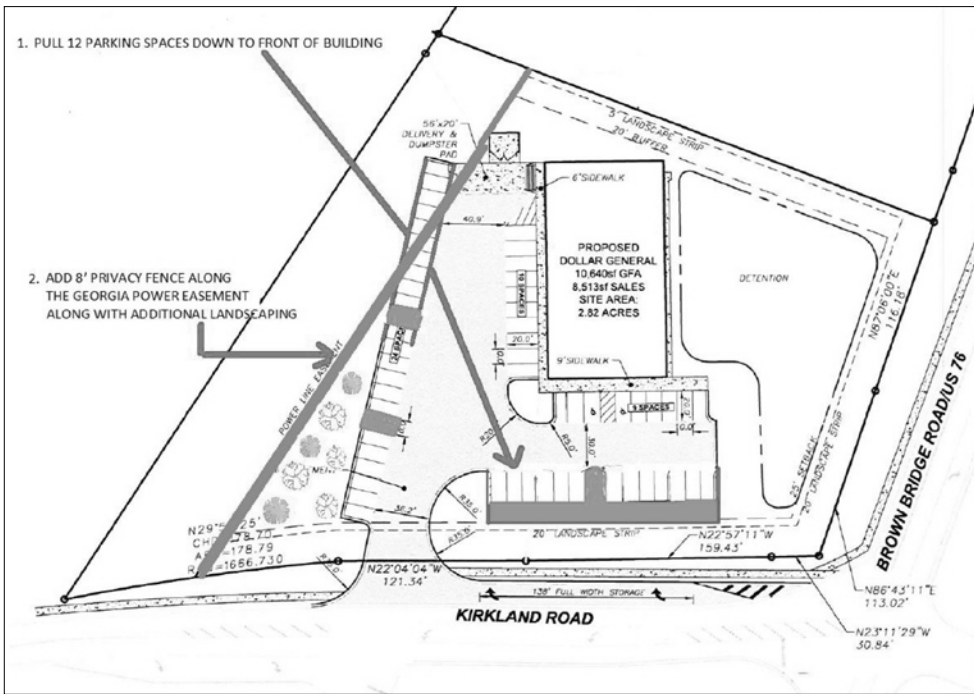
Board extends moratorium on new residential rezonings

Commissioners halt plan for new Dollar General on Brown Bridge Road

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

COVINGTON, Ga. — County commissioners stalled a plan for construction of a Dollar General on Brown Bridge Road after a county commissioner said area residents wanted stores “that fit them” and said the retailer allegedly disregarded customer service and security at its other locations.

They also voted Tuesday, Jan. 18, to extend a moratorium on new applications for rezonings and preliminary plats for residential developments until April 19 — though new plats that feature minimum two-acre sites would be



Pictured is a site plan for a proposed new Dollar General store in west Newton.

allowed to proceed.

District 3 Commissioner Alana Sanders said she was responding to residents’ wishes in asking the Newton County Board of Commissioner to vote to deny a condition-

al use permit for the 10,640-square-foot store after a Jan. 6 community meeting that allowed live attendance and was livestreamed.

Sanders said nearby Fairview Road residents have incomes of \$65,000 to \$70,000 “and some making six figures.”

“They love growth. They want to have growth. But they want to have stores that are in their area that fit them and that’s what they want in the area where they live,” she said.

“Dollar General has a culture of a lack of quality customer service and ample security,” Sanders said, in quoting residents’ complaints.

Residents also com-

plained that no traffic signal was planned at the intersection where the three-acre site is located, she said.

She said they also complained that Dollar General stores on Salem Road and Hwy. 81 each had been robbed at least once in less than five years; and Bell’s grocery store already operates nearby on Brown Bridge Road, Sanders said. Dollar General also offers groceries in its stores.

“I’m a commissioner who listens to my citizens who actually voted me in,” Sanders said. “They live in the community.”

Sanders also said residents complained a Dollar General store was located “less than a mile away” on Salem

Road.

However, a check of the distance on Google Maps showed the store at 3227 Salem Road is almost five miles from the site.

Before the unanimous vote for denial, County Development Services director Judy Johnson told commissioners the planning staff had recommended they approve the permit based on the developers, SW West Covington LLC and Johnbolt Properties LLC, agreeing to a series of conditions.

Some conditions included installation of an eight-foot wooden privacy fence and landscaping along the north edge of the site to buffer it from a neighboring property on Kirkland Road; and construction of a deceleration lane for vehicles entering the store site from Brown Bridge Road, Johnson said.

A site plan already included a 20-foot buffer area that included a three-foot landscaping area along the east side.

The developers had argued in an earlier meeting that a brick-covered Dollar General with a landscaped lot would have a better appearance than the building now on the site.

On the moratorium extension, Johnson told commissioners it was needed so the planning

staff could finalize updates to the county ordinance to make badly-needed changes in requirements for new residential developments.

She said one area of concern was traffic flow countywide. Changes were needed to require developers to install deceleration lanes and add more connecting roads between neighboring subdivisions, she said.

A delay until April 19 would allow the planning staff time to prepare amendments to the county ordinance, she said. It also would allow the staff to host Feb. 1 and Feb. 15 work sessions to explain the changes before final approval by the Board March 15, Johnson said.

The Board voted 4-1 to extend the moratorium but allow preliminary plats for new homes on minimum two-acre tracts to proceed.

Commissioner J.C. Henderson — the lone vote against the extension — said he was concerned about those wanting to develop large tracts being told they have to wait three more months to begin the process. The moratorium has been in effect since January 2021.

Read about more BOC actions at CovNews.com.

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Linda S. Littleton

Williams-Westbury Funeral Home

Mrs. Linda S. Littleton, age 80, of Barnesville, Georgia, passed away on Sunday, January 16, 2022, at her home.

Linda was born on Tuesday, October 21, 1941, in Newton County, Georgia, to the late James Strange and Sarah Rebecca Evans Strange. She was pre-

ceded in death by her parents, as well as her son, James Derek Littleton, brothers, Hubby Strange, Jerrell Strange and nephew Steven Strange. Linda worked as a seamstress at Millen-Wood for

Linda S. Littleton

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Obituaries

many years but was a devoted homemaker for the past 20 years. Mrs. Littleton was a loving wife, mother, grandmother, and great-grandmother. She enjoyed sewing, making crafts, and working in her flower bed. She loved to “cut up” and tell jokes, but most of all, she loved her grandchildren.

Linda is survived by her loving husband of 58 years, Carl Douglas Littleton; children and their spouses, Patti Clark (Scott), Angie Crisp (Frankie); grandchildren, Dillon “DJ” Clark, Gage Clark, Karley Crisp (Cody Sudderth), Bailey Crisp; great-grandchildren, Kaethen Bowers, Anisen Clark; broth-

ers, Ray Strange and Grady Strange. A host of extended family also survive.

Funeral services for Mrs. Linda S. Littleton will be held on Thursday, January 20, 2022, at 3:00 P.M. in Breedlove Memorial Chapel with Pastor Steve Blackmon officiating. Friends may visit with the family from 1:00 P.M. until the service hour at the funeral home.

Those who wish may sign the online guest registry at www.williams-westburyfuneral-home.com

Williams-Westbury Funeral Home, 526 College Drive, Barnesville, is proudly serving the Littleton Family.

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REGIONAL REPORT

Read about what's happening across the metro and beyond Newton County's border >>

Kemp campaigns in Walton, vows a fight for right
Gov. Brian Kemp said his term has been a fight for conservative values. The campaign for a second term — and the next four years, should he win them — would be more of the same, he told Walton County Republicans.

"I can stay in the fight and I'm going to tell you what my record is," Kemp said Monday night in a speech before a friendly crowd 127 days before he faces a challenge in the GOP primary from former Sen. David Perdue.

Kemp said the issues he's basing his reelection bid on won't be changing despite Perdue entering the race, or a looming general election rematch from 2018 foe Stacey Abrams.

"You've heard them before," he said. "You heard 'em at Roy (Roberts)'s barbecue because that's what I campaigned on."

Kemp has endured political attacks from former President Donald Trump and his ardent supporters for not overturning the 2020 election that saw Joe Biden narrowly carry Georgia. Trump's obsession with the loss of Georgia, becoming the first Republican nominee to lose here since George H.W. Bush in 1992, led him to rebuke his previous endorsement of Kemp and push Perdue into the race.

The governor didn't talk about the presidential election but said he's proud of the resulting election law, Senate Bill 202, which he signed last year.

"Despite what the left and Stacey Abrams and all these activist groups say, despite the Biden Justice Department suing us, we have the toughest election integrity law in the nation, per Heritage," Kemp said.

"I was proud to sign it and I did over 100 interviews pushing back on the lies on our law," he said.

Kemp said he navigated the pandemic, getting Georgia businesses and schools back



The Walton Tribune
Gov. Brian Kemp speaks to Walton County Republicans on Monday, Jan. 10.

open before other states gave the green light.

He said the Kemp administration has fought to support law enforcement and balance budgets. In the coming year, he plans to support a "constitutional carry" measure that would eliminate the need for Georgians to obtain a weapons carry license to carry a concealed weapon in public.

"It is a public safety issue that I think the time is right for because of what we've seen in our capital city," he said. "It is time we pass constitutional carry to let people protect themselves without a piece of paper from the government."

Kemp also said his 2023 budget proposal includes an income tax refund for Georgians.

State Agriculture Commissioner Gary Black also spoke with the local Republicans, asking them to return the U.S. Senate seat on the ballot this fall to

GOP control.

"We must fire Raphael Warnock and I am asking you to hire me," Black said.

Warnock, the pastor of Ebenezer Baptist Church in Atlanta and a Democrat, joined the Senate last January after winning a special election for the seat held by the late Johnny Isakson.

Black doesn't have the name recognition of one of his Republican rivals, University of Georgia football legend Herschel Walker, but the third-term constitutional officer said that's beside the point.

"With me, Georgians will get a senator who will put a team together, not a team who has to get up in the morning and put a senator together," Black said.

"Experience matters. Reputation matters. Three minutes on Fox News will never get a veteran the help he needs from the VA. None of these charades will help beat Raphael Warnock. Serving in the United States Senate is a job and you are a member of the hiring committee, and I am asking you to hire me."

State Sen. Bill Cowsert of Athens introduced Kemp — his brother-in-law — Monday night by saying the governor has faced difficult times including the aftermath of Hurricane Michael, riots in the wake of the "George Floyd and Ahmaud Arbery incidents," the COVID-19 pandemic "and the hits keep coming."

"My prayer for Brian is he will have the tailwinds to enjoy his accomplishments the next four years as he has the headwinds the past four years," Cowsert said.

The senator, whose district includes much of Walton County, hailed the governor for bringing Rivian Inc. to Social Circle. Cowsert said it likely is "go-

ing to be the biggest economic development project in the state of Georgia."

Kemp, however, did not mention the \$5 billion project that will bring 7,500 jobs to Walton and Morgan counties but also has stoked intense criticism, particularly on the Morgan County side.

—The Walton Tribune

Walton County man charged with killing mother

A Walton County man has been charged with murder in the shooting death of his mother.

The Georgia Bureau of Investigation announced 42-year-old Shane Samuel Stark has been arrested and charged with murder, possession of a firearm during the commission of a felony and six counts of aggravated assault in the death of 73-year-old Makhyal Stark Pohlel.

Walton County sheriff's deputies were called to perform a welfare check Tuesday

night at a home in the 4800 block of state Route 20 south of Loganville, after an initial call for medical help was canceled.

Deputies made contact with Stark and Pohlel and found no need for emergency assistance. However, in the early morning hours Wednesday, Stark reportedly called 911 and said he had killed his mother.

Sheriff's deputies returned to the home and engaged in a standoff with Stark, during which time he allegedly fired several shots at law enforcement.

Stark eventually surrendered and after deputies entered the home, found Pohlel dead from an apparent gunshot wound.

An autopsy at the GBI medical examiner's office is pending.

The GBI said its investigation is ongoing and anyone with information may call 800-597-8477 or submit them online through the bureau's website or the See Something, Send Something app.

—The Walton Tribune

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Pursuant to O.C.G.A. 21-2-540 notice is hereby given that on Tuesday, the 15th day of March 2022 a **Municipal Special Election** will be held at Mansfield City Hall, 3146 Hwy 11 S, Mansfield, Newton County, Georgia 30055 to fill vacant Council Posts #5, a 4-year term that will expire on Dec 31, 2025.

A qualifying fee of \$36 has been set for this post. Qualifying will held at Mansfield City Hall, 3146 Hwy 11 S, Mansfield, Newton County, Georgia 30055. The qualifying dates are Monday, February 14 thru Wednesday, February 18, 2022 beginning at 8:30 am until 4:30 pm.

The last day a person may register and be eligible to vote in the Municipal Special Election is February 14, 2022. The polls will be open on Election Day from 7:00 am until 7:00 pm. If there is a need for a Municipal Special Election runoff, the date will be April 12, 2022.

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- Email: news@covnews.com

OPINIONS

The Covington News

Taylor Beck editor and publisher

Republicans should campaign for themselves, not Trump

As the 2022 election cycle begins to heat up, I've started hearing more and more candidates pitch themselves to prospective voters.



Just this week, Gov. Brian Kemp made a stop in Walton County to speak to local Republicans and rally his supporters.

Days before, a couple of congressional candidates for Georgia's 10th District were in Newton County to try and win over a few votes. Many others have stumped all across the state.

It's still really early in the game, but I've noticed a terrible campaign trend that, I imagine, may only get worse.

For the longest time, I've always felt that a smear campaign, in which a candidate spends all of their time talking trash about other candidates, was the worst form of campaigning. But now there's something that could "trump" it.

While on the campaign trail, you'd think most candidates would pointedly



Associated Press

President Donald Trump attends a rally in support of Sen. David Perdue and Sen. Kelly Loeffler in Valdosta, Ga., Dec. 5, 2020.

discuss their intended plans if elected.

You'd think they'd spend a lot of time talking policy, whether they agree or disagree with what's in place and how they'd change or adjust existing rules/regulations.

You'd also think candidates would place great emphasis on their resume and why they're best suited for the job.

Instead, many candidates — particularly Republicans — are waving their Donald Trump flags and touting their support of the former president as some kind of accomplishment.

I'm sorry but, as a Republican voter, I find this ludicrous and exhausting.

Don't get me wrong. As I've written before, I supported Trump while he was president and really believe his policies

have our nation's best interest at the forefront. In fact, I think the Biden administration should have never undone many of his policies, because, well, look where we are today. But I digress.

While I, like many others, supported Trump then, I don't really care now if "Joe Blow" running for office in District 123 hitched his wagon to the Trump Train. And if that's all a candidate can hang their hat on, then I'm probably not going to vote for them.

I know what Trump did and didn't do. And if a candidate agrees with Trump's policies and opinions, then that's wonderful. But until the candidate can tell me about how they'll make a difference with their own policies and opinions, I won't consider them

a real contender. To me, that's just a "yes man," and we don't need any more of those in government.

Plus, if rocking the "MAGA" hat really helps a campaign, then why are former senators David Perdue and Kelly Loeffler out of office?

Equally, I don't really care how much a candidate dislikes President Joe Biden, because if you've paid any attention to polls, not many people approve of the job he's doing right now.

So, for any candidates interested in winning over my vote, and possibly others: campaign for yourself, not Trump.

Taylor Beck is editor and publisher of The Covington News. He may be reached at tbeck@covnews.com.

Dick Yarbrough columnist

Georgia's pandemic test scores a no-brainer

I received an email from a group called Cherry Digital in Portland, Oregon, or what remains of the town after being firebombed to near obliteration by denizens of the Looney Left.



They tell me that Georgia adults (that includes you and me, although some readers would dispute my inclusion) are ranked 16th in the nation in correctly answering typical SAT questions.

The SAT is widely used in assessing students' readiness for college admission in the United States. That is unless you are six-four, weigh 250 pounds and run a 4.6 forty. Then the SAT is pretty much irrelevant. Kind of like CNN.

According to Cherry Digital, the website I'm-a-Puzzle.com tested 5,000 adults around the country on their proficiency in math and EBRW (a fancy name for how well we read and write.) The concern was whether or not the pandemic has caused us to begin losing whatever brain power we may have had before being asked to mask-up and wash our hands.

"If you felt as if you were losing your mind during the pandemic, you're not alone," Cherry Digital observed in a news release. "What with being constantly bombarded by bad news, unable to go to work and having stimulating conversation with your colleagues, or, if you're a parent, only having had toddlers or little kids to talk to all day, it might well have felt like your brain was deteriorating. And in fact, because people's minds were so dormant over the whole period, it has given rise to a condition known as 'pandemic brain.'"

Obviously, I'm-a-Puzzle.com successfully avoided "pandemic brain" because they thought up the idea of testing 5,000 adults about reading and writing and arithmetic. Neal Taparia from I'm-a-Puzzle.com says, "It's great to see that, overall, most adults across the country haven't got too much to worry about when it comes to their post-pandemic brain sharpness."

An example of the questions posed in the SAT quiz was this one: "If $x + 6 = 9$, then $3x + 1$ equals: (A) 6, (B) 10, (C) 4, or (D) 12." And this: "What does 'burgeon' mean?: (A) To rapidly shrink, (B) to become tired, (C) to make, or (D) to rapidly expand."

I have an addition question: Who cares? When you can once again attend a cocktail party and feel compelled to tell folks that you know what $3x + 1$ equals, you are likely to find them burgeoning to avoid you like a bat out of Wuhan.

By the way, the answer to the math question is: (B) 10 and the EBRW answer is: (D) "to rapidly expand." But since you are smarter than the know-it-alls in New York (25th) and the Socialist State of California (30th), I suspect you knew that already.

Cherry Digital says the best overall scores came from New Jersey and surmises that is because a lot of Princeton University alumni live there. Obviously, they don't have anything better to do with their time than take quizzes. What else in there to do in New Jersey?

Arkansas finished at the bottom of the 50 states in both categories in the SAT test. Cherry Digital doesn't say so but in my opinion it's because a lot of Arkansas alumni live there that wear plastic pig hats to football games, wiggle their fingers and yell, "Woooooooooooo, Pig! Soovie!" Even someone with pandemic brain could have figured that one out.

Georgia exceeded the national average of 55% in math with a score of 59% and had a 61% mark in EBRW which was the national average. Our overall mark of 60% was above the national average of 58%. Not quite National College Football Championship rankings but better than Joe Biden's approval ratings.

I think it is only fair to say that our state's respectable scores were due in part to the fact that I'm-a-Puzzle.com didn't ask me to participate. I still count on my fingers and have yet to figure out "i before e, except after c, or whatever my neighbor weighs." I could have single-handedly gotten us down into Arkansas territory.

I find the news reassuring that COVID-19 hasn't turned us all into a bunch of brain-mushed zombies, but I am taking no chances. I will still mask-up when I feel it necessary. I will still wash my hands often and I will continue to try and maintain a little space between me and others. But I still refuse to eat broccoli. As I'm-a-Puzzle.com will tell you, I haven't lost all my pandemic brain power yet.

Dick Yarbrough is an award-winning columnist from Georgia. Reach him at dick@dickyarbrough.com.

David Clemons guest editorial

The ugly side of opposition to Rivian

The Rev. Tommy Fountain has been a gracious host as 1025 Church has become a gathering spot for big events.



One such event was Monday night as the Walton County Republican Party welcomed Gov. Brian Kemp. Brother Tommy was thrilled to have such dignitaries in his house of worship, but made it clear respect would rule the day.

"Do not make me escort you out," he told the hundreds in attendance. "I'm just asking you to be gentlemen and ladies."

That's a pretty sad commentary on our world these days, but also not terribly out



File | The News

Top left, JDA recruiter Shane Short speaks at a public meeting about the incoming Rivian EV plant.

of order. I'd heard some chatter about opponents of the Rivian deal coming to confront the governor, who signed off on bringing the company's heavy-duty truck plant to Walton and Morgan counties.

To say the least, this

project isn't universally loved. There has been opposition, particularly in the Rutledge area of Morgan County. (Oddly, I've heard very little in the Social Circle area or elsewhere on the Walton County side of the deal.)

But Kemp did not mention Rivian in his remarks to the Walton County faithful, even as his brother-in-law, state Sen. Bill Cowser, did.

Worse is the news out of the Morgan County Citizen that Shane Short has decided it's pointless to continue with town hall meetings over the project.

Folks, this can and will be a good deal for our community. But name-calling and threats aren't the way to register your opposition.

Be better before Brother Tommy throws you halfway to the Auto Zone.

David Clemons is the editor and publisher of The Walton Tribune. He previously served as the publisher of The Covington News.

The Covington News

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Newton County Schools



Special | Newton County School System

The Newton County Board of Education elected new leaders for 2022 on Tuesday, Jan. 18. District 3 board member Shakila Henderson-Baker (center) will serve as board chairperson and District 5 board member Abigail Coggin (left) will serve as vice chairperson for 2022 after serving as chairperson in 2021. Superintendent Samantha Fuhrey (right) officially presented the gavel to Henderson-Baker after the meeting.

AAA donates over \$50,000 in traffic safety grants across Georgia

SPECIAL TO THE NEWS
news@covnews.com

AAA recognizes 2021 was a challenging year for law enforcement agencies and traffic safety organizations across the state of Georgia, as they attempted to equip their organizations with much-needed traffic safety resources. In response, AAA established a traffic safety grant program which provided these organizations with an opportunity to submit requests for grant assistance.

According to the Georgia Department of Transportation,

this is the second year in a row that roadway fatalities have increased in Georgia. The potential for death or a serious injury is always a risk while driving.

“Over 1,700 motorists lost their lives on Georgia roadways in 2021. It’s imperative that we act now to stem the tide of these unnecessary deaths,” said Garrett Townsend, Georgia Public Affairs Director for AAA – The Auto Club Group. “AAA is committed to providing these agencies with tools to reduce fatal crashes or injury caused by unsafe driving habits. We are

incredibly honored to be able to help so many across Georgia save lives.”

After judging 27 applications, AAA awarded over \$50,000 in grants across the state. These grants went towards funding for programs aimed at educating teens and the public on traffic safety campaigns focused on reducing fatalities on Georgia roadways. Recipients were able to purchase much needed equipment, such as, devices that monitor speed control, traffic safety collateral, and drugged driving detection tools, to name a few.

MANAGER:

Continued from A1

hire based on race and, secondly, it’s illegal to fire somebody based on their race,” Buckley said. “It’s pretty straightforward really.”

Kerr was hired as interim county manager in early 2016 and promoted to the permanent position later that year. The Board in 2019 unanimously voted to renew his contract in 2019 for three years.

The ante litem notice sent to Newton County Tuesday, Jan. 18, stated that Sanders, Mason and J.C. Henderson posted videos on social media or expressed in conversations with public officials that made “clear they harbored racial animus in opposing Mr. Kerr holding the position of county manager and voting to non-renew his employment contract.”

“Commissioner Sanders even made a recording where she specifically addressed the county manager position, noting she wanted to do a national search for a county manager with the intention of reflecting the changing demographics of the county,” the notice stated.

The action not to renew his contract based on race violated part of

the federal Civil Rights Act, Buckley said.

“Mr. Kerr served as the county manager for Newton County for nearly six years. Despite Mr. Kerr’s excellent performance and dedication to his job, on Nov. 2, 2021, the Board voted not to renew his contract for an additional term. Accordingly, Mr. Kerr’s contract expired on Jan. 1, 2022.

“Ultimately, the decision not to renew Mr. Kerr’s contract is merely an extension of the unlawful racially discriminatory policies and practices that the Board of Commissioners has fostered.”

Newton County also did not increase Kerr’s salary to the level other area county managers make as required in his contract, the notice stated.

Kerr’s contract required an increase in pay from \$137,500 because it was below the market rate for county managers based on a study showing five area county managers earn between \$175,000 and \$200,500. The notice stated the county breached Kerr’s contract because it did not raise his pay.

“The county never

proffered any reason for breaching Mr. Kerr’s contract, leaving the only conceivable explanation to be aligned with the reason for his nonrenewal: race discrimination and retaliation,” the notice stated.

Buckley also proposed a settlement in which the county would pay Kerr \$700,000 plus compensatory and punitive damages and attorneys’ fees. The \$700,000 is equal to three years of pay, benefits and the salary adjustment, the notice stated.

State law requires that an ante litem notice be sent to governing agencies in Georgia before a lawsuit is filed.

The notice and EEOC complaint follows a similar notice and complaint from former, longtime county contract attorney Megan Martin who alleges the Board of Commissioners discriminated against her based on race and age for not hiring her after making her a sole finalist for a new position leading a newly created in-house county legal department.

Sanders also is specifically named in Martin’s notice for illegally interfering in a

contractual relationship after the commissioner allegedly contacted Martin’s law firm, Jarrard & Davis, to “disparage” the then-county attorney which led to her termination from the firm.

Buckley, who also represents Martin, stated she is seeking a settlement of \$850,000 plus compensatory and punitive damages.

The Board of Commissioners has not hired anyone for the in-house position and would need to hire conflict counsel to represent it in the Martin case.

The county government still employs Jarrard & Davis for legal needs. Its attorney assigned to Newton County government, Patrick Jaugstetter, would be unable to represent the county because the firm is Martin’s former employer and would constitute a conflict of interest.

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Health Department, Piedmont Newton Hospital awarded Car Seat Mini-Grant

SPECIAL TO THE NEWS
news@covnews.com

COVINGTON, Ga. — The Newton County Health Department was awarded the 2022 Car Seat Mini-Grant by the Georgia Department of Public Health, Injury Prevention



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Program. Through the Mini-Grant, the Health Department and First Steps at Piedmont Newton Hospital work together to provide car seats and education to financially eligible families in Newton County. This program is funded by the Governor’s Office of Highway Safety to help ensure Georgia’s children are safe while riding in motor vehicles.

And it works. Since 2007, the education, car seats and booster seats provided through the Mini Grant prevented serious injury or death and saved over 425 of Georgia’s children who were involved in crashes. According to the National Highway Traffic Safety Adminis-



Special to The News
Missy Braden, a certified Child Passenger Safety Technician instructor at Piedmont Newton Hospital, performs a car seat safety check.

tration, car seats reduce fatal injuries by 71 percent among infants and by 54 percent among children ages 1 to 4 years in passenger cars. Car seats offer the best protection for children in the event of a crash, and they are most effective when installed and used correctly. Near-

ly three out of every four car seats are not used properly, placing children at unnecessary risk.

“It’s our responsibility to keep our children safe,” said Missy Braden, a certified Child Passenger Safety Technician instructor at Piedmont Newton

Hospital. “The Car Seat Mini-Grant is a great opportunity to help our community and help protect our children from serious injuries or death in motor vehicle crashes.”

In Newton County, Braden educates parents and caregivers on how to properly install

and use car seats, offers car seat inspections and provides car seats and booster seats to financially eligible families. Through the Car Seat Mini-Grant, agencies supporting more than 120 counties are working to keep Georgia’s children safe. These programs help families get their children buckled up right, every trip, every time.

For more information about the Newton County car seat program, contact Missy Braden at 770-385-4396 or email missy.braden@piedmont.org. If you would like information regarding other counties involved in the program, please contact the Georgia Department of Public Health’s Child Occupant Safety Project via email at injury@dph.ga.gov or by calling 404-463-1487.



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DUCTDUSTERS OF GEORGIA

CHANGES:

Continued from A1

delegation includes two state senators and four representatives whose districts includes parts of Newton. Members are split evenly between Republicans and Democrats.

Republicans control both houses of the General Assembly, which likely will give final approval to any map favored by Republicans in the delegation.

The Constitution requires the General Assembly to pass an updated redistricting map every 10 years to ensure population is roughly equal in each

district based on the latest federal Census count.

Newton commissioners voted 3-2 along political party lines Tuesday not to approve the proposed map, which was drawn by a legislative reapportionment committee. It moves neighborhoods in eight separate areas into neighboring County Commission and School Board districts.

The largest land transfers occur in northwest Newton where Newton High School and nearby neighborhoods connecting to

Kirkland and Crowell roads would be shifted from District 4 to District 3.

Other large-scale changes include moving industrial areas around Avenue of Champions in northeast Covington from District 4 to District 5 — a change the reapportionment panel made to an earlier version to keep the city of Oxford entirely within one district, said county GIS director Tim Lawrence.

In addition, primarily rural areas around Poplar Mill Road would move from District 1 to District 5; an area around Laurel Way off Georgia Hwy. 81 would move from District 1 to 2; and a small area west of Salem Road and north of Old Concord Drive from District 2 to 3.

— that if it’s less than unanimous, your local delegation may not pursue it diligently,” Jaugstetter said.

Commissioner Stan Edwards said the version of the map the county was considering already had been given to the Newton delegation.

However, some commissioners still appeared unhappy with some of the changes and all Democratic commissioners, including Alana Sanders, J.C. Henderson and Demond Mason, voted against recommending it.

The legislative delegation has the power to draw a new county district map regardless of a local board’s opposition, a state government expert said.

Charles Bullock, a political expert at the University of Georgia, recently told the Athens Banner-Herald that a county district map could only be challenged in the court system in two areas.

A population challenge could be done based on the general rule that districts have to be within plus or minus 5% of the average population; or if any changes make it more difficult for an area represented by a minority candidate to continue electing minority candidates.

However, Newton County officials have said the maps the state reapportionment office produced do not appear to violate either of those areas.

NEWTON COUNTY, GEORGIA
PRIMARY & GENERAL ELECTION
2022 QUALIFYING FEES

QUALIFYING FEES (PER O.C.G.A. 21-2-131) The Official Code of Georgia, Annotated, Section 21-2-131, requires that the governing authority of Newton County, not later than February 1 of any year in which a general primary, nonpartisan primary, or general election is to be held, fix and publish a qualifying fee for each county office to be filled in the upcoming primary or election. Therefore, on January 18, 2022, the Newton County the Board of Commissioners adopted the following qualifying fees for the County offices to be filled in the May 24, 2022 General Election Primary. Said fees were determined as set forth in O.C.G.A.21-2-131

Qualifying Period with their respective Party affiliation:

March 7 – March 10, 2022
Monday – Thursday: 9:00 am – 4:30 pm

March 11, 2022
Friday: 9:00 am – Noon

POSITION	QUALIFYING FEE
Newton County Commission District Two	\$ 750.00
Newton County Commission District Four	\$ 750.00
Newton County Board of Education District One	\$ 432.00
Newton County Board of Education District Three	\$ 432.00
Newton County Board of Education District Five	\$ 432.00

Information: Newton County Board of Elections
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Detention Center provides new workforce-based program to inmates

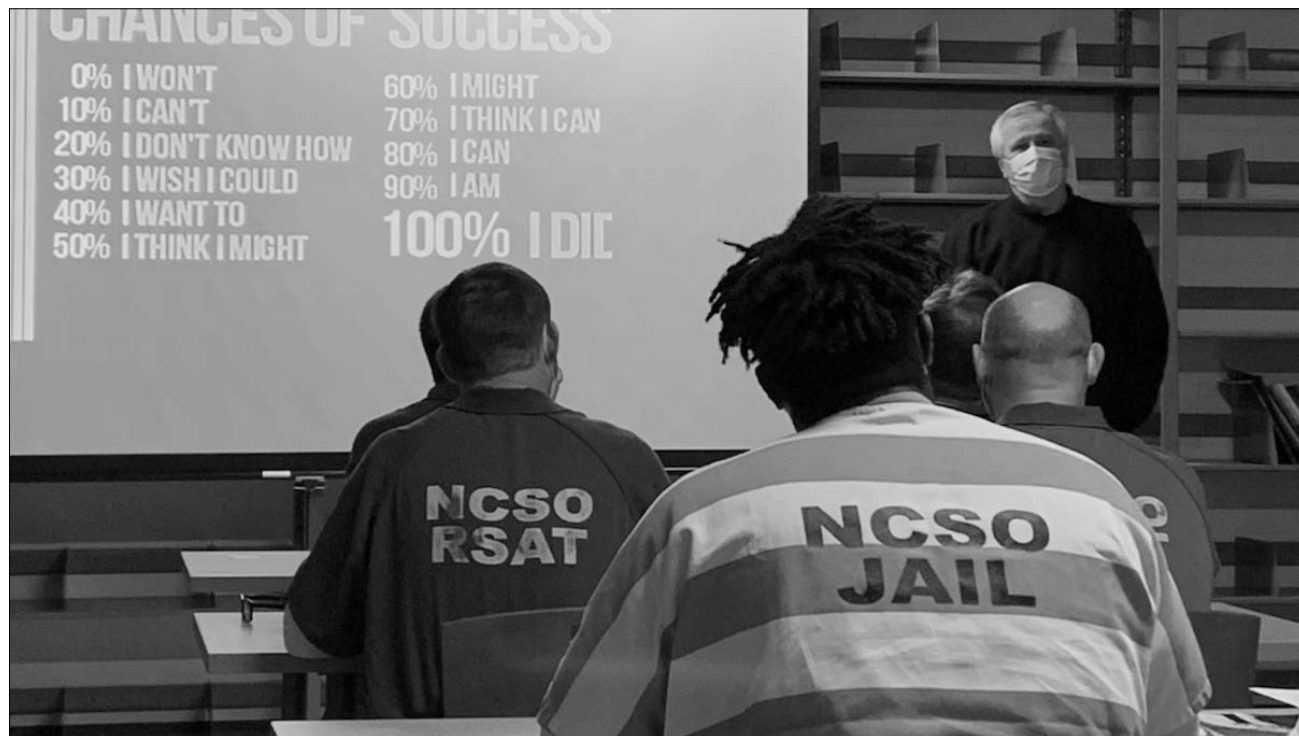
SPECIAL TO THE NEWS

news@covnews.com

COVINGTON, Ga. — The Newton County Sheriff's Office partnered with ACTION Inc. to provide inmate residents housed at the Newton County Detention Center with the opportunity to gain industrial associates certification through the Industrial Development program.

The Industrial Development program, which is a workforce-based program, is grant-funded and provides inmate residents with on-site training for rigging, cranes, forklift operation, aerial lift, OSHA 10, CPR/First Aid/AED, and Sigma 6. After the completion of training, inmate residents are provided with 12 months of mentored coaching and employment search and placement assistance.

In December, Sheriff Ezell Brown and the Newton County Sher-



Inmates at Newton County Detention Center are now offered a workforce-based industrial development program.

iff's Office graduated its first class of seven inmate residents from the Industrial Development program.

"A major factor when considering recidivism is finding a job post-release. Our workforce development program prepares inmate resi-

dence for the day they are released from our facility," Brown said. "Employment is always a key part of a successful reentry after incarceration. The programs offered by our detention center provide a structural transitional period for the offenders re-

turning to the community, with the intent of better preparing them for a successful crime-free life. Through our programs, the inmate residents have gone back into the community and are now thriving, productive citizens."

The Newton County

Sheriff's Office provides a wide variety of reentry programs, such as Residential Substance Abuse Treatment (RSAT), General Education Development (GED), Soft Skills De-

velopment, Substance Abuse Matrix Model, Anger Management, Alcohol Anonymous/Narcotics Anonymous, Double Trouble, Thinking for Change, Celebrate Recovery, Parenting Value, Fatherhood, Creating Healthy Options Increases Choices to Effective Solutions (CHOICES), #1 Dads, Industrial Development, Moral Resonance Therapy (MRT), Money Management, Yoga, Inner Circle: A Treatment Alternative for Safe Communities (TASC), Parenting, Plan of Action, Reformers Unanimous (RU) Recovery, Identification Pursuit, and Beyond Trauma: A healing journey for women.

In 2021, more than 25 Newton County inmate residents returned to society with employment opportunities.

Piedmont Newton accepting applications for annual Junior Volunteer Summer Program

SPECIAL TO THE NEWS

news@covnews.com

COVINGTON, Ga. — Piedmont Newton Hospital is accepting applications for the hospital's annual Junior Volunteer summer program. The program is for rising 10th, 11th and 12th grade students from Newton County, as well as the children and grandchildren of Piedmont Newton employees and volunteers. The deadline to apply is Friday, March 4, 2022 at 5 p.m.

"The Junior Volunteer program is a service to Piedmont Newton and provides an op-

portunity for students to gain exposure to a hospital environment while contributing to their community," said Andrea Lane, director of community relations at Piedmont Newton.

To participate in the program, students must commit to volunteering a minimum of 20 hours. New and returning junior volunteer applicants complete an application, submit letters of recommendation, and complete an interview before being invited to participate in the program. Upon acceptance to the program, volunteers must

complete a mandatory orientation class, as well as any required medical screenings. Proof of being fully vaccinated against COVID-19 vaccine is required to participate, although booster shots are not required at this time.

Piedmont Newton started the Junior Volunteer program to give students in the community an opportunity to explore a career in healthcare.

"While volunteering with us, students may see themselves entering the healthcare field, or they may learn that it is

not their calling," said Lane. "It is good to have new experiences, learn what you are passionate about, and start making plans concerning your career path. In short, this is a growing experience."

If you have questions about volunteer opportunities at Piedmont Newton Hospital, please contact the Lisa Brooks, auxiliary services specialist and volunteer coordinator, at 678-212-7422 or alecia.brooks@piedmont.org. Applications for the program can be found at piedmont.org/newton.

NCSS, Next Steps Foundation partner to offer "Empowering Parents" webinar on career choices

SPECIAL TO THE NEWS

news@covnews.com

Navigating the high school career path both during and after high school can feel scary or overwhelming to make informed decisions. The numerous choices (college, military, straight to work, trade school training) and costs associated with those choices are what students—and their parents need to know—now.

Newton County School System (NCSS) has just the answer. The district has partnered with the Next Steps Foundation and the Mechanical Contractors Association of Georgia to offer a free webinar, "Empowering Parents" to provide helpful information to educate NCSS parents on how

to advise and prepare their students for life after high school.

According to Dr. John Pritchett, NCSS College and Career Workforce Development Specialist, students and their parents are invited to attend this interactive and informative webinar on Tuesday, January 25 from 6:00 p.m. to 7:30 p.m.

"The webinar will last roughly 35 minutes," said Pritchett. "Attendees will hear valuable career information and then be able to meet with regional and local actively hiring employers in separate breakout rooms, where they can provide additional and specific information. In addition to the local employers such as Georgia Power, Delta Airlines, National

EMS, and Takeda Pharmaceuticals, students and their parents will have the opportunity to meet online with education, military, and apprenticeship representatives."

Although the webinar is free of charge, Pritchett noted students and parents must register in advance to participate. Those interested may register at <https://www.airmeet.com/e/b69f5e30-7323-11ec-a0fa-b5e9a4ac1a86>

"We encourage all high school students and their parents to attend this webinar," said Pritchett. "This is a great opportunity for them to learn about the many options to consider both during and after high school. Plus, they get the opportunity to connect with actively hiring companies offering great opportunities in Newton County and the metro region of Georgia."

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AGRICULTURE

The Covington News

Chickens tend to be hypersensitive to colder weather

SPECIAL TO THE NEWS
Newton County Extension Office

Although chickens are totally fine in the winter, they tend to be hypersensitive to the cold weather. Most flocks will stay in the coop, egg production will slow, and birds may get lethargic. As backyard flock owners, you want your animals to thrive year round. So how do we make sure our chickens are happy and healthy all winter? Your coop matters! A well insulated coop with great ventilation can “make or break” your flock. I always recommend putting in windows to allow for sunlight and extra



Metro Creative

For backyard flock owners who want to see their chickens thrive year-round, condition of the coop bears significant impact.

ventilation. Moisture in your coop plus freezing temperatures can cause your chickens to get

frostbite. Frostbite is not the easiest thing to prevent, yet we want to do everything we can.

For an extra layer of protection, apply petroleum jelly to the chickens comb and wattle.

Also give chickens an elevated place to sleep. Chickens love to roost, so add a few extra

roosting bars to encourage your flock to stay off the floor. Change your feeding time, feed your flock mid morning and late at night. The mid morning feeding will keep them warm throughout the day. Late night feeding is the most important, with the drop in temperature means your birds have to stay warm longer. Giving corn right after dark will help the birds stay warm throughout the night. For all other backyard flock questions, call Ashley Best the ANR Agent with the Newton County Extension Office at 770-784-2010.

Newton’s UGA Extension Office encourages residents to test for radon

SPECIAL TO THE NEWS
Newton County Extension Office

January is national radon action month. Many Georgians spend these cold months huddled inside waiting for a warmer spring. This makes it even more important that we test our homes for radon, a colorless, odorless gas that is the second leading cause of lung cancer. In Newton County, about 22-28% of homes have elevated levels of the naturally radioactive gas, radon. Over the course of many years, exposure to this gas can cause lung cancer even in non-smokers. In fact, radon is the leading cause of lung cancer among non-smokers. Smokers, current and former, exposed to radon gas have an even greater risk of developing lung cancer. Radon is a naturally oc-



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The U.S. Environmental Protection Agency reports that radon accounts for roughly 21,000 deaths from lung cancer each year.

curing gas that comes from the breakdown of uranium in soil and rock. Often granite rock naturally has high levels of uranium, which is part of why radon is such a persistent problem in Georgia.

The gas seeps out of the soil and up through crawlspaces, foundations, and basements into a home. About 800 Georgians die annually from radon induced lung cancer. Fortunately, testing for

radon gas is simple and inexpensive. You hang a short-term radon test in the lowest living level of your home for three to seven days, then mail it to the laboratory for analysis. In a few days you will receive the test results. If the radon level in your home is high (4 picocuries per liter or above), you can have a certified radon mitigation professional install a radon reduction system that will reduce the indoor radon level. The system most frequently used is a vent pipe system and fan that pulls radon from beneath the house and vents it to the outside. A radon test kit can be obtained from the UGA Radon Program (radon.uga.edu) or a hardware store. During the month of January, Georgia residents will receive \$5 off the cost of purchasing a

radon test kit online by using the code NRAM2022 at checkout. Radon may also be found in drinking water. This is primarily a concern with private well water. In Georgia, wells drilled into granitic crystalline rock aquifers, usually in the northern part of the state, are at risk of naturally occurring radon contamination. This is where the uranium that decays to radon can be found at higher levels. To learn more about radon in water in your county visit aesl.ces.uga.edu/water/map/. You can have your well water tested at the UGA Agricultural and Environmental Services Laboratories in Athens. To get a water testing kit, contact The Newton County UGA Extension office at 770-784-2010.

Georgia DNR offering Career Camp for high schoolers to explore professional paths

SPECIAL TO THE NEWS
news@covnews.com

ATLANTA — The

Georgia Department of Natural Resources (DNR) recently an-

nounced a new program aimed at encouraging high school students

to explore careers in conservation. The Georgia DNR Career Academy, a week-long, overnight summer camp, will be held July 17-23, 2022, at Charlie Elliott Wildlife Center in Mansfield and Georgia 4-H at Camp Jekyll on Jekyll Island. High school students will have the opportunity to learn about DNR career paths, and visit wildlife management areas, hatcheries, state parks, and the coast, said Lindsey Brown, the Career Academy’s director. “Throughout the week, students will get hands-on experience as they learn from DNR game wardens, wildlife, fisheries and marine technicians, park rangers, and support staff,” Brown said. “They’ll have the opportunity to go behind the scenes with DNR staff and see what it takes to conserve Georgia’s natural resources.” The Career Academy’s activities will include trail blazing and hiking, land navigation, state park hospitality, hunting incident investigation, fishery management, urban wildlife and deer aging, and other programs. Throughout

the week, students will interact with full-time DNR staff and have the chance to ask questions, learn about professional paths, and education requirements. “Our goal is for students to have a genuine experience with DNR staff and see what their day-to-day jobs are like, whether that’s conducting a prescribed burn, helping find a lost hiker, or gathering data that’s used to open and close the state’s commercial shrimping season,” Brown added.” Mark Williams, commissioner of the Department of Natural Resources, said he hopes the Career Academy will provide students with a path to pursue employment with the department, and a clear understanding of the educational requirements necessary. “Georgia is home to a diverse and growing workforce, and as the state’s lead natural resources agency, we want to make sure DNR is a competitive and enjoyable place to work,” Williams said. “This program will give young Georgians the chance to see how they can turn their passion for the outdoors into a career that conserves our resources and ben-

efits present and future generations.” The Georgia DNR Career Academy is open to high school students in the fall of 2022. Students do not have to be residents of Georgia. The cost is \$100 and includes all meals and lodging. Scholarship opportunities are available to students who qualify on a financial-need basis. Applicants must include a letter of permission from parent or guardian, a letter of recommendation from a teacher, school counselor, school administrator, or club advisor, and complete a virtual interview with a DNR employee. Applications and more information are available at www.GaDNR.org/CareerAcademy. Contact career.academy@dnr.ga.gov for more information. Eligible students may also opt to earn technical college credit upon completion of the camp that can be used toward a future education in wildlife management. Members of the media who have additional questions or would like interviews regarding the Career Academy may contact DNR’s Tyler Jones at tyler.jones@dnr.ga.gov or 912-262-3140.



Agriculture in Georgia

Firsts

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

To learn more about Georgia agriculture and how to become a Farm Bureau member, go to www.gfb.org

Newton County Farm Bureau

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SPORTS

The Covington News

Prep Basketball

Tigers down Heritage in OT

Alcovy picks up first win in Region 3-AAAAAA

By PHILLIP B. HUBBARD
phubbard@covnews.com

COVINGTON, Ga. — Alcovy boys' basketball team found itself in a back-and-forth battle against region foe Heritage that came down to the wire, so much so that Tiger faithfuls were awarded free basketball action with a four-minute overtime period.

Alcovy ultimately was able to pull away and defeat the Patriots 75-69.

At the end of regulation, the score was 60-60.

To add to the intensity, with a minute remaining in the extra period, the Tigers only led by three points, 69-66.

But, shortly after, Ben Hodges flew in to provide the needed separation.

Following a missed layup, Hodges swarmed to collect the rebound and put it back up for a highly contested layup. The gymnasium exploded with cheers with Alcovy's lead extended 71-66.

Hodges may have given Alcovy the lead it needed down the stretch, but Kendarrius Spear provided the exclamation point to seal the deal.

On a fast break where Spear found himself all alone, he slammed it home for a dunk that electrified every person cheering for the Tigers. Alcovy's bench celebrated so much that the referees awarded Heritage two technical free throws.

With just 1.5 seconds remaining,

See DOWN, B6



Alcovy's Ben Hodges (15) and Kendarrius Spears (1) celebrate the team's first region win Friday, Jan. 14, after defeating Heritage High School 75-69 in overtime.

Phillip B. Hubbard | The News

Prep Football



File | The News

Eastside's Jalen Farmer (52) was voted to the GHSF Daily All-State offensive team.

Area players honored by Recruit GA, GHSF Daily

By PHILLIP B. HUBBARD
phubbard@covnews.com

COVINGTON, Ga. — Two news outlets recently released their respective All-State Football selections where local student-athletes made appearances.

Recruit Georgia selected 16 local football players for their All-State team while the Georgia High School Football Daily (GHSF) selected three.

These recognitions just add more to each player's postsea-

See HONORED, B6

Prep Baseball

Peachtree's Dewberry chooses Presbyterian College

By PHILLIP B. HUBBARD
phubbard@covnews.com

COVINGTON, Ga. — Classmates, teachers and family members of Amman Dewberry gathered in the gymnasium at Peachtree Academy on Tuesday, Jan. 11. They congregated to witness Dewberry sign his scholarship to Presbyterian College to further his academic and baseball career.

It was those same people who stood up during the ceremony to honor Dewberry as a classmate, friend, student and son.

As each person



Phillip B. Hubbard | The News

Amman Dewberry was all smiles as people congratulated him during his scholarship signing to Presbyterian College at Peachtree Academy on Tuesday, Jan. 11.

spoke, Dewberry acknowledged how special the ceremony was to him.

"It was a rewarding thing to hear that I have had such a positive impact on my friends

and family," Dewberry said.

Dewberry was a pitcher and first base-

man for the Panthers his four seasons at Peachtree Academy. But now, after he graduates in May, Dewberry's next step is finalized.

He will be off to Presbyterian, located in Clinton, South Carolina, in the fall.

After he took a visit to the campus, Dewberry recognized that becoming a Blue Hose was the right fit for him in all areas of his life.

"What stood out was that the campus was beautiful and the students were welcoming," Dewberry said. "It is a small, tight-knit

environment and the coaching staff and players have strong Christian values which is very important to me."

In addition, the senior Panther said that he views Presbyterian as a great place to develop as a baseball player and to turn professional soon, which has been a goal for him for a long time.

Be that as it may, Dewberry admitted none of the possibilities given him, such as signing his scholarship, would've been possible without the assistance

See CHOOSES, B6



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The Covington News

CLASSIFIEDS

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minimum experience in residential construction, repairs, or maintenance and Grounds persons no experience needed. "Must have driver's license and insured vehicle" Pay depends on displayed proven job experience.
EMAIL RESUMES to
Arandall@covha.com

PLANNING & Zoning Director

THE JASPER County Board of Commissioners is looking for a Planning & Zoning Director. The position is responsible for all planning and development activities, plan review, building inspection, code enforcement, licensing and permitting. The position works closely with the Planning & Zoning Board, oversees the issuance of business licenses, logging and building permits, writes and amends ordinances, and develops and manages the budget for this department.

THE PLANNING & Zoning Director reports to the County Manager, and is responsible for maintaining permit and other records, evaluating the work of subordinates, making personnel recommendations to management, and assisting the public, contractors and developers with all P&Z matters. The P&Z Director tracks data and provides reports to management as needed to monitor trends, interpret and explain building and zoning ordinances and codes, and prepares materials for public hearings and board meetings.

EVALUATES LAND use and zoning proposals to ensure compliance with applicable laws, codes, ordinances and related regulatory standards. Evaluates environmental, impact and related information and data, recommends mitigation measures to reduce adverse impacts of development, and assists with the preparation/administration of state/federal grants, intergovernmental agreements, land development regulations and special projects as directed.

REQUIREMENTS: MUST be 21 or older, with a high school diploma. Must have a minimum of five years of experience in the industry at the local level with at least two years in a supervisory capacity. Preference will be given to those candidates who possess a Bachelor's degree or higher level of education in Planning, Public Administration, Business or other related field.

APPLICATIONS CAN be downloaded from the County's website at: <http://www.jaspercountygga.org/departments/HumanResources>

APPLICATIONS AND resumes should be submitted to Sharon Robinson, HR/Administrative Services Director, 126 W. Greene St., Suite 18, Monticello, GA, 31064, or emailed to: srobinson@jaspercountygga.org

THE JASPER County Board of Commissioners is an Equal Opportunity Employer. All qualified applicants will receive consideration for employment regardless of race, color, religion, sex, age, national origin, disability or any other status protected by applicable Federal and State laws.

SALARY DOQ. Position open until filled.

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LEGALS

Public Notices

Abandoned Vehicles

ABANDONED MOTOR VEHICLE PETITION ADVERTISEMENT

YOU ARE hereby notified, in accordance with O.C.G.A. Section 40-11-19.1, that petitions were filed in the Magistrate Court of Rockdale County to foreclose liens against the vehicles listed below for all amounts owed. If a lien is foreclosed, the Court shall order the sale of the vehicle to satisfy the debt. The present location of the vehicles is: Chancey's Wrecker Service 539 McDaniel Mill Rd SW Conyers, Ga 30012
ANYONE WITH an ownership interest in a vehicle listed herein may file an answer to the petition on or before: 01/26/2022
ANSWER FORMS may be found in the Magistrate Court Clerk's office located at: 874 N. Main Street NW Conyers, Georgia 30012 Forms may also be obtained online at www.georgiamagistratecouncil.com.

VEHICLE MAKE: Ford Year: 2005 Model: Explorer Sport Trac Vehicle ID #: 1FMZU67K85UA35127 Vehicle License #: RMO8208 State GA Magistrate Court Case No.: 2022-MAG-0009

VEHICLE MAKE: Acura Year: 2003 Model: CL Vehicle ID #: 19UYA42643A003380 Vehicle License #: RNP4375 State GA Magistrate Court Case No.: 2022-MAG-0005

VEHICLE MAKE: Dodge Year: 2006 Model: Grand Caravan Vehicle ID #: 1D4GP24R16B666198 Vehicle License #: CNV4603 State GA Magistrate Court Case No.: 2022-MAG-0006

VEHICLE MAKE: Dodge Year: 2017 Model: Journey Vehicle ID #: 3C4PDCBG4HT589311 Vehicle License #: No Tag Magistrate Court Case No.: 2022-MAG-0007

VEHICLE MAKE: Ford Year: 2001 Model: Windstar Vehicle ID #: 2FMZA57431BB94108 Vehicle License #: CNE7108 State GA Magistrate Court Case No.: 2022-MAG-0008

VEHICLE MAKE: Honda Year:1999 Model: Accord Vehicle ID #: 1HGCG3155XA025695 Vehicle License #: No tag Magistrate Court Case No.: 2022-Mag-0035

VEHICLE MAKE: Yamaha Year: 1987 Model: XV700 Vehicle ID #: JYA1RV00XHA005313 Vehicle License #: WXC016 State GA Magistrate Court Case No.: 2022-MAG-0036

VEHICLE MAKE: Ford Year: 2007 Model: Freestyle Vehicle ID #: 1FMDK02147GA34120 Vehicle License #: No Tag Magistrate Court

Case No.:2022-Mag-0031
VEHICLE MAKE: Nissan Year: 2013 Model: Maxima Vehicle ID #: 1N4AA5AP3DC807925 Vehicle License #: LK231 State GA Magistrate Court Case No.: 2022-Mag-0037

VEHICLE MAKE: Mitsubishi Year: 2003 Model: Galant Vehicle ID #: 4A3AA46G33E202221 Vehicle License #: RUN2134 State GA Magistrate Court Case No.: 2022-Mag-0032

VEHICLE MAKE: Mercedes Year: 2004 Model: S-Class Vehicle ID #: WDBNG70JX4A394091 Vehicle License #: FBS8180 State GA Magistrate Court Case No.: 2022-Mag-0033

VEHICLE MAKE: Ford Year: 2002 Model: Explorer Vehicle ID #: 1FMZU63E32UA63638 Vehicle License #: DRW2156 State GA Magistrate Court Case No.: 2022-Mag-0038

VEHICLE MAKE: Nissan Year: 2009 Model: Pathfinder Vehicle ID #: 5N1AR18UX9C601026 Vehicle License #: No Tag Magistrate Court Case No.: 2022-Mag-0034

PUBLIC NOTICE #300422 01/16,23

ABANDONED MOTOR VEHICLE PETITION ADVERTISEMENT

VEHICLE MAKE: BMW

**YEAR: 2010
MODEL: 6-SERIES
VEHICLE
ID WBAA5C50ACV93797
VEHICLE LICENSE #:** NO TAG
State
PRESENT LOCATION of vehicle:
2122 Pace St Covington GA 30014

YOU ARE hereby notified that a petition was filed in the Magistrate Court of County to foreclose a lien for all amounts owed. If the lien is foreclosed, a court shall order the sale of the vehicle to satisfy the debt.
ANYONE WITH an ownership interest in this vehicle may file an answer to this petition on or before: 02/14/2022
ANSWER FORMS may be found in the Magistrate Court Clerk's office located at: 1132 Usher St NW #149, Covington GA 30014 Case # 21-5354AV

FORMS MAY also be obtained online at www.georgiamagistratecouncil.com.

PUBLIC NOTICE #300421 01/16,23

SELLARS WRECKER SERVICE NOTICE OF ABANDONED VEHICLES:

• **2013 FORD TAURUS**
1FAHP2E89DG214495
• **2011 CHEVROLET**
MALIBU 1G12A5EUBF159587
• **2007 SUZUKI GSX-R750**
JS1GR7KAZ72107675
• **2005 HARLEY**
DAVIDSON 1HD1FYW155Y625714
• **2007 VOLKSWAGON**
JETTA 3VWEG71K67M192085

PUBLIC NOTICE #300420

Alcoholic Beverage

NOTICE IS hereby given that an application has been made to the Newton County Board of Commissioners to obtain a license to sell alcoholic beverages (beer and wine) for off-premises consumption by:

NAME OF Store (Print): Circle K #269

NAME OF Licensee (Print Full Name): Shams Nanji

STORE LOCATION (Print Full Address): 5485 Highway 81, Covington, Georgia 30016

OCCUPATION TAX/BUSINESS

The Georgia Department of Natural Resources Wildlife Resources Division is hiring 2 full-time Business Support Analysts in Social Circle.

Please view the DNR Vacancy Announcement at www.gadnr.org/careers for the qualifications, salary information and how to apply for these positions.

Competitive salary plus benefits package included.

License Contact: Tina Waters
BUSINESS LICENSE Clerk
twaters@co.newton.ga.us

PUBLIC NOTICE #300432 01/23,30

Bids

GREENHOUSE FOR Replacement Eastside High School (IFB C-155-02)

THE NEWTON County School System is soliciting sealed bids for the purchase and installation of a greenhouse for the replacement Eastside High School.

INSTRUCTIONS

ALL SOLICITATION documents are located on the School System's e-procurement website at the following link: <https://ncsebid.ionwave.net>

NOTE: YOU must be a registered supplier to obtain solicitation documents and participate in the solicitation. New suppliers must first complete the online registration process by selecting "Supplier Registration" at the link above to register your company, and obtain a username and password. All responses must be submitted electronically utilizing the Newton County School System's e-procurement system.

IF YOU have any questions, please contact the Newton County School System's procurement department at 770-385-6874.

PUBLIC NOTICE #300453 01/23

ADVERTISEMENT FOR BIDS CR 511/BROWN BRIDGE ROAD OVER YELLOW RIVER PI 0015096

**NEWTON COUNTY BOARD OF COMMISSIONERS
BID #22-10**

SEALED BIDS for the CR 511/BROWN BRIDGE ROAD OVER YELLOW RIVER Project will be received electronically by the Newton County Board of Commissioners until 2:00 PM, Local Time on February 8th, 2022. All proposals must be submitted through Bonfire's electronic submission portal. The project consists of replacing the existing bridge over the Yellow River.

ALL BIDS must be accompanied by a Bid Bond in an amount not less than ten percent (10%) of the Base Bid. Performance Bond in the amount of one hundred percent (100%) of the contract amount will be required of the successful bidder. A Payment Bond in the amount of one hundred and ten percent (110%) will also be required of the successful bidder. Bonds must be written by an acceptable Surety Company licensed to do business in the State of Georgia and listed in the Department of the Treasury, Circular 570, latest edition.

NOTE: CONTRACTOR and all subcontractors must be fully insured and be Licensed Contractors in the State of Georgia.

INSURANCE: CONTRACTOR shall maintain insurance as specified in the Construction Services Agreement included in the Bidding Documents.

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

NEWTON COUNTY reserves the right to reject any or all bids, including without limitation, the right to reject any and all nonconforming, non-responsive, unbalanced or conditional bids and to reject the bid of any bidder whom Owner believes would not be in the best interest of the Project to make an award to that bidder whether because the bid is not responsive, the bidder is unqualified, or of doubtful financial ability or fails to meet any other pertinent standard or criteria established by the Owner .
NEWTON COUNTY in accordance with Title VI of the Civil Rights Act of 1964 and 78 Stat. 252, 42 USC 2000d-42 and Title 49, Code of Federal Regulations, Department of Transportation, Subtitle A, Office of the Secretary, part 21, nondiscrimination in federally assisted programs of the Department of Transportation issued pursuant to such Act, hereby notifies all bidders that it will affirmatively ensure that in any contract entered into pursuant to this advertisement, minority business enterprises will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, sex, or national origin in consideration for an award.

DIGITAL COPIES of the CONTRACT DOCUMENTS, specifications, and drawings may be obtained at the Newton County Procurement Portal website, www.co.newton.ga.us, at no charge. Please direct any questions regarding the CONTRACT DOCUMENTS or access to the Procurement Portal to Randi Fincher at 678-625-1237 or rfincher@co.newton.ga.us. Answers to all questions shall be provided a minimum of 72 hours prior to the time of the bid.

**JANUARY, 2022
NEWTON COUNTY** Board of Commissioners

PUBLIC NOTICE #300406 1/9,16,23

Citations

CITATION

RE: AMBROSE WILLIAM GUY, DECEASED

REBECCA E. SOMMA, ADMINISTRATOR has petitioned

to be discharged from Office and all Liability. All interested parties are hereby notified to show causes as to why said petition should not be granted. All objections must be in writing and filed with this Court on or before February 7, 2022 at ten o'clock a.m.

**MELANIE M. BELL, JUDGE
BY MARCIA WYNNE, CLERK
PROBATE COURT
NEWTON COUNTY, GA**

NEWTON COUNTY PROBATE COURT 1132 USHER STREET COVINGTON, GA 30014

PUBLIC NOTICE # 300354 1/23

CITATION

AMEEN R. HALL has petitioned to be appointed Administrator of the Estate of **EARL KIM HALL** deceased. (The applicant has also applied for waiver of bond and/or grant of certain powers contained in O.C.G.A. 53-12-232). All interested parties are hereby notified to show cause why said application should not be granted. All objection must be in writing, and filed with this Court on or before FEBUARY 7, 2022, next, at ten o'clock a.m.

**MELANIE M. BELL, JUDGE
MARCIA WYNNE, CLERK PROBATE COURT NEWTON COUNTY, GEORGIA**

NEWTON COUNTY PROBATE COURT 1132 USHER STREET-148 COVINGTON, GA 30014

PUBLIC NOTICE #300397 1/9,16,23,30

CITATION

CHRISTOPHER ALAN FREEMAN has petitioned to be appointed Administrator of the Estate of **GAYNELL GORDON FREEMAN** deceased. (The applicant has also applied for waiver of bond and/or grant of certain powers contained in O.C.G.A. 53-12-232). All interested parties are hereby notified to show cause why said application should not be granted. All objection must be in writing, and filed with this Court on or before FEBUARY 7, 2022, next, at ten o'clock a.m.

**MELANIE M. BELL, JUDGE
MARCIA WYNNE, CLERK PROBATE COURT NEWTON COUNTY, GEORGIA**

NEWTON COUNTY PROBATE COURT 1132 USHER STREET-148 COVINGTON, GA 30014

PUBLIC NOTICE #300392 1/9,16,23,30

CITATION

JERRIE NORRIS BROOKS has petitioned to be appointed Administrator of the Estate of **CHARLES BROOKS, JR** deceased. (The applicant has also applied for waiver of bond and/or grant of certain powers contained in O.C.G.A. 53-12-232). All interested parties are hereby notified to show cause why said application should not be granted. All objection must be in writing, and filed with this Court on or before FEBUARY 7, 2022, next, at ten o'clock a.m.

**MELANIE M. BELL, JUDGE
MARCIA WYNNE, CLERK PROBATE COURT NEWTON COUNTY, GEORGIA**

NEWTON COUNTY PROBATE COURT 1132 USHER STREET-148 COVINGTON, GA 30014

PUBLIC NOTICE #300405 1/9,16,23,30

CITATION

KEVEN BERNARD SLOAN has petitioned to be appointed Administrator of the Estate of **KIMBERLY TINETTE HOWARD-SLOAN** deceased. (The applicant has also applied for waiver of bond and/or grant of certain powers contained in O.C.G.A. 53-12-232). All interested parties are hereby notified to show cause why said application should not be granted. All objection must be in writing, and filed with this Court on or before FEBUARY 7, 2022, next, at ten o'clock a.m.

MELANIE M. BELL, JUDGE

LEGALS:
Continued from B2

TEN O'CLOCK a.m.

MELANIE M. BELL, JUDGE
MARCIA WYNNE, CLERK
PROBATE COURT
NEWTON COUNTY, GEORGIA

NEWTON COUNTY PROBATE COURT
1132 USHER STREET-148
COVINGTON, GA 30014

PUBLIC NOTICE #300394
1/9,16,23,30

CITATION

MICHAEL ALLEN TURPIN has petitioned to be appointed Administrator of the Estate of **ROCKY ALLEN TURPIN** deceased. (The applicant has also applied for waiver of bond and/or grant of certain powers contained in O.C.G.A 53-12-232). All interested parties are hereby notified to show cause why said application should not be granted. All objection must be in writing, and filed with this Court on or before FEBUARY 7, 2022, next, at ten o'clock a.m.

MELANIE M. BELL, JUDGE
MARCIA WYNNE, CLERK
PROBATE COURT
NEWTON COUNTY, GEORGIA

NEWTON COUNTY PROBATE COURT
1132 USHER STREET-148
COVINGTON, GA 30014

PUBLIC NOTICE #300393
1/9,16,23,30

CITATION

PAUL TAYLOR has petitioned to be appointed Administrator of the Estate of **DANA MOZELLE TAYLOR** deceased. (The applicant has also applied for waiver of bond and/or grant of certain powers contained in O.C.G.A 53-12-232). All interested parties are hereby notified to show cause why said application should not be granted. All objection must be in writing, and filed with this Court on or before FEBUARY 7, 2022, next, at ten o'clock a.m.

MELANIE M. BELL, JUDGE
MARCIA WYNNE, CLERK
PROBATE COURT
NEWTON COUNTY, GEORGIA

NEWTON COUNTY PROBATE COURT
1132 USHER STREET-148
COVINGTON, GA 30014

PUBLIC NOTICE #300237
1/9,16,23,30

CITATION

PRINCE ADESIYAN has petitioned to be appointed Administrator of the Estate of **DASOLA S. ADESIYAN** deceased. (The applicant has also applied for waiver of bond and/or grant of certain powers contained in O.C.G.A 53-12-232). All interested parties are hereby notified to show cause why said application should not be granted. All objection must be in writing, and filed with this Court on or before FEBUARY 7, 2022, next, at ten o'clock a.m.

MELANIE M. BELL, JUDGE
MARCIA WYNNE, CLERK
PROBATE COURT
NEWTON COUNTY, GEORGIA

NEWTON COUNTY PROBATE COURT
1132 USHER STREET-148
COVINGTON, GA 30014

PUBLIC NOTICE #300408
1/9,16,23,30

CITATION

RE: ESTATE of CLEVELAND JOHNSON, DECEASED

TAMARCUS S. JOHNSON, ADMINISTRATOR has petitioned to be discharged from Office and all Liability. All interested parties are hereby notified to show cause as to why said petition should not be granted. All objections must be in writing and filed with this Court on or before FEBRUARY 7, 2022 at ten o'clock am.

MELANIE M. Bell, Judge By: Marcia Wynne, Clerk Probate Court
NEWTON COUNTY, GA

NEWTON COUNTY PROBATE COURT
1132 USHER STREET
COVINGTON, GA 30014

PUBLIC NOTICE #300410
1/23

CITATION

RE: ESTATE of SANDRA L. WHITNEY, DECEASED

PAMELAT. WILLIAMS, EXECUTRIX, has petitioned to be discharged from Office and all Liability. All interested parties are hereby notified to show cause as to why said petition should not be granted. All objections must be in writing and filed with this Court on or before FEBRUARY 7, 2022 at ten o'clock am.

MELANIE M. Bell, Judge By: Marcia Wynne, Clerk Probate Court
NEWTON COUNTY, GA

NEWTON COUNTY PROBATE COURT
1132 USHER STREET
COVINGTON, GA 30014

PUBLIC NOTICE #300425
01/23

CITATION

ROBERT A BELL has petitioned to be appointed Administrator of the Estate of **MARY EVELYN BELL** deceased. (The applicant has also applied for waiver of bond and/or grant of certain powers contained in O.C.G.A 53-12-232). All interested parties are hereby notified to show cause why said application should not be granted. All objection must be in writing, and filed with this Court on or before FEBUARY 7, 2022, next, at ten o'clock a.m.

MELANIE M. BELL, JUDGE
MARCIA WYNNE, CLERK
PROBATE COURT
NEWTON COUNTY, GEORGIA

NEWTON COUNTY PROBATE

COURT
1132 USHER STREET-148
COVINGTON, GA 30014

PUBLIC NOTICE #300353
1/9,16,23,30

CITATION

SHARETHA L. SHEPHERD has petitioned to be appointed Administrator of the Estate of **MELINDA ANN SHEPPARD** deceased. (The applicant has also applied for waiver of bond and/or grant of certain powers contained in O.C.G.A 53-12-232). All interested parties are hereby notified to show cause why said application should not be granted. All objection must be in writing, and filed with this Court on or before FEBUARY 7, 2022, next, at ten o'clock a.m.

MELANIE M. BELL, JUDGE
MARCIA WYNNE, CLERK
PROBATE COURT
NEWTON COUNTY, GEORGIA

NEWTON COUNTY PROBATE COURT
1132 USHER STREET-148
COVINGTON, GA 30014

PUBLIC NOTICE #300391
1/9,16,23,30

CITATION

THERESA ROBINSON has petitioned to be appointed Administrator of the Estate of **ROBERT GUY ROBINSON JR** deceased. (The applicant has also applied for waiver of bond and/or grant of certain powers contained in O.C.G.A 53-12-232). All interested parties are hereby notified to show cause why said application should not be granted. All objection must be in writing, and filed with this Court on or before FEBUARY 7, 2022, next, at ten o'clock a.m.

MELANIE M. BELL, JUDGE
MARCIA WYNNE, CLERK
PROBATE COURT
NEWTON COUNTY, GEORGIA

NEWTON COUNTY PROBATE COURT
1132 USHER STREET-148
COVINGTON, GA 30014

PUBLIC NOTICE #300396
1/9,16,23,30

CITATION

THOMAS MICHAEL MAHER has petitioned to be appointed Administrator of the Estate of **JILL FRITZ MAHER** deceased. (The applicant has also applied for waiver of bond and/or grant of certain powers contained in O.C.G.A 53-12-232). All interested parties are hereby notified to show cause why said application should not be granted. All objection must be in writing, and filed with this Court on or before FEBRUARY 7, 2022, next, at ten o'clock a.m.

MELANIE M. BELL, JUDGE
MARCIA WYNNE, CLERK
PROBATE COURT
NEWTON COUNTY, GEORGIA

NEWTON COUNTY PROBATE COURT
1132 USHER STREET-148
COVINGTON, GA 30014

PUBLIC NOTICE #300325
1/9,16,23,30

CITATION

TIMOTHY LEE ALBRITTON has petitioned to be appointed Administrator of the Estate of **SANDRA ALBRITTON** deceased. (The applicant has also applied for waiver of bond and/or grant of certain powers contained in O.C.G.A 53-12-232). All interested parties are hereby notified to show cause why said application should not be granted. All objection must be in writing, and filed with this Court on or before FEBRUARY 7, 2022, next, at ten o'clock a.m.

MELANIE M. BELL, JUDGE
MARCIA WYNNE, CLERK
PROBATE COURT
NEWTON COUNTY, GEORGIA

NEWTON COUNTY PROBATE COURT
1132 USHER STREET-148
COVINGTON, GA 30014

PUBLIC NOTICE #300324
1/9,16,23,30

CITATION

TINA M. DOVE has petitioned to be appointed Administrator of the Estate of **MARY LOUSIE DOVE** deceased. (The applicant has also applied for waiver of bond and/or grant of certain powers contained in O.C.G.A 53-12-232). All interested parties are hereby notified to show cause why said application should not be granted. All objection must be in writing, and filed with this Court on or before FEBUARY 7, 2022, next, at ten o'clock a.m.

MELANIE M. BELL, JUDGE
MARCIA WYNNE, CLERK
PROBATE COURT
NEWTON COUNTY, GEORGIA

NEWTON COUNTY PROBATE COURT
1132 USHER STREET-148
COVINGTON, GA 30014

PUBLIC NOTICE #300352
1/9,16,23,30

NOTICE OF SALE UNDER POWER, NEWTON COUNTY

PURSUANT TO the Power of Sale contained in a Security Deed given by **Letitia D. Barber** to Mortgage Electronic Registration Systems, Inc., as grantee, as nominee for The American Eagle Mortgage Co, LLC, a Limited Liability Company, its successors and assigns dated 2/18/2015 and recorded in Deed Book 3305 Page 35 and modified at Deed Book 3730 Page 412 Newton County, Georgia records; as last transferred to or acquired by PennyMac Loan Services, LLC, conveying the after-described property to secure a Note in the original principal amount of \$142,373.00, with interest at the rate specified therein, there will be sold by the undersigned at public outcry to the highest bidder for cash before the Courthouse door of Newton County, Georgia (or such other area as

CLUES ACROSS

1. Brew

4. NY ballplayer

7. Rigid external covering in some animals

12. Promotional materials

15. More high-pitched

16. Widely cultivated cereal

18. Dormitory employee

19. Bad act

20. One's mother

21. Scored perfectly

24. Space station

27. Exchange for money

30. Edible seaweed

31. Iranian city

33. Lakers' crosstown rivals

34. Nothing

35. Spiritual leader of a Jewish congregation

37. __ student, learns healing

39. Military official (abbr.)

41. Matchstick games

42. Gasteyer and De Armas are two

44. Distant planet

47. A type of residue

48. Punk art icon Jimmy De __

49. Millihenry

50. Canadian media firm

52. Type of withdrawal

53. Spicy

56. Dish of minced meat or fish

61. Noted previously

63. Happily

64. "Partridge" actress Susan

65. Not present

CROSSWORD

Puzzle

CLUES DOWN

1. In a way, brought to an end

2. Scandalized actress Loughlin

3. This (Spanish)

4. Essay

5. Continuing indefinitely

6. Tool for lifting food

7. Partner to Adam

8. Dry white wine drink

9. Spanish be

10. Smaller quantity

11. Last or greatest in an indefinitely large series

12. (Scottish) island

13. Church officer

14. Large wrestler

17. Polite address for women

designated by Order of the Superior Court of said county), within the legal hours of sale on March 1, 2022 (being the first Tuesday of said month unless said date falls on a Federal Holiday, in which case being the first Wednesday of said month), the following described property: **ALL THAT** tract or parcel of land lying and being in Land Lot 166 of the 10th District, Newton County, Georgia, being known as Lot 44 of Bermuda Run Subdivision, Unit Two, as per plat of same of record at Plat Book 33, Pages 207 thru 209, Newton County, Georgia Records. Said plat is specifically incorporated herein by reference and made a part hereof for a more complete and accurate legal description. **THE DEBT** secured by said Security Deed has been and is hereby declared due because of, among other possible events of default, failure to pay the indebtedness as and when due and in the manner provided in the Note and Security Deed. The debt remaining in default, this sale will be made for the purpose of paying the same and all expenses of this sale, as provided in the Security Deed and by law, including attorney's fees (notice of intent to collect attorney's fees having been given). **SAID PROPERTY** is commonly known as **35 Bermuda Way, Covington, GA 30016** together with all fixtures and personal property attached to and constituting a part of said property, if any. To the best knowledge and belief of the undersigned, the party (or parties) in possession of the subject property is (are): Letitia D. Barber or tenant or tenants.

PENNYMAC LOAN Services, LLC is the entity or individual designated who shall have full authority to negotiate, amend and modify all terms of the mortgage. **PENNYMAC LOAN** Services, LLC **LOSS MITIGATION** **3043 TOWNSGATE** Road #200, Westlake Village, CA 91361 **1-866-549-3583** **NOTE, HOWEVER,** that such entity or individual is not required by law to negotiate, amend or modify the terms of the loan.

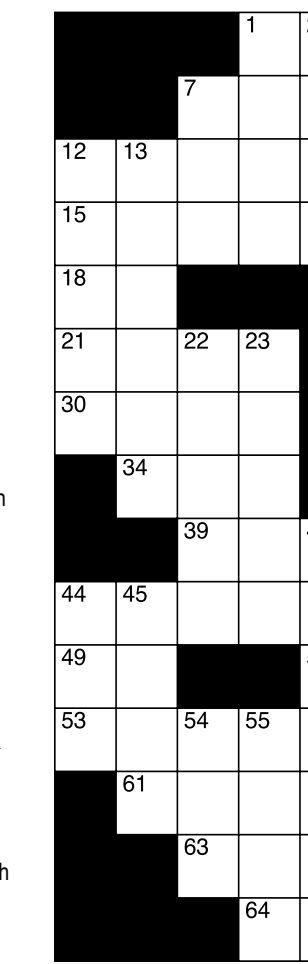
SAID PROPERTY will be sold subject to: (a) any outstanding ad valorem taxes (including taxes which are a lien, but not yet due and payable), (b) unpaid water or sewage bills that constitute a lien against the property whether due and payable or not yet due and payable and which may not be of record, (c) the right of redemption of any taxing authority, (d) any matters which might be disclosed by an accurate survey and inspection of the property, and (e) any assessments, liens, encumbrances, zoning ordinances, restrictions, covenants, and matters of record superior to the Security Deed first set out above.

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. Pursuant to O.C.G.A. Section 9-13-172.1, which allows for certain procedures regarding the rescission of judicial and non-judicial sales in the State of Georgia, the Deed Under Power and other foreclosure documents may not be provided until final confirmation and audit of the status of the loan as provided immediately above.

PENNYMAC LOAN Services, LLC as agent and Attorney in Fact for Letitia D. Barber **ALDRIDGE PITE, LLP**, 15 Piedmont Center, 3575 Piedmont Road, N.E., Suite 500, Atlanta, Georgia 30305, (404) 994-7637. **1131-005A** **THIS LAW FIRM MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.** 1131-005A

PUBLIC NOTICE #300432
01/23,30-2/6,13,20

THE PETITION OF JERRIE NORRIS BROOKS widow of **CHARLES BROOKS, JR.** deceased, for Twelve



22. Famed Susan Lucci character " __ Kane"
23. Mason __ Line
24. Disfigure
25. Asian nation
26. Rage (Span.)
28. Khoikhoi peoples
29. Opera solo
32. Database management system
36. Similar
38. Move up and down playfully
40. Alfalfa
43. Satisfied
44. Baseball official
45. Large, flightless bird of S. America
46. Money given in support

Month's Support for having been duly filed, all interested parties are hereby notified to show cause why said petition should not be granted. All objections must be in writing and filed with this Court on or before February 7, 2022, at ten o'clock a.m.

MELANIE M. BELL, JUDGE
BY: MARCIA Wynne, Clerk
PROBATE COURT Newton County Georgia

NEWTON COUNTY PROBATE COURT
1132 USHER ST RM 148
COVINGTON, GA 30014

PUBLIC NOTICE #300395
1/9,16,23,30

THE PETITION of Twala Fair widow of Lawrence Russell Fair, deceased, for Twelve Month's Support for having been duly filed, all interested parties are hereby notified to show cause why said petition should not be granted. All objections must be in writing and filed with this Court on or before February 7, 2022, at ten o'clock a.m.

MELANIE M. BELL, JUDGE
BY: MARCIA Wynne, Clerk
PROBATE COURT Newton County Georgia

NEWTON COUNTY PROBATE COURT
1132 USHER ST RM 148
COVINGTON, GA 30014

PUBLIC NOTICE #300326
1/9,16,23,30

Debtors Creditors

ALL CREDITORS of the estate of **CHARLES DONALD WALKER** late of Newton County, deceased, are hereby notified to render their demands to the undersigned according to law, and all persons indebted to said estate are required to make immediate payment to: **NAME OF Executor: DONALD SCOTT WALKER**
ADMINISTRATOR'S ADDRESS:

DONALD SCOTT WALKER
111 BARRINGTON FARMS
PARKWAY SHARPSBURG, GA 30277
C/O SHANNON D. Sneed Attorney at Law P.O.Box 1245
COVINGTON, GA 30015

THIS 18TH day of January, 2022

PUBLIC NOTICE #300438
01/23,30-2/6,13

ALL CREDITORS of the estate of **RICHARD GEORGE SULLIVAN** late of Newton County, deceased, are hereby notified to render their demands to the undersigned according to law, and all persons indebted to said estate are required to make immediate payment to: **NAME OF Executor: KATHERINE ANNE SULLIVAN HERREN**
EXECUTOR ADDRESS:

DONALD SCOTT WALKER
55 BEAR CREEK COURT
COVINGTON, GA 30014

C/O SHANNON D. Sneed Attorney at Law P.O.Box 1245
COVINGTON, GA 30015

THIS 18TH day of January 2022

PUBLIC NOTICE #300439
01/23,30-2/6,13

NOTICE TO CREDITORS AND DEBTORS

ALL CREDITORS of the estate of **CHERYL LYN DELK** deceased, late of Newton County, Georgia are hereby notified to render their demands to the undersigned according to law, and all persons indebted to said estate are required to make immediate payment to the

undersigned.
THIS DAY of January 2022

CHARLES FREDERICK Franklin EXECUTOR OF the Estate of CHERYL Lyn Delk
C/O ROBERT H. Stansfield, Esq. GREER, STANSFIELD & Turner, LLP
P.O. BOX 1617
COVINGTON, GEORGIA 30015-1617
(770) 786-4390

PUBLIC NOTICE #300423
01/16,23,30-2/6

NOTICE TO CREDITORS AND DEBTORS

ALL CREDITORS of the estate of **W. KENT CAMPBELL, SR.** deceased, late of Newton County, Georgia are hereby notified to render their demands to the undersigned according to law, and all persons indebted to said estate are required to make immediate payment to the undersigned.
THIS DAY of January 2022

W. KENT Campbell, Jr. and Ashley C. Hamlett Co- Executors of the Estate of W. Kent Campbell Sr.
C/O FRANK B. Turner Jr., Esq. GREER, STANSFIELD & Turner, LLP
P.O. BOX 1617
COVINGTON, GEORGIA 30015-1617
(770) 786-4390

PUBLIC NOTICE #300377
1/2,9,16,23

NOTICE TO DEBTORS AND CREDITORS

NOTICE IS hereby given to the debtors and creditors of the Estate of **Glenda June Holland** deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law. This the 29TH day of DECEMBER 2021 John David Wills 4019 Estate Beeston Hill Christiansted VI 00800

PUBLIC NOTICE #300374
1/2,9,16,23

NOTICE TO DEBTORS AND CREDITORS

NOTICE IS hereby given to the debtors and creditors of the Estate of **JEFFREY M. HOBBS** deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law. This the 4th day of JANUARY 2022

DAMON B. HOBBS, 1901 LONG CREEK FALLS, GROVETOWN, GA 30813

PUBLIC NOTICE #300390
1/9,16,23,30

NOTICE TO DEBTORS AND CREDITORS

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

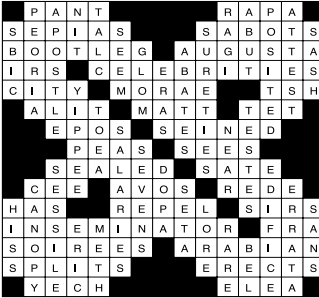
SIDNEY NORTON
216 BROADLANDS DR
EATONTON, GA 31024

PUBLIC NOTICE #300381
1/2,9,16,23

NOTICE TO DEBTORS AND CREDITORS

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

LAST WEEK'S SOLUTION:



according to law.
THIS THE 21ST day of DECEMBER 2021

KEAIRA KELLY
304 MILL ST
GREENSBORO, GA 30642

PUBLIC NOTICE #300355
1/2,9,16,23

NOTICE TO DEBTORS AND CREDITORS

NOTICE IS hereby given to the debtors and creditors of the Estate of **FREDERICK L. GILES** deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law. **THIS THE 21ST** day of DECEMBER 2021

CRYSTLE GILES
960 REDAN TRAIL
STONE MOUNTAIN GA 30088

PUBLIC NOTICE #300362
1/2,9,16,23

NOTICE TO DEBTORS AND CREDITORS

NOTICE IS hereby given to the debtors and creditors of the Estate of **GEORGE ERNEST HOUGH** deceased, late of Newton County, Georgia. You are required to render your demands and/or make payments to the undersigned estate representative according to law. **THIS THE 21TH** day of DECEMBER 2021

AMANDA SALLEY
7859 PEPPERCON LANE
NORTH CHARLESTON, SC 29420

PUBLIC NOTICE #300359
1/2,9,16,23

NOTICE TO DEBTORS AND CREDITORS

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

JAMES SMITH
630 WEST HIGHTOWER TRAIL
CONYERS, GA 30012

PUBLIC NOTICE #300382
1/2,9,16,23

NOTICE TO DEBTORS AND CREDITORS

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

JOHN WILLIS
4019 ESTATE BEESTON HILL
VI 00820

PUBLIC NOTICE #300357
1/2,9,16,23

NOTICE TO DEBTORS AND CREDITORS

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

LEGALS:

Continued from B4

PLACE CHANGES may contact Angela White-Davis, Director, Newton County Elections and Registration Office at 770-784-2055 via email **AT ELECTIONS@CO.NEWTON.GA.US.**

NOTICE OF Changes to Election Day Polling Places:
THE NEWTON County Board of Elections and Registration does hereby provide notice, as required in O.C.G.A. § 21-2-265 (a) of the proposed polling place changes of the Election Day precinct Almon from Almon Community House to Newton Baptist Church, located at 720 Jack Neely Rd, Covington GA 30016; of the Election Day precinct Livingston from County Line Baptist Church to Canaan Baptist Church, located at 5581 Salem Rd, Covington GA 30016; of the Election Day precinct Gum Creek from Gum Creek Precinct Building to Church of Covington, located at 11975 Highway 142, Oxford GA 30054; and of the Election Day precinct Crowell from The Potter's House to Salem United Methodist Church, located at 3962 Salem Rd, Covington GA 30016.

PUBLIC NOTICE #300432
01/23,30

COMPETITIVE COST SEALED PROPOSALS

SEALED PROPOSALS for the Water Meter Replacement will be received until February 22, 2022, at 10:00 am. Proposals must be submitted electronically through QuestCDN.com. No paper submissions will be accepted. Proposals shall be published to the QuestCDN website no later than 30 minutes after the closing time. Any Proposal received after said time and date will not be considered by the Owner. No Proposal may be withdrawn after the closing time for the receipt of Proposals for a period of sixty (60) days except as specifically provided in the Instructions to Offerors and/or by State Law. No pre-proposal meeting will be held for this project.

SCOPE OF WORK
THE WORK completed shall consist of furnishing and installing approximately 710-3/4", 1", and 2" water meters including all labor, materials, and appurtenances regarding replacement of existing meters. Meters will be supplied by the Owner.

TIME ALLOTTED for completion of work is 120 calendar days. All Work shall be completed in accordance with the plans and specifications. The Work will be awarded in one (1) Contract.

SPECIFICATIONS AND CONTRACT DOCUMENTS
COMPLETE DIGITAL specifications and contract documents are available at www.QuestCDN.com. Offerors may view the digital plan documents for free by entering the Quest project number 8111255 on the website's project search page. Offerors may download the digital documents for a fee of \$85 payable through the website. Proposals must be submitted electronically at QuestCDN.com. There will be an additional \$30.00 submittal fee. Please contact QuestCDN customer support at 952-233-1632 or info@questcdn.com for assistance in membership registration, downloading and working with digital project information. All other questions may be directed to the issuing office, Carter & Sloope, Inc., Watkinsville, GA, 706-769-4119.

PUBLIC NOTICE #300442
0 1 / 2 3 - 2 / 6

STATE OF SOUTH CAROLINA COUNTY OF BEAUFORT

COLLINS CONSTRUCTION Services, Inc., PLAINTIFF, VS. OKATIE HOTEL Investment, LLC, DEFENDANT

THE COURT OF COMMON PLEAS FIFTH JUDICIAL CIRCUIT
CASE NO.: 2019-CP-07-02070

OKATIE HOTEL Investment, LLC, Plaintiff, VS. COLLINS CONSTRUCTION Services, Inc.; Wildcat Steel & Fabricating, LLC; Ecofoam Insulation & Coatings, of Bluffton, LLC; CGBS Residential, LLC; Quaker Windows & Doors a/k/a Quaker Window Products Co.; James L. Oates, III Enterprises, Inc. a/k/a Oates Plumbing & Heating, Inc.; C&C Enterprises, Inc.; Leonex Construction Group, Inc.; Year Round Pool Co., Inc.; Horizon Roofing, LLC; John Does 1-50; and Jane Does 1-50, SUMMONS

LEONEX CONSTRUCTION Group, Inc. DEFENDANTS
THIRD-PARTY PLAINTIFF, VS. VICTOR GUEVARA a/k/a Victor Manuel Guevara Padilla d/b/a Victor Guevara; Andres Guillen dlh/a Casayas Carpentry, LLC; Andres Guillen a/k/a Andres Guillen Baez; Casayas Construction; Casayas Carpentry Professionals, Inc. a/k/a Casayas Carpentry Professional, Inc. t/k/a Casayas Carpentry, LLC; and Casayas Carpentry, LLC., **THIRD-PARTY DEFENDANTS.**

HORIZON ROOFING, LLC, VS. FOURTH-PARTY PLAINTIFF, BUILT-RITE CONTRACTORS, LLC, and MNS Construction, LLC, FOURTH-PARTY DEFENDANTS.

TO: THE FOURTH-PARTY DEFENDANTS NAMED IN BOLD ABOVE: BUILT-RITE CONTRACTORS, LLC AND MNS CONSTRUCTION, LLC
YOU ARE HEREBY SUMMONED and required to answer the Horizon Roofing, LLC's Amended Answer to

Plaintiff's Complaint and Fourth-Party Complaint Against Built-Rite Contractors, LLC and MNS Construction, LLC, herein, a copy of which is served upon you, and to serve a copy of your written responses to said Complaint on the subscribers at the law office of RICHARDSON PLOWDEN & ROBINSON, P.A., 235 Magrath Darby Blvd., Suite 100, Mt. Pleasant, SC, within thirty (30) days after the date of service hereof, exclusive of the day of service; and if you fail to answer the Amended Answer and Fourth-Party Complaint within the time aforesaid, the Fourth-Party Plaintiff in this action will apply to the Court for the relief demanded in the Fourth-Party Complaint.

RICHARDSON PLOWDEN & ROBINSON, P.A.
S/ JAMES H. Elliott, Jr.
 James H. Elliott, Jr (SC Bar No. 13620)
CAMERON D. Berthelsen (SC Bar No. 104849)
235 MAGRATH Darby Blvd., Ste. 100 Mt Pleasant, SC 29464
PHONE: 843-805-6550
FAX 843-805-6599 jelliott@richardsonplowden.com
S/JAMES H. Elliott, Jr.
JAMES H. Elliott, Jr (SC Bar No. 13620)
CAMERON D. Berthelsen (SC Bar No. 104849)
235)
MT. PLEASANT, SC 29464
PHONE: 843-805-6550
J E L L I O T T @ RICHARDSONPLOWDEN.COM
C E B E R T H E L S E N @ RICHARDSONPLOWDEN.COM

ATTORNEYS FOR HORIZON ROOFING, LLC
JULY 29, 2021
MOUNT PLEASANT, South Carolina

PUBLIC NOTICE #300419
01/16,23,30

UNITED STATES OF AMERICA FEDERAL ENERGY REGULATORY COMMISSION

GEORGIA POWER Company
 Project No. 2336-101
NOTICE OF APPLICATION TENDERED FOR FILING WITH THE COMMISSION AND ESTABLISHING PROCEDURAL SCHEDULE FOR LICENSING AND DEADLINE FOR SUBMISSION OF FINAL AMENDMENTS (JANUARY 14, 2022)
TAKE NOTICE that the following hydroelectric application has been filed with the Commission and is available for public inspection.
A. TYPE of Application: New Major License
B. PROJECT No.: 2336-101
C. DATE Filed: January 3, 2022
D. APPLICANT: Georgia Power Company (Georgia Power)
E. NAME of Project: Lloyd Shoals Hydroelectric Project (Lloyd Shoals Project)
F. LOCATION: The Lloyd Shoals Project is located on the Ocmulgee River in Butts, Henry, Jasper, and Newton Counties, Georgia. The project does not occupy any federal land.
G. FILED Pursuant to: Federal Power Act, 16 U.S.C. §§ 791 (a)-825(r).
H. APPLICANT Contact: Courtenay O'Mara, Hydro Licensing & Compliance Supervisor; Georgia Power Company; 241 Ralph McGill Boulevard N.E.; Bin 10193; Atlanta, Georgia 30308-3374; (404) 506-7219, or email at cromara@southernco.com.
I. FERC Contact: Navreet Deo at (202) 502-6304, or e-mail at navreet.deo@ferc.gov.
J. THIS application is not ready for environmental analysis at this time.
K. THE Lloyd Shoals Project consists of: (1) the 4,750-acre Lake Jackson at normal pool elevation of 530 feet Plant Datum (PD) with a gross storage capacity of 107,000 acre-feet; (2) a 1,600-foot-long, 106-foot-high concrete gravity dam consisting of a 143-foot-long non-overflow section, a 198-foot-long powerhouse intake section with six, 12-foot-high by 12 foot wide octagonal water passages supplying the generating units, a 728.5 foot-long spillway section consisting of a trash gate and an Obermeyer gate system, and a 530-foot-long earth embankment tie-in; (3) a concrete and brick powerhouse containing six horizontal Francis turbine-generator units, each rated at **3.0-MEGAWATTS (MW)**, for a total authorized installed capacity of 18-MW; (4) a 2,100-foot-long saddle dike approximately 3,000 feet upstream of the east end of the main dam; (5) a 500-foot-long auxiliary spillway, topped with 10-foot-high flashboards, located 900 feet southwest of the main dam, which includes a 560-foot-long, 6-foot-high sacrificial earth embankment; (6) two 2.3-kilovolt generator leads connecting the powerhouse to a substation located at the west dam abutment; and (7) appurtenant facilities. Georgia Power proposes no modifications to existing project facilities.

THE LLOYD Shoals Project operates in a modified run-of-river mode to generate power during peak demand. Reservoir elevations are maintained between 530 feet PD and 527 feet PD year-round, excluding planned drawdowns and drought. The project provides a continuous minimum flow of 400 cubic feet per second (cfs), or inflow, to the Ocmulgee River downstream for the protection and enhancement of fish and wildlife resources and other downstream resources. Georgia Power proposes no changes to project operation.
GEORGIA POWER proposes environmental measures to improve and enhance water quality, aquatic habitat, and recreation facilities. Georgia Power also proposes plans for protection of shoreline resources and historic properties.
L. A copy of the application can be viewed on the Commission's website at <http://www.ferc.gov>, using the "eLibrary" link. Enter the docket number, excluding the last three digits in the docket number field, to access the document. At this time, the Commission has suspended access to the Commission's Public Reference Room due to the proclamation declaring a National Emergency concerning the Novel Coronavirus Disease (COVID-19) issued on March 13, 2020. For

assistance, contact FERC at FERCOnlineSupport@ferc.gov, or call toll-free, (866) 208-3676 or (202) 502-8659 (TTY).
M. YOU may also register online at <http://www.ferc.gov/docs-filing/esubscription.asp> to be notified via email of new filings and issuances related to this or other pending projects. For assistance, contact FERC Online Support.
N. PROCEDURAL schedule: The application will be processed according to the following preliminary schedule. Revisions to the schedule will be made as appropriate.
MILESTONE
TARGET DATE
ISSUE DEFICIENCY Letter (if necessary) January 2022
REQUEST **ADDITIONAL** Information (if necessary) February 2022
NOTICE OF Acceptance/Notice of Ready for Environmental Analysis March 2022
O. FINAL amendments to the application must be filed with the Commission no later than 30 days from the issuance date of the notice of ready for environmental analysis.
KIMBERLY D. Bose, SECRETARY.

PUBLIC NOTICE #300448
01/23

Public Sales Auctions

PUBLIC SALE/ Auction

NOTICE IS hereby given that Dixie Self Storage located at: 1447 Access Road, Covington, Ga. 30014. The Undersigned intend to sell household

goods and **PERSONAL PROPERTY** to enforce imposed lien on said property pursuant to the Georgia Self Storage Facility Act, Georgia Code Section 10-1-210 to 10-4-215. The undersigned will sell at Public Sale to the highest bidder on:
DATE **FEBRUARY** 4, 2022
Time
11:00 AM
UNIT 1032 Gregory Carraway
UNIT 4042 Gregory Carraway
UNIT 2010 Shai Dunhem
UNIT 2022 Syretta Fisher
UNIT 7001 John Morris
UNIT 3037 Yulandra Mitchell
SALE IS subject to cancellation in the event of settlement.
CALL 770-787-3039.

PUBLIC NOTICE #300411
1/9,16

NOTICE OF SALE

NORTON'S E-Z Storage will hold a public sale to enforce a lien imposed on said property, as described below, pursuant to the Georgia Self Storage Facility Act, Georgia Code 10-4-213 at Norton's E-Z Storage 7101 Turner Lake Circle, Covington, GA (770) 784-9110 on Saturday, **FEBRUARY 12, 2022** at 10:00 A.M. Said property will be sold without warranties as to condition or workability. Management reserves the right to refuse any bid or withdraw any unit from the sale.

TENANT, UNIT

MCLAUGHIN, BARRY 9 LACKEY, JASON

15
ALLISON, CHRISTINE
 17
JENKINS, MICHAEL
 73,105,135
HOLLOWAY, TAMMY 74
TEAL, BARBARA
 88
JONES, SHARON
 94
MURRAY, ANGELA
 100
GREEN, KAYLA
 101, 170
PERRY, SANTRESA
 106
MCGUIRE, CINDY
 137
ASHLEY, ANGELA
 146
SIMON, DALE
 162
HEARD, TERRY
 163
SHY, SOKITHIA
 186, 191
COBB, MOSES Sr.
 189

PUBLIC NOTICE #300437
01/24,30

Trade Names

TRADE NAME
REGISTRATION
AFFIDAVIT
GEORGIA, NEWTON COUNTY

TO WHOM It may Concern:
PLEASE BE advised that **TAYLOR E. ROBERSON** whose address is 75 PEBBLE WAY COVINGTON GA 30016 is/are the owner(s) of the certain business now being carried on at 75 PEBBLE WAY COVINGTON GA 30016 In the following trade

name, to-wit: **THE GRACE GROUP** and that the nature of said business is: **HUMAN RESOURCES CONSULTING** This statement is made in conformity with O.C.G.A. §10-1-490 et seq. requiring the filing of such statement with the Clerk of Superior Court of this county. **THIS 7TH** day of **JANUARY 2022**

PUBLIC NOTICE #300417
01/16,23

TRADE NAME
REGISTRATION
AFFIDAVIT
GEORGIA, NEWTON COUNTY

TO WHOM It may Concern:
PLEASE BE advised that **TIMOTHY GAWENDA** whose address is 155 RIVERBEND DR COVINGTON GA 30014 is/are the owner(s) of the certain business now being carried on at 155 RIVERBEND DR COVINGTON GA 30014 In the following trade name, to-wit: **ATLAS PRECISION CONCRETE** and that the nature of said business is: **CONCRETE CONTRACTOR** This statement is made in conformity with O.C.G.A. §10-1-490 et seq. requiring the filing of such statement with the Clerk of Superior Court of this county. **THIS 7TH** day of **JANUARY 2022**

PUBLIC NOTICE #300412
1/16,23

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The Covington News

THE COVINGTON NEWS' GUIDE TO

Healthy Living



Special to The News

Senior Center members walk along wooded paths near Turner Lake in west Covington.

Senior Center offers outlet for Newton seniors to stay active

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

COVINGTON, Ga. — Newton County has a facility dedicated to encouraging senior residents to stay active.

The county's Senior Services department offers group walks, exercise and sports to keep its members active and fit at its center at 6183 Turner Lake Road in Covington.

The center is a recreation and information

center for seniors that "provides a wide variety of wellness, leisure and social opportunities for residents of Newton County," its website states.

Linda Goddard, activity and volunteer coordinator, organizes the activities and classes for the Senior Center, which requires a membership fee from Newton County residents ages 55 and older.

Goddard said members generally know their

physical limitations when they participate in activities such as exercise classes.

"We have people in our exercise class in the 90s," she said. "Everything is geared toward, basically, what you can do."

The U.S. Centers for Disease Control recommend older adults "move more and sit less throughout the day."

See SENIORS, H5

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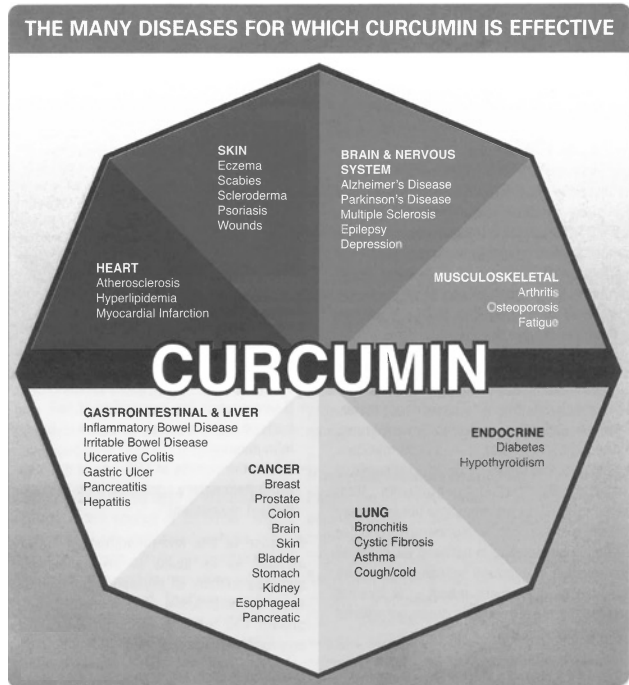
Curcumin, extracted from turmeric, can treat a variety of disease and illness.
WikiCommons

Curcumin: An all-in-one solution for health

Curcumin is the most potent component of turmeric, a plant that has been used in India as both a spice and a medicine for centuries. Besides adding a flavor to Indian curry, turmeric has been part of Ayurvedic medicine for millennia. But there is very little curcumin from turmeric. By extracting curcumin from turmeric, we have an even more powerful way to treat disease. Enhancing the absorption of curcumin by blending in turmeric essential oil has resulted in a natural substance that is as potent — or even more potent — at treating disease than 14 prescription drugs, but without the adverse effects.

Why is curcumin good for so many problems?

One of the reasons that curcumin works so well on such a wide range of diseases is because it is such a powerful anti-inflammatory. We know that almost all chronic diseases — from diabetes to heart disease to cancer to arthritis to Alzheimer’s disease — have something in common: unchecked, destructive inflammation. Unlike synthetic drugs, which typically work against only



a single inflammation pathway, natural curcumin reduces inflammation through its effects on multiple inflammation targets.

In technical terms, curcumin has been found to:

- Suppress activation of Nf-kB, which regulates the expression of pro-inflammatory gene products
- Downregulate COX-2, the enzyme linked to most inflammation
- Inhibit 5-LOX, another pro-inflammatory enzyme
- Downregulate the expression of cell surface adhesion molecules linked to inflammation
- Inhibit the activity of TNF, one of the most pro-inflammatory

cytokines (cell-signaling protein molecules)

Because of this anti-inflammatory activity, as well as its ability to kill tumor cells, increase activity of protective antioxidants such as glutathione, and modulate tumor growth cell factors, curcumin is effective against hundreds of diseases.

Curcumin is also a potent antioxidant, able to neutralize unstable, reactive-free radicals. Free radicals are molecules with a missing electron that stabilize themselves by “stealing” electrons from neighboring molecules, creating another free radical in the process. This chain reaction of free radical formation is known as a free radical

cascade, and it can result in cellular damage (called oxidative stress) leading to inflammation and chronic disease — including cancer. Free radicals can negatively impact all body systems, including the immune system. Curcumin, like other antioxidants, is able to stop free radical cascades without becoming unstable itself. Its ability to neutralize free radicals is extraordinarily strong. In fact, a specially prepared extract of curcumin has an antioxidant value of over 1.5 million per 100 grams. The dual properties of curcumin as both anti-inflammatory and super antioxidant contribute to its reputation as an extremely powerful natural medicine.

Bottom Line

Curcumin can be used to effectively treat almost every disease or illness, including cancer, heart disease, bronchitis and asthma, depression, Alzheimer’s disease, rheumatoid arthritis and osteoarthritis, irritable bowel syndrome, diabetes, leukemia, cirrhosis, psoriasis, wounds and fatigue.

Content from Terry Talks Nutrition via Natural Path/Family Health Food Store.

Healthy habits worth making your routine

A person’s habits can have a strong impact on his or her overall health. Unhealthy habits like smoking and living a sedentary lifestyle can increase a person’s risk for various conditions and diseases. On the flip side, healthy habits like eating a nutritious diet and getting enough sleep can bolster a person’s immune system and reduce his or her risk for various ailments.

Some healthy habits, like daily exercise, can be time-consuming. Busy adults may not have time to exercise vigorously each day, though the U.S. Department of Health and Human Services urges men and women to find time for at least 150 minutes of moderate-intensity aerobic activity each week. But not all healthy habits take up time. In fact, adults can incorporate various healthy practices into their daily routines without skipping a beat.

- Take the stairs. Taking the stairs instead of the elevator can have a profound effect on overall health. According to Duke University, climbing just two flights of stairs combined per day can contribute to six pounds of weight loss over the course of a single year. In addition, a study from the North American Menopause Society found that stair climbing can help postmenopausal women reduce their risk for osteoporosis and help them lower their blood pressure.

- Drink more water. The Centers for Disease Control and Prevention notes that water helps the body maintain a normal temperature, lubricates and cushions joints, protects



Metro Creative

Adults can incorporate various healthy practices, like taking the stairs, into their daily routines without skipping a beat.

the spinal cord and other sensitive tissues and helps to rid the body of waste through urination, perspiration and bowel movements. Adults who are thirsty can choose water over soda or other sugary beverages. The CDC notes that sugary beverages like soda and sports drinks contain calories but little nutritional value, making water a healthier way for individuals to quench their thirst.

- Go for daily walks. Walking benefits the body in myriad ways. For example, the Harvard School of Public Health notes that women who walk 30 minutes per day can reduce their risk of stroke by 20% and potentially by 40% if they walk briskly. In addition, researchers at the University of Virginia Health System found that men between the ages of 71 and 93 who walked more than a quarter mile per day had half the incidence of dementia and Alzheimer’s disease as men who walked less. A 15-minute walk around the neighborhood each morning coupled with a 15-minute walk after dinner can

help adults dramatically improve their overall health.

- Eat more greens. Eating more greens is another healthy habit that doesn’t require a major overhaul of an individual’s lifestyle. The U.S. Department of Agriculture notes that dark green leafy vegetables, such as spinach, are rich in vitamins A, C, E and K. The Mayo Clinic notes that vitamin E alone can help people maintain their vision and promote a healthy reproductive system while also improving the health of the blood, brain and skin. The USDA also notes that green vegetables contain very little carbohydrates, sodium and cholesterol. Adults won’t have to reinvent the dietary wheel to incorporate more greens into their diets, and the results of doing so can have a significant, positive effect on their overall health.

The right habits can help people live healthier lives, and such habits need not require any major life changes.

Content from Metro Creative Services.

How to maintain ‘SMART’ lifestyle

Q&A with Piedmont Newton Hospital dietitian Megan Jaimes-Arias

By **PHILLIP B. HUBBARD**
phubbard@covnews.com

COVINGTON, Ga. — To help readers maintain a healthy lifestyle, *The Covington News* recently reached out to Megan Jaimes-Arias, RDN, LD, for professional guidance.

Arias is a dietitian at Piedmont Newton Hospital where she has served for four years. She earned her bachelor’s degrees in Biology and Dietetics at the University of Georgia as well as an internship at Winthrop University in Rock Hill, South Carolina.



Megan Jaimes-Arias

Q: What are some common things that people can do to maintain a healthy lifestyle?

MJA: It’s the same stuff that people don’t want to hear. Eat healthy, exercise and make good choices.

Q: What diet do you recommend to someone who wants to lose weight?

MJA: I think we all know someone who’s dieted and been unsuccessful. There’ve been people who have been successful in the short term, reach their goal and go off their diet. Then, they do what? They gain all their weight back.

So, we want to create more of a lifestyle change than just a diet change. Instead of going on some low carb or no carb diet, step back and look and see what kind of patterns you have in your daily life. Then, set some goals on how to improve on that.

We’re all about setting S.M.A.R.T. goals. Things that are specific, measurable, achievable, relevant and time bound. So, being very specific so that we set ourselves up for success instead of having overarching goals. Like saying, “I’m going to go on a low carb diet,” without having any specifics to what that means.

Q: What are some common myths about losing weight?

MJA: Getting hung up on “I want to lose 15 pounds by my vacation.” Then thinking, I can just cut out all of these things and I’ll lose weight. Sometimes that’s true, but it’s not going to be that long term. So, when we get into patterns of weight loss, weight gain and those “yo-yo” diets, then that’s when we’re not able to achieve that sustained weight loss and improvements in our health long term.

I think a lot of people cut out a lot of things over a short period of time to lose weight, and that’s true. But it’s not going to have the lasting health effects that most of us are looking

for when we want to lose weight.

Q: There are healthy ways to lose weight, but then there are unhealthy ways to lose weight. What are some common unhealthy ways that you’ve seen people try and lose weight and how can they avoid those unhealthy ways?

MJA: Most of the time, diets that eliminate an entire food group is usually an unhealthy way to lose weight. You’re going to be missing out on some nutrients if you’re eliminating, say all carbohydrates.

Skipping meals is also not a healthy way to lose weight. Typically, when you skip meals, you start eating more at the meals you are eating. So, say you only eat one meal a day, by the time you get to dinner, you’re probably going to eat a lot more than you would have if you had eaten all throughout the day. And when we get really hungry, we tend to make bad choices.

Another one is you can’t lose weight just by exercise or just by diet. They have to really work together. There’s no quick switch, easy way out. If it sounds too good to be true, it usually is.

Q: Veganism has become more well known in recent years. How would you assist someone who is a vegan in losing weight? Is there anything different for that type of person?

MJA: I think as veganism has become more popular in today’s culture, there’s more products being made to fit in that lifestyle. So, some of those, they do add more fat to them. Just because it says it’s vegan doesn’t necessarily mean it is healthy. It just goes back to the basics of reading nutrition labels and looking to see what’s in those foods.

You really have to balance a vegan diet, because you do miss out on some key nutrients. They can be replaced, but you have to be more thoughtful on how you put your meals together and what you’re eating throughout the day to make sure you’re getting enough protein, calcium, B-vitamins and other things that we don’t get when we take animal products out of our diet.

But I think mostly, a lot of the products that they come out with that are meat replacements, they want it to taste good. When they’re trying to sell a food product, if it doesn’t taste or look good, then you’re not going to buy it. Sometimes they add more sugar or fat to not make it a healthy choice even though you think, “oh, it’s vegan, it’s healthy.”

See SMART, H6

Alcovy Fitness & Wellness: more than a gym

Alcovy Fitness & Wellness is more than a gym.

Over the last nine years, the staff has created a culture characterized by a warm, inviting atmosphere based on inclusivity, passion for fitness, and commitment to wellness. The staff knows that members come through the doors for more than just 20 minutes on a treadmill. Members come to belong in a space where they can safely work to become the best possible version of themselves.

With the pandemic, everyone has seen the rise in advertisements promoting home gyms and ways to workout individually, and while Alcovy Fitness & Wellness believes that some activity is better than none, these options lack the key ingredient to success in fitness: a supportive community. The Alcovy Fitness & Wellness staff has found that people who work out in a group setting hold themselves more accountable to their goals, experience more success in their endeavors, and create lifelong habits that lead to



Special | Alcovy Fitness

Alcovy Fitness & Wellness in Covington offers a variety of group fitness programs.

positive, lasting change.

The Alcovy Fitness & Wellness staff experiences the greatest sense of community between members in the group and aqua fitness classes. The camaraderie between participants and the world-class instructors creates a strong sense of accountability. Daily, members and trainers are seen encouraging and pushing each other to be their absolute best. These friendships keep class participants coming week after week, and as a result these members report feeling

more energetic, happier and stronger.

Highlights of the gym's group fitness program include BodyPump, Barre, Zumba and Yoga. Aqua Fitness classes are also offered seven days per week with classes of varying levels including Aqua Zumba.

Success isn't only found in classes. The gym's staff sees members getting better results when they work out with others on the gym floor. Members on the floor share their favorite way to use a piece of equipment, attack a

muscle group and even share fitness advice with each other.

These "gym floor" bonds keep members coming back daily. This consistency then leads to muscle gain, weight loss and even increased confidence. These relationships make working out fun and social.

Gym members experience success with personal training. Personal trainers offer more than a workout regimen: nutrition advice, exercises, and modifications based on physical needs.

Trainers record the progress of their clients — a tangible way to track results. These personal touches transform a workout and optimize results. The gym's personal training clients experience increases in mobility, weight loss, gains in strength and balance, and even happier dispositions. Options for personal training include one-on-one, small group training and, our newest option, partner training — perfect for couples and BFFs.

In summary, the support system found in classes, working out with others, and with a personal trainer can't be beat.

Alcovy Fitness & Wellness memberships are available for anyone age 14 and older. As a family and community oriented gym, Alcovy Fitness & Wellness has a diverse population of members of all ages, sizes and abilities. If looking to make a lasting change in your life, the gym staff warmly invites you to come work out with them.

Content from Alcovy Fitness & Wellness.

Exercising safely after recovering from COVID-19

The number of people who have been infected by the novel coronavirus COVID-19 is difficult to determine, as millions of people may have had the virus but been asymptomatic. But as of April 2021, the Center for Systems Science and Engineering at Johns Hopkins University reported that more than 31 million people in the United States have had confirmed coronavirus infections, and Canada reported 1,087,158 confirmed cases with 80,204 considered active at that time. Thousands of new cases are reported daily nationwide, and many others have occurred around the world.

Even though COVID-19 is widespread and highly contagious, the silver lining is that a very high percentage of people recover from the disease. WebMD says that recovery rates fluctuate between 97 and 99.75%. However, COVID-19 can affect various parts of the body and pro-



Metro Creative

Health experts recommend a slow, phased approach to resuming exercise after recovering from COVID-19.

duce long-lasting side effects.

A study from the Korea Disease Control and Prevention Agency found that 91 percent of people who recovered from COVID-19 reported at least one

long-lasting symptom, and fatigue and trouble concentrating were the most common. With this in mind, individuals who have recovered from the illness and want to get back to their daily activities

— including exercising — may need to be especially careful.

Health experts recommend a slow, phased approach to resuming exercise after recovering from COVID-19. It's also worth noting

that it may take some time to regain pre-illness fitness levels, so individuals are urged to go easy on themselves if they cannot meet certain milestones.

David Salman, Ph.D., a clinical fellow in primary care at the Imperial College London, was lead author of a report published in the British Medical Journal that aimed to answer questions about returning to exercise. One of his recommendations is to wait for seven days after major symptoms have stopped before beginning to slowly build up physical activity. One should start with light-intensity exercises, such as walking or yoga. Gradually, more challenging activities, including brisk walking, swimming or light resistance training, can be introduced. Each phase should be maintained for at least seven days.

People should be mindful of getting out of breath or feeling too fatigued by exercise. If this occurs, they should move back a phase until exercise

feels comfortable. Pay attention to body cues while doing normal daily activities, as these can help determine if you need to rest.

The University of Colorado Boulder Health and Wellness Services says exercise should not continue if people experience chest pain, difficulty breathing, shortness of breath, abnormal heartbeats, or lightheadedness. Individuals are urged to consult with their doctors if these symptoms appear.

Within a few weeks of infection, many people with mild cases of COVID-19 can typically be back to their normal fitness routines, says Anthony S. Lubinsky, MD, clinical associate professor at New York University Grossman School of Medicine. But slow and steady is the key to getting there.

COVID-19 has affected millions of people. With time and guidance, most people who contracted COVID-19 can return to their pre-illness levels of physical activity.

Detailing the trending ketogenic diet and measuring its safety, effectiveness

Dietary trends typically exhibit varying degrees of staying power. So-called "fad diets" may not withstand long-term scrutiny, while approaches like the Mediterranean diet appear to be more effective and beneficial to short- and long-term health.

Low-carb diets tend to garner lots of attention. One such diet making waves of late is the keto diet. Keto diets may vary, but many are built on a foundation of low carb intake and high protein consumption. While these diets are referred to as "keto diets," the Harvard Medical School notes that a true ketogenic diet is different from the keto diets that have become so popular.

What is a ketogenic diet?

A ketogenic dietary plan focuses on fat rather than protein. A ketogenic diet is low-carb and relies on fat to supply as much as 90 percent of a person's daily calories.

How does a ketogenic diet work?

The ketogenic diet tries to force the body into using a different type of fuel known as ketone bodies, which are a type of fuel produced by the liver from fat stores. This differs from other diets, which rely on glucose from carbohydrates to fuel the body.

Getting the liver to create ketone bodies and reach a state of ketosis, in which the body is breaking down protein and fat for energy,

isn't necessarily easy, as it requires people to consume fewer than 20 to 50 grams of carbs a day. To put that in perspective, the Harvard Medical School notes that a medium-sized banana typically contains 27 grams of carbohydrates. In addition, WebMD notes that reaching ketosis typically takes three to four days, and eating too much protein can interfere with the body's ability to get there.

Is a ketogenic diet safe?

The Harvard Medical School notes that a ketogenic diet is typically recommended to reduce the frequency of epileptic seizures in children. People considering a ketogenic diet to lose weight may end up disappointed and

could even be putting their health in jeopardy.

"While (the ketogenic diet) also has been tried for weight loss, only short-term results have been studied, and the results have been mixed," said registered dietitian Kathy McManus, director of the Department of Nutrition at Harvard-affiliated Brigham and Women's Hospital. "We don't know if it works in the long term, nor whether it's safe."

Others may look to a ketogenic diet to combat heart disease, certain brain diseases and even acne. However, WebMD notes that there is not enough research to support the idea that a ketogenic diet can help with any of these conditions.

Ketogenic diets carry

certain risks. The Harvard Medical School notes that such risks include nutrient deficiency, liver problems, kidney problems, and constipation. In addition, the sugar from carbohydrates aides brain function, so a low-carb diet like the ketogenic diet can have an adverse effect on the brain, potentially contributing to confusion and mood swings.

People considering ketogenic diets or other popular low-carb approaches to nutrition should consult with their physicians before making any changes to their existing diets.

Content from Metro Creative Services.



Aging men and women should recognize the importance of maintaining a healthy weight. Metro Creative

How aging adults can maintain a healthy weight

Calorie-counting and watching one’s weight is often seen as a young person’s game. But even aging men and women should recognize the importance of maintaining a healthy weight. Older adults may experience weight gain or unintentional weight loss. Understanding how to address each in healthy ways is important.

Weight loss tips

More than two-thirds of Americans, including adults age 65 and older, are overweight and obese, according to U.S. News & World Report. A combination of factors can contribute to weight gain in older adults, including a slower metabolism and a tendency to be more sedentary with age. Empty nesters also may be less likely to cook their own meals, relying on convenience foods — some of which may be high in fat and/or calories.

Sustained healthy weight at any age is linked to improved heart health, mental health benefits like increased self-confidence, healthy joints, and much more. These tips can help aging individuals maintain healthy weights.

- Incorporate strength or

resistance training into your weekly routine. Hormone production slows down as the body ages, and that may result in a loss of muscle mass. Lifting weights or engaging in resistance training with elastic bands or body weight can restore muscle tone and speed up metabolism. Adults should aim for strength training twice a week.

- Monitor sugar and starch intake. Many older adults have elevated blood sugar levels due to insulin resistance. When cells become resistant to insulin, glucose doesn’t get used up and remains in the blood. Eventually this can lead to pre-diabetes, metabolic syndrome and type 2 diabetes. Many people with these conditions have a hard time losing weight. Avoiding added sugars and extra carbohydrates could help.
- Practice portion control. A 60-year-old can’t eat the same way he or she did at age 30 or 40. Nutritionists say that, with every decade that passes, people generally need about 100 fewer calories a day to maintain their weights. Cutting calories slowly and steadily helps people maintain healthy weights, especially when they couple this with

exercise.

Avoiding malnutrition-related weight loss

Malnutrition is a common component in unintentional weight loss in aging populations. Reduction in senses of smell and taste, smaller appetites and lack of desire to make meals can contribute to malnutrition and weight loss. Underlying health problems also may lead to unwanted and unhealthy weight loss. Tracking weight loss and getting sufficient nutrients is vital to aging adults’ overall health.

A 2014 study published in the American Journal of Clinical Nutrition found that having a body mass index at the lower end of the recommended age for adults increased risk for mortality more so than being overweight. Individuals whose BMI is less than 23 could be putting themselves in jeopardy.

Older adults need to adjust their routines as they age in order to maintain healthy weights. Such adjustments can reduce seniors’ risk for disease and improve their quality of life.

Content from Metro Creative Services.

Amenities geared toward active lifestyles abound in Newton

STAFF REPORTS
news@covnews.com

Newton County is filled with numerous opportunities to maintain a healthy lifestyle. In addition to local gyms and fitness centers, there are plenty of places for the whole family to enjoy the great outdoors.

Parks

Newton County Turner Lake Park

- 6185 Turner Lake Road, Covington, GA 30014
- Features:
- Handicap Accessible
- Baseball / Softball Diamond
- Bike Trail
- Fishing
- Grill
- Pavilion
- Picnic Areas
- Playground
- Trails

Mary Louise Fowler Park

- Covington Bypass Rd, Covington, GA 30016
- Features
- Walking trail,
- Tennis court
- Basketball court

City Pond Park

- 13501 City Pond Rd, Covington, GA 30014
- Features
- Handicap Accessible
- Baseball / Softball Diamond
- Playground
- Tennis Court

Academy Springs Park

- 3120 Conyers St SE, Covington, GA 30014
- Features
- Playground
- Pavilion

Chimney Park

- 7116 Floyd St NE. Covington, GA 30014
- Features
- Garden
- Trails

Denny Dobbs Park

- 6244 Hwy 212 North, Covington, GA 30016
- Features
- Handicap Accessible
- Baseball / Softball Diamond
- Basketball Court
- Pavilion
- Picnic Areas
- Playground
- Skatepark
- Splash Pad
- Walking Track

B.C. Crowell Park

- 4 N Broad St, Porterdale, GA 30014
- Factory Shoals Park
- 450 Newton Factory Bridge Road Covington, GA 30014
- Features
- Camping
- Fishing
- Hiking
- Picnic Areas
- Rafting
- Swimming

Porterdale Yellow River Park

- 26 Hemlock St. Porterdale GA 30014
- Features
- Golfing
- Picnic Areas
- Grilling
- Trails
- Bird Sanctuary
- Grassed Common Areas
- Kayaking

Trails

COVINGTON

Cricket Frog Trail

- 15-mile trail through the center of Newton County along former Central of Georgia Railroad
- 6.5 miles of the trail is primitive
- .65 miles have been paved from Elm to Conyers

Street

- Another paved section from Elm to Pace Street
- A quarter-mile paved section in Mansfield

Eastside Trail

- 2.5 mile trail from Chimney Park/Newton County Public Library to Eastside High School
- Multi-use and greenway

Lake Varner Trail

- A short, paved trail alongside Lake Varner located off of Alcovy Road
- Turner Lake Park Trail
- 3-mile paved and unpaved trail around Turner Lake and behind the Turner Lake Complex

PORTERDALE

Yellow River Trail

- 1,480-foot concrete loop trail along the Yellow River in Porterdale that travels through the Yellow River Park
- An additional quarter-mile begins at the old historic train depot on Broad Street

MANSFIELD

Charlie Elliott Trail

- 4.7-mile trail that straddles Newton and Jasper Counties
- Multi-use

OXFORD

Oxford Trail

- 1.2-mile, concrete trail alongside Turkey Creek

For more information on trails based in Newton County, visit this website: <https://www.newtontrails.org/trails>

SENIORS:

Continued from H1

“Keep in mind, some physical activity is better than none. Older adults who sit less and do any amount of moderate-to-vigorous intensity physical activity gain some health benefits.

“Your health benefits will also increase with the more physical activity that you do,” according to the CDC website.

The agency recommends a mix of aerobic activity (“anything that gets your heart beating faster counts”) and muscle-strengthening activities (“activities that make your muscles work harder than usual”).

It suggests activities ranging from moderate-intensity walking for 30 minutes a day for five days a week, to a mix of vigorous-intensity jogging and moderate-intensity walking coupled with muscle-strengthening activities.

However, the CDC warns that older adults with chronic conditions



Some Newton seniors play pickle ball, which is described as a mix between tennis, badminton and ping-pong, at the county Senior Center on Turner Lake Road. Special to The News

should understand whether and how their conditions affect their ability to do regular physical activity safely.

“When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week (for example, 30 minutes a day, five days a week) because of chronic conditions, they should be as physically active as their abilities and conditions allow.”

At the Newton County Senior Center, walking, exercise and a sport called pickleball are among daily activities available to center users for a basic membership fee of \$50.

The center is adjacent to Turner Lake and features wooded walking paths in the area surrounding the body of water.

Some exercise sessions are more low

impact and geared to those members more advanced in years.

Others begin with warmups using a chair, followed by more high impact exercises for those who want more exercise, Goddard said.

She said, “in the first half, we try to take it easy.” But in the second part, the class is intended to get participants up and “moving and grooving.”

Pickleball is available and is played on a court using paddles — sort of a mix between tennis and ping-pong, she said.

For those younger in mind and body, Goddard said the center offers use of a cardio fitness center that includes elliptical machines and weights for an additional fee.

Other activities that require an extra fee in-

clude line dancing and yoga, both of which are led by instructors and are not currently being offered.

Goddard said the center plans to offer the two activities when they are able to hire instructors.

Many seniors enjoy yoga because it allows them to both stretch and relax their bodies and “take some tension” away, she said.

Line dancing is popular because it mixes dancing and exercise, she said.

For more information about Newton County Senior Services, call 770-787-0038, or visit <https://www.co.newton.ga.us/227/Senior-Services> or <https://www.facebook.com/ncscen-ter/>.

For details about what the CDC recommends, visit https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm or https://health.gov/paguidelines/moveyourway/materials/PAG_MYW_OlderAdults_FS.pdf.

SMART:

Continued from H3

Just being mindful of those types of choices.

Q: A popular diet that has become well known has been the Keto diet. What are your thoughts on the Keto diet and its effects on maintaining a healthy lifestyle?

MJA: It is a very restrictive diet. The biggest concerns I have with it are that sometimes people use it as a way to put bacon and butter on everything. That has a lot of cardiovascular risks that we're taking upon.

Another thing is, it's not making long term changes in our lifestyle and our diet. It's something that's not sustainable. You can't be on that the rest of your life.

It makes it difficult in our social life, too. Eating is a whole aspect of all of our lives. So, if we can't go out to dinner with our friends because we're on the Keto diet, that isolates us from those social aspects, too.

I don't think it's something we can really sustain. I'm not a big fan of the Keto diet. I think that it puts us in this very restrictive diet lifestyle.

Q: A lot of scams scour the internet nowadays. What are some of the best programs that you would recommend for people to avoid those scams?

MJA: There are so many self-proclaimed nutritionists out there. You have to really be careful and look for sources and information about these people. Just because they've been successful in losing weight or they're a bodybuilder, doesn't make them a nutrition expert.

Looking for registered dietitians when you're looking for nutrition information is helpful. Just because it's on the internet doesn't mean it's true.

Something I always tend to look for is, are they selling you something? Are they trying to sell you a whole plethora of nutrition supplements? Are they trying to sell you pre-packaged meals? Usually, there's some gimmick there. If their program works, then you wouldn't need to continue to buy whatever they sell.

As far as nutrition programs, I feel like when a lot of patients come to me, they've been through a lot of them. Maybe they've had some success, but ultimately failed in the end. [Those programs] can be successful but, again, it's still teaching you to be reliant on the program instead of teaching you how to make those healthy choices on your own.

I think working with a registered dietitian when you're able to is helpful and looking for information on dietitians can be helpful, too.

Q: Each year, people make new year's resolutions to lose weight. But, for the most part, those resolutions seem to fade as we progress through the year. If

someone came to you discouraged about their new year's resolution, what advice would you give to help them keep pushing for that goal?

MJA: So many of us make these resolutions of, "I'm going to lose 25 pounds," and don't have any plan on how to get there. So, we start off January 1 and we're like "I'm just going to eat salad." Then, all you eat is salad for a week and you're like, "okay, this has gotten old." Then you go back to what you were doing before and kind of let it go.

Instead, I like to make these S.M.A.R.T. goals. So, let's sit down and specifically say, "this is where I'd like to be," but what is something that's going to set me up for success?

You're not going to lose 20 pounds in a week. You might like to, but it's not going to happen that way. Healthy weight loss is going to one to two pounds a week. It'll be slow and steady. That's the kind of weight loss that's going to be sustained.

We know people who have lost 20 pounds in a week, but usually they've gained back 30 pounds in two months.

So, getting back to setting goals that are realistic, then let's talk about what you're doing right now.

I usually set three goals with people and we'll set those goals for about six to eight weeks. Once we're being successful with those and there are actual changed habits, then we might add some more.

Are you drinking a lot of sugary drinks? Then that's a way to cut out some calories. Just saying specifically, "I usually drink five cokes a day. So, I'm going to try and cut back to drinking two cokes a day." If you really love coke and every time you turn around you're going to want a coke, you probably can't just cut them out cold turkey. So, try to set a specific goal that you can be successful at and it also sets you up to make those good choices again and again instead of saying, "Man, I drank a coke. Now I can't check this off my list. So, I might as well go back to drinking all the cokes I was before."

Also, if you're not exercising at all, it's unrealistic to say, "starting tomorrow, I'm going to exercise for two hours for four days a week." It's just not going to happen. And, if you say, "I hate walking on the treadmill," then find something you enjoy doing. And, if you're not exercising at all, maybe 15 minutes twice a week is where you need to start. Start small then build it.

As much as we're all living in an instant gratification world, it's not something that's going to happen overnight. Not if we want to make those lasting changes.



Metro Creative

Joint dysfunctions in the spine could lead to symptoms in other parts or joints of the body.

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It has been said that a body in motion stays in motion and a body at rest stays at rest. Whether at rest or in motion, your lifestyle choices impact the health and function of your joints. Chiropractic provides a safe, natural and drug-free option to locate, correct and prevent joint dysfunctions, thereby playing a vital role in keeping your body balanced, flexible and functioning at its best.

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ation or a misalignment. These subluxations are actually joint dysfunctions that can cause you to experience pain, discomfort, decreased mobility, or many other symptoms and conditions. Joint dysfunctions often go unnoticed and can cause miscommunication between your brain and body.

Joint dysfunctions in the spine may eventually lead to symptoms in other parts or joints of the body as well. These symptoms are your body's only way of letting you know something is wrong. Unfortunately, the absence of pain is not an indication of health. By the time pain and symptoms appear the problem may have been present for months, even years. The great news is that you can help prevent these types of symptoms and conditions with routine chiropractic care.

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Content from Dr. Patrick Greco of The Joint Chiropractic.

Strategies for battling daily mental health struggles

STAFF REPORTS
news@covnews.com

COVINGTON, Ga. — With 2022 in full swing, many people are setting goals to accomplish throughout the next 365 days. Some people, however, are struggling to make it day-by-day.

There may be days where some battle the urge to stay in bed all day or try to overcome depressive thoughts, anxiety and all the stressors of life that people endure daily.

View Point Mental Health Center in Newton County offers services to help with those dealing with a plethora of mental health issues.

Located at 8201 Hazelbrand Rd NE, Covington, GA 30014,

View Point offers such services for all people, too.

"View Point Health serves uninsured, underinsured, low-income Medicaid, Medicare, war veterans and some private insurance across multiple locations with a full continuum of behavioral health services and supports," View Point website's home page says.

There has been a stigma surrounding those with mental illness and often, individuals will continue to suffer to avoid others finding out they are in need of help. Whether it is embarrassment or shame, people don't get help for their mental health, according to

View Point professionals.

Another reason why maintaining people's mental health has become such an important issue is due to the COVID-19 pandemic.

Throughout the past two years, many people have lost loved ones and friends. Due to being in quarantine, the grieving process may have had to be done alone and has made people feel isolated.

View Point urges each one to keep an eye out for the people close to you.

With that in mind, View Point professionals advise a few self-care strategies, too.

- Keep regular routines
- Avoid loading up on

junk food

- Arise and dress daily (even if you don't plan to leave home)
- Take a walk
- Build a support system (via phone, virtual, email, text, etc...)
- Ask others around how they are coping

Even so, View Point doesn't believe these self-care strategies completely substitute seeking professional help.

For more information on View Point in Covington, visit MyView-PointHealth.org.

"Always remember, you are not alone and help is available," Chantisy Watkins, director of Newton Outpatient Center, said.

Tips for making nutritious food choices for kids

Nutritious foods are a valuable commodity in the fight against childhood obesity. Obesity is a serious medical condition that affects people of all ages — children and adolescents included. Children who gain extra pounds may develop health issues like high blood pressure, diabetes and high cholesterol later in life. The Centers for Disease Control and Prevention says obesity affects about 14.4 million children and adolescents in the United States.

Combating obesity may come down to helping children make smarter food choices through the years. These strategies can inspire kids to choose



Metro Creative

Obesity is a serious medical condition that affects people of all ages — children and adolescents included.

healthy foods.

- Offer items that are colorful.

People tend to eat with their eyes and noses, and a colorful meal that looks good may encourage kids to dive in.

- Parents can set a positive example by choosing healthy foods as well.
- Involve kids in cooking meals, as they might be more inclined to eat healthy dishes they helped to prepare.
- Make "junk food" at home so you can control the ingredients and portion sizes.
- Tie foods to desired results.

Let children know that eating lean proteins may improve sports performance or that certain fruits and vegetables can make their hair and skin look good.

- Praise children when they choose healthy foods.

Content from Metro Creative Services.



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