INSIDE: Chronic Inflammation

Lake Oconee Breeze
www.lakeoconeebreeze.net

ECRWSS
PRSRT STD
The Union-Recorder
Permit No. 47
Eatonton, Ga.

Postal Customer

Thursday, August 1, 2019 • Vol. 19 No. 31 Complimentary www.lakeoconeebreeze.net

Lake Oconee Elks serve lunch as Boy Scouts go flying

Contributed photos

Lake Oconee Breeze

On Saturday, June 22, Boy Scout Troop 30 arrived at the Greene County Airport on a beautiful summer morning to spend the day flying on one of the planes piloted by Mark Hall. The boys got to practice on a flight simulator and tour inside a 1964 Cessna airplane belonging to one of Lake Oconee Elks Lodge members, Jim Green, while they each waited their turn to fly. The boys were able to learn about the outside of planes and items in the cockpit and were able to earn their aviation badges that day.

Lake Oconee Elks Lodge's canteen was there grilling hotdogs for lunch and to hear about the boys trip to the DeSoto Caverns that they went on in early June. The Lodge was able to donate for the weekend trip thanks to a grant from the Elks National

See **SCOUTS,** page 3

STAFF

Publisher
Keith Barlow
478-453-1441
kbarlow@unionrecorder.com

Editor
Natalie Davis Linder
478-453-1462
breeze@unionrecorder.com

Sales Manager
Jennifer Garrett
478-453-1431
jgresham@unionrecorder.com

Classified Ads
478-453-1446
classifieds@unionrecorder.com

Contributing Writers

Dr. Alyssa Musgrove
Bobby Peoples
Don & Shirley Smith
Dr. John Stathas

ABOUT US
The Lake Oconee Breeze is published in Milledgeville, Ga., and distributed in Putnam and Greene counties as a free publication of The Union-Recorder.

Mailing Address
165 Garrett Way
Milledgeville, GA
31061

Main telephone
478-452-0567

Fax: 478-453-1449

E-mail
breeze@unionrecorder.com

Website
www.lakeoconeebreeze.net

Loran Smith to speak at Georgia Writers Museum

Lake Oconee Breeze

There may be no more versatile staff member at the University of Georgia Athletic Association than Loran Smith.

The former long-time executive secretary of the Georgia Bulldog Club and 1959 Bulldog track MVP and 1960 captain has been an important building block of what has become one of the nation's top athletic programs.

Smith has spent most of his professional life at UGA. After graduation he held positions as Assistant Sports Information Director, Business Manager, and Executive Director of the Georgia Bulldog Club, and member of the Athletic Association Development office.

He's also served as executive producer of the football coach's television show, packager of the game radio broadcasts, host of the Mark Richt post-game locker room show, and sideline reporter during the games. He still serves as co-host of the pre-game Tailgate Show.

Throughout his career he has served as editor of the printed game-day program and has been a prolific author penning a regular column that still appears in the Athens Banner Herald as well as several newspapers around the state, including the Eatonton Messenger. He has written a number of books including: "Glory, Glory" (with Lewis Grizzard), "Fifty Years on the Fifty" (the Orange Bowl story); "Dooley's Dawgs" (with Vince Dooley); "Between the Hedges" (story of Georgia's first 100 years of football); "Let a Dead Horse Rest;" "Let the Big Dog Eat" (with his wife, Myrna, a collection of tailgate recipes); "Finish the Drill" (the inside story of Georgia's 2002 championship season); "Beloved Dawgs" (four years of David Pollack and David Greene); "Wally's Boys" (story of Wally Butts' years as head football coach); The Athens Sketchbook" (history of Athens and UGA); and his most recent book, "The Football Vault" (the story of Georgia football from 1892-2007). He has also written five books on The Masters published by the Augusta National Golf Club.

Smith is a native of Wrightsville, Ga., and a graduate of the University of Georgia where he captained the 1960 Bulldog track team. He was named MVP his senior year.

He is a past chairman of the State of Georgia Sports Hall of Fame and was elected to the Hall of Fame in 1997. Smith is a former publicity director of the Coaches All-America game and former Secretary of the Georgia Athletic Coaches Association and Executive Director of the Georgia High School All-Star games.

He has worked as Assistant Sports Information Director, Business Manager of Athletics and executive director of the Georgia Bulldogs Clubs. He originated the football coaches' locker room show in the 1970s. It was the first live locker room show in the SEC. In 1974, he became Georgia's first sideline announcer. He also originated the popular Tailgate Show in 1984.

His weekly radio show, "Sports Conversations," runs on over 45 stations in Georgia and his daily radio show, "Two Minute Drill," runs on over 30 shows in the state.

He is married to the former Myrna Warren of Covington, Ga., and they have two children, Camille and Kent, both graduates of the University of Georgia. They have four grandchildren.

Loran Smith Center for Cancer Support

In 2000, the Loran Smith Center for Cancer Support in Athens, Ga. was established.

"We recognize the need to support and treat the patient and family — not just the disease."

Because cancer treatment involves more than medical care, free services and programs such as yoga, tai chi, nutrition classes, expressive art classes, complementary therapies (oncology massage, Healing Touch, and Reiki), and counseling are available to anyone affected by cancer, regardless of whether they are a Piedmont patient or received their treatment elsewhere.

Smith will be the featured speaker at the next Meet The Author Event at the Georgia Writers Museum on Sunday, Aug. 11, from 2 to 4 p.m. Tickets are $20 and may be purchased online at www.georgiawritersmuseum.com. Ticket proceeds will go to the Museum operational fund.

Castle Home Checks of Reynolds Lake Oconee, has earned accredited member status

Lake Oconee Breeze

GREENSBORO, GA— Castle Home Checks of Reynolds Lake Oconee, has earned Accredited Member status from the National Home Watch Association for the seventh year. The NHWA was formed in 2009 in order to establish and maintain the highest industry standards for Home Watch and absentee homeowner services throughout the United States and Canada (www.nationalhomewatchassociation.org). Home Watch is a visual inspection of a home or property, looking for obvious issues, which means that it is a service that "keeps an eye on things" at your vacation or primary home while you are not in residence.

Owner, operator and local resident, Sheila Smith, came to the Lake Oconee, Greensboro, Georgia area back in 2012 with her husband Wayne Smith, who originates from Georgia.

Having a career in property spanning some 35+ years in England, Sheila quickly saw a need for a professional service to offer part-time residents a service by checking on their homes and being their eyes and ears when they're not there. These residents include people who have a vacation/second home here and full-time residents who like to travel.

Since 2013, Castle Home Checks has become the Lake Oconee Home Watch company chosen to give clients peace of mind by being their boots on the ground!

Castle Home Checks' client base has increased year after year and in August 2018, Sheila was able to bring on her first staff member, local resident Jonathan Burnette.

Sheila sits on the Advisory Board and Best Practices Committee of the National Home Watch Association and has earned the designation of Certified Home Watch Professional.

Castle Home Checks provides a visual inspection of your home on a weekly or every-other-week basis. They provide a report with photographs after every visit, using the latest GPS-based technology.

Castle Home Checks serves the neighborhoods in Reynolds Lake Oconee: The Landings, Great Waters, Cuscowilla, Harbor Club, and surrounding areas. For more information and a FREE in house consultation please visit their website, www.castlehomechecks.com, or call (706) 817 0889.

BUG HOUSE
pest control
(478) 453-1115 · (706) 453-0140
www.bughousepestcontrol.com
248202-1

Rotary Week 26 winner announced

Contributed photo

L to R: Jim Lynch (represents prize winner Jacque Lynch), Nathan Mullins, Prize sponsor (Oconee Fast Lube), And Bob Massey, Rotarian. Jacque won Fast Lube Services, $300 Value, sponsored by Oconee Fast Lube. The Rotary Club of Greene and Putnam Counties is a local service organization affiliated with the Rotary International organization. The Greene and Putnam Club supports many local projects, providing funding, leadership, and volunteers for charitable efforts. Funds raised by the Super Raffle provide the club with exceptional opportunities to positively impact a variety of local service projects. To learn more about the Greene and Putnam Club, comprised of local business and community leaders, please LIKE us on Facebook and visit our website at: www.GreenePutnamRotary.org.

Scouts

Continued from page 1

Foundation. The boys relayed stories about how dark it was in the cave even with lanterns. They learned that the cave was a burial site of the early Native American Copena culture. The scouts told the Elks about learning the difference between stalactites, which hangs from the ceiling of a cave and a stalagmite, which is an upward-growing mound of mineral deposits that have precipitated from water dripping onto the floor. They were at the weekend camp to mainly work on and earn merit badges. One of Lake Oconee Lodge's members, Devin Wilson, also an eagle scout talked to the boys about the importance of working on their badges and specifically how to prepare for their project to earn the rank of eagle scout.

Scout Master Jim Prendergast, Scout Leaders, Jamie Grill and Jay Dell were all on hand to help the troop learn about aviation and the enjoyment of flying. The boys all had a great time and so did the Elks. The Lodge always enjoys outings with the scouts and looks forward to working with the troop in the near future.

SERVPRO®
Fire & Water - Cleanup & Restoration™
SERVPRO® of Baldwin, Putnam & Jones Counties
478-452-8000
SERVPRO® of Monroe, Madison & Monticello
770-267-0023
Independently Owned & Operated
Like it never even happened. ®
MOLD MITIGATION AND REMEDIATION
• Commerical and Residential
• Trained, Uniformed Professionals
• Restore Versus Replace
• Free Estimates
Over 1,700 Franchises in North America | SERVPRO® Franchise System Serving Since 1967
210044-1

www.lakeoconeebreeze.net

In the mist of bereavement saying" Thank You," can be very hard. However, we can help you express your gratitude with a Note of Thanks or In Loving Memory Note. Starting July 10, 2019 the Lake Oconee Breeze will start featuring "Note of Thanks or In Loving Memory Notes," for families to show their appreciation for all given during their time of bereavement.

Please call 478-453-1446 or 478-453-1443 or email twatson@unionrecorder.com for more details.

Lake Oconee Breeze
www.lakeoconeebreeze.net

Note of thanks

To all those who sent flowers, visited, brought food and otherwise supported our family during the loss of our loved one, we say *Thank You.*

You are truly appreciated, and we could not begin to tell you how much your prayers and support have helped to sustain us through this difficult time. May God bless each of you. Much love and appreciation.

The Family of Name of deceased

271137-1

273980-1

Does sound impact fish and if so how?

When I went fishing with my grandfather as a young boy, I remember the one warning he always gave me and that was to keep my feet still. As a man of few words, he also told me to be quiet and not talk. Both warnings supposedly were meant to not scare away the fish.

We would always anchor out in his pond around a couple of the same stickups in the water. To say that was his favorite spot to fish was an understatement. His pond was about four to five acres but every time I went fishing with Granddaddy, we went to that same spot and each time he would tell me not to move my feet and to be quite.

His boat was a homemade wooden boat, and moving feet did not make the loud sounds that a more modern aluminum boat would make. It did not matter to him what the boat was made of, just be quiet. I have often wondered if the moving of my feet or talking affected those bluegills laying around those stickups eating those red worms.

As I have gotten older and have spent many hours fishing for all types of fish, I have determined that talking does not impact the fish (I take my grandchildren fishing a lot) and was only done by my Granddaddy to quiet my annoying chatter. However, I have determined over the years as an angler that sound in the water does impact fish.

Those sounds can be good or bad depending on how the fish interprets the sound. Fish can feel things moving in the water, they can feel water pressure changes (barometric pressure) and they feel vibrations in the water. Depending on many things, including the size of the fish interpreting the sounds, the fish may react in different ways.

Anglers have for many years known that some sounds can attract fish to a lure. Topwater plugs, for instance, attract by both sound, shape and possibly color. Noise made by topwater plugs like those that snap, crackle and pop will certainly attract fish like largemouth bass. Crankbaits, for several years, have been made to run silently or noisy by placing ball bearings or BBs inside the lure.

Most lures today employ sight and sound (vibrations) to attract gamefish. Those sounds are made in an attempt to attract fish to the lure and entice a strike. Fish hear sound much differently than humans.

They receive sound through their lateral line, through their inner ears and through their swim bladder. The lateral line can detect sound vibrations. The inner ear can sense high-frequency sounds and the swim bladder can produce and receive sound.

Most anglers have heard much about the lateral line and how important the lateral line is to attracting fish but have heard very little about the importance of the inner ear and the swim bladder. Anglers have been introduced to lures and techniques that primarily impact the

See **SOUND,** page 12

Which type of traveler are you?

When a traveler in the early days of the west came to the Mississippi, he discovered there was no bridge. Fortunately, it was winter and the great river was sheeted over with ice. But the traveler was afraid to trust himself to it, not knowing how thick it was.

Finally, with infinite caution, he crept on his hands and knees and managed to get halfway over. And then he heard — yes, he heard singing from behind. Cautiously he turned, and there, out of the dusk, came another traveler, driving a four-horse load of coal over the ice, singing as he went!

Which one are you?

Wishing you much love and much light.

Call to Worship

Worship times are Sundays unless otherwise noted. For more listings visit www.lakeoconeebreeze.net.

July 29-30

VBS at Lake Oconee Presbyterian Church Lake Oconee Presbyterian Church will hold "Splash Canyon" Vacation Bible School on July 29-30 from 9 a.m. to 12:30 p.m. It is open to kids from age 4 to 11 years old (entering the 5th grade). Lake Oconee Presbyterian Church is located at 113 Scott Road, Eatonton, Ga. For more information please go to the church website at www.lopc-pca.org/ministries/children. To register for VBS please go to www.myvbs.org/lopcVBS2019.

All Angels Episcopal Church, 405 N. Jefferson Ave., Eatonton. 10 a.m. 404-210-4979.

Another Chance Christian Ministries, Harmony Community Center. 10 a.m. 706-453-0473.

Bible Fellowship Church, 190 Old Phoenix Road, Eatonton, holds worship at 10:30 a.m. with Pastor Mike Willard, 706-473-1279.

Center Point Church, nondenominational, 1331 Lions Club Road, Madison. 10:30 a.m. 706-342-9243.

Christ Our King and Savior Catholic Church, 6341 Lake Oconee Parkway, Greensboro. 5 p.m. Saturday; 9 a.m. Sunday, 11:45 a.m. Spanish Mass. 706-453-7292.

Crossroads Baptist Church, 106 S. Wesley Chapel Road, Eatonton. 9 a.m. Sunday school; 10:30 a.m. worship service.

Eatonton Presbyterian Church, 307 N. Madison Ave. 9:45 a.m. Sunday school; 11 a.m. worship; Bible study 4 p.m. Wednesday; Prayer group 3:30 p.m. Wednesday. 706.485.1103

Episcopal Church of the Redeemer, 303 N. Main St., Greensboro. 5 p.m. Saturdays at the Lutheran Church, 9:30 a.m. worship Sundays in Greensboro. 706-453-7171.

First Baptist Church of Eatonton, 115 N. Madison Ave. 9:45 a.m. Sunday school; 10:45 a.m. worship. 706-485-3331.

First Baptist Church of Greensboro, 203 S. Main St., 9:45 a.m. Sunday school; 11 a.m. worship. 706-453-7766.

First United Methodist, N. Campus: 202 W. Broad St., Greensboro, 11 a.m. worship; S. Campus: 4741 Carey Station Road, Greensboro; 9 worship. 706-453-7064; www.fumcgreensboro.org. Pastor: the Rev. Mike Morgan.

Freedom Range Cowboy Church is a new non-traditional church is opening in the area. All are welcome at "The Range;" jeans are the preferred dress code. The church is located at 883 Harmony Road in Greensboro (the old Shucker's restaurant). Coffee and some goodies will be ready for you at 10:15, and music and preaching starts at 10:30.

Grace Fellowship, 1971 S. Main St., Greensboro. 9 a.m. Bible study; 10 a.m. fellowship, 10:30 a.m. worship. 706-453-0020.

Greensboro First Presbyterian Church, 117 S. Main St. meets at 9:45 a.m. for Sunday School; 11 a.m. for worship. 706-453-4956, www.fpog.org, Pastor: the Rev. Meg Jackson Clark.

See **EVENTS,** page 12

How not to lose money when selling your home

Everyone wants to "Reap the Harvest" when selling their home. But, today pricing your home out of the market is not going to fly.

Selling a home in today's market can be very complex. Knowing how to arrive at the right price is very important. Arriving at the right price will be the number one factor in saving you money.

We cannot express enough that hiring a real estate agent will guide you to determine your homes value. We always inform our clients that we have their best interest in mind. We work for them and will get them top dollar and negotiate until we have an acceptable price. Your Realtor should do the same for you. If the asking price is too high, the home will sit on the market for too many days. Most of the time buyers will ask their agents how long the home has been on the market. If the home has been on the market too long a red flag goes up and the buyers tend to offer a lower price. You will lose money.

Many times we have seen where a For Sale By Owner is underpriced. This could result in a loss. Again, an experienced agent will not let this happen. Today's market is very competitive, but the right price will bring a fast sale, as the market is good. Pricing is an art. Receiving an offer within the first 30 days is usually when you will receive the best price, saving you money.

Sometimes sellers will interview agents to determine what the listing agent will do for them. When deciding on an agent please keep in mind the agent who is anxious to discount their real estate fee may be not be experienced. Is the agent knowledgeable? Do they know how to negotiate when the offer comes in? Negotiating is crucial in getting you the best possible price for your home. An agent not knowing how to negotiate could lose you money. The agent who works hard for you and gets you the top dollar on your home does not have to lower the commission. Remember, anytime you find a bargain, always question why?? Be wary of the agent who comes in with a high price quote on your home. This will sound great, but are they just trying to get a listing. In the long-run, this will cost you money. The agents-only option is to Reduce, Reduce, Reduce, then in comes the low offer. It's hard to go back and start over. Stay close to the appraised value and you will not lose money.

Here is another way not to lose money. It is so very important to have your home ready when you put it on the market to sell. You will never have a second chance. First impressions will last. We had an experience where a home was not getting an offer. As agents we always ask for a feed back on the showing. Every agent said that the kitchen island countertop color did not appeal to most people's liking. The home had almost everything the buyers were looking for, but the countertops were a deterrent. After a discussion with our client, we decided that changing the countertops may help bring in an offer. The next buyer came in with an accepted offer, close to the asking price. This is a little more than most people have to do to get their home ready, but our client spent the money and got her price. Preparing your home to sell may cost a little, but you will not lose money when the offer comes in.

Real Estate Agents are all different in their expertise on selling. They offer a unique service. They are not Equal!!

Let's not lose money on one of our most cherished possessions — your home. If you want the best, you'll get the best.

Thought for the Day: Promise only what you can deliver. Than deliver more than you promise.

— Don and Shirley have more than 24 years experience as Realtors in the Lake Oconee Area. Shirley (Don or Shirley) can be reached at 706-453-6333. Email donshirley@jojonesrealestate.com. Real Estate Company: Jo Jones & Co. Real Estate Specializing in all gated and non gated communities, including Del Webb.

St. Mary's Health Care System generates $440 million for local, state economies

Lake Oconee Breeze

Atlanta, Ga. – The three hospitals making up St. Mary's Health Care System generated more than $440 million in revenue for the local and state economy in 2015, according to a recent report by the Georgia Hospital Association, the state's largest hospital trade association.

St. Mary's Health Care System includes St. Mary's Hospital in Athens, St. Mary's Sacred Heart Hospital in Lavonia, and St. Mary's Good Samaritan Hospital in Greensboro. The system also includes a region-wide home health care/hospice services agency, a fast-growing medical group of primary care and specialty physicians, Highland Hills Village retirement community, and numerous outpatient services.

According to GHA, St. Mary's as a whole had direct expenditures of more than $191 million in 2015, the latest year for which statistics are available. When combined with an economic impact multiplier developed by the U.S. Department of Commerce Bureau of Economic Analysis, the total economic impact of those expenditures was more than $440,161,000.

This output multiplier reflects the "ripple effect" of direct hospital expenditures on other sectors of the economy, such as medical supplies, durable medical equipment, and pharmaceuticals. Economic multipliers are used to model the resulting impact of a change in one industry on the "circular flow" of spending within an economy as a whole.

"It is an honor for us to continue in the spirit and legacy of those religious Sisters who came before us," said St. Mary's President and CEO Montez Carter. "We consider ourselves not only guardians of health in the communities we serve, but also as a major economic engine that contributes to the overall welfare and vitality of our communities. We are committed to being here 24 hours a day, 365 days a year for everyone who needs us."

The GHA report further notes that St. Mary's provided nearly 1,900 full-time jobs in 2015, which, when the ripple effect is taken into account, helped generate nearly 4,600 jobs across the state.

Looking at each individual hospital:

• St. Mary's Hospital in Athens generated a total impact of $364 million on $158 million in direct expenditures.

• St. Mary's Sacred Heart Hospital in Lavonia generated a total impact of $36.6 million on $15.9 million in direct expenditures.

• St. Mary's Good Samaritan Hospital in Greensboro generated a total impact of $39.5 million on $17.2 million in direct expenditures

"While St. Mary's is well known for our role in meeting the health care needs of the residents of Northeast Georgia, our ministry also plays an integral role in protecting our area's economic health," Carter said. "That is especially true in the smaller, more rural communities of Greensboro and Lavonia, where the presence of a strong local hospital is vital to attracting and retaining jobs and residents.

"We are thankful for the partnerships with our communities and will continue to work hard to ensure that our families, friends and neighbors will always have access to the best and safest health care services available," he concluded.

21 Non-Negotiable Rules Every Marriage Should Follow

Respected Reader, are you a pleaser rule keeper? Or a rebel? If you are the former you will welcome these "Rules," if you did not know them already. A reminder perhaps. Rebel, you're in relationship trouble if you don't get over your stubbornness and learn a few tips for a healthy romantic union.

A Power of Positivity blog (love the name) is the source material for this writing, with my added commentary. Here are the 21.

1. FIND THE GOOD: Selective perception, focus on the good of your partner. Easier to overlook the annoyances when you are looking at the positive qualities.

2. FIND YOUR HAPPY: You can't be happy in a relationship if you aren't happy with yourself. This is an important starting point.

3. FORGIVE THE IMPERFECTIONS: Are you perfect? Probably not, once you get over your self delusion you can judge less and forgive more – and hope for the same in return.

4. IT BEGINS WITH YOU: Trying to change your partner ends in futility. Work on yourself and maybe your significant other will be motivated to do the same after seeing you improve.

5. MAKE YOUR MARRIAGE A PRIORITY: If there one thing that I would ask each wedding partner to do it would be to do this. This is your life partner – the one who hopefully will stick by you and love you while others come and go.

6. EXPRESS YOUR LOVE DAILY: "I love you" really isn't that hard to say, is it?

7. SAVOR THE GOOD: Observe and positively reinforce the good. The more you see and share the good, the more likely that additional good develops.

8. MAKE SELF-CARE A PRIORITY: It amazes me how the person who presented his/her best self while dating lets go of self care and brings a lesser version day by day to his/her partner.

9. LEARN FROM THE PAST AND DREAM OF THE FUTURE: Don't live in the past but recognize certain things learned from the past can guide you to a dreamier future.

10. LEARN SOMETHING NEW EVERY DAY: This does not need to be a monumental task, rather an opportunity to keep your "mind muscles" optimally functioning. Plus, you will be a more interesting person!

11. LIVE IN THE NOW: Existential awareness can maximize your full involvement in life. You cannot live in the past or fuzzy future.

12. CELEBRATE THE BEST OF EACH OTHER: One of my favorite beliefs is to "catch someone being or doing something positive, and tell them so." Positive reinforcement is the most powerful behavior to keep the good stuff coming.

13. BE KIND AND GENEROUS: Little actions here and there can continually say "I care".

14. ACTIONS SPEAK LOUDER THAN WORDS: A Chinese proverb says it well: "Married couples who love each other tell each other a thousand things without talking."

15. INVEST YOUR TIME: I believe your calendar illustrates your priorities. Spouse needs to be number one and the necessary time needs to be invested for the good fortune to be.

16. GIVE A FREE PASS: Everything that bothers you does not need to stay in your mind or come out of your mouth. This overlaps with number 2.

17. IT'S THE LITTLE THINGS: Another overlap with number 5. Daily awareness of wanting and doing the little thoughtful things is a nice habit to get into.

18. BE SUPPORTIVE: It is easy to be in a relationship when everything is going well but it's the tough times that strengthen the bond. "Suit up and show up". "Lean on each other's strengths. Forgive each other's weaknesses." Unknown author.

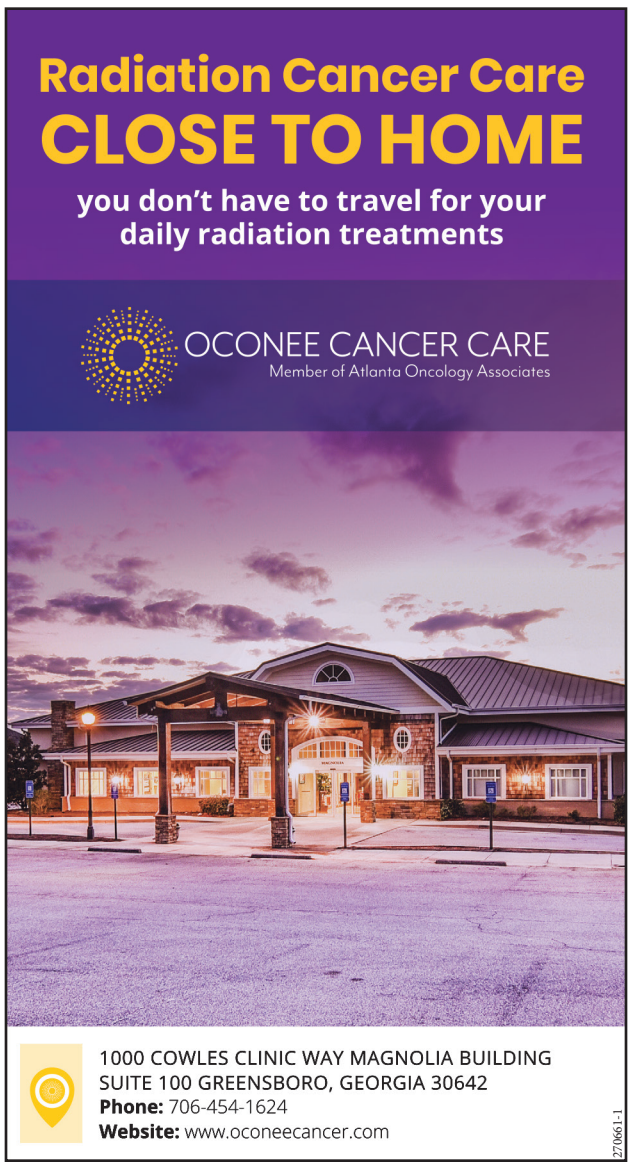
19. MAINTENANCE MATTERS: Attending to the health of the relationship on a consistent basis will ensure it not falling apart, too late to save.

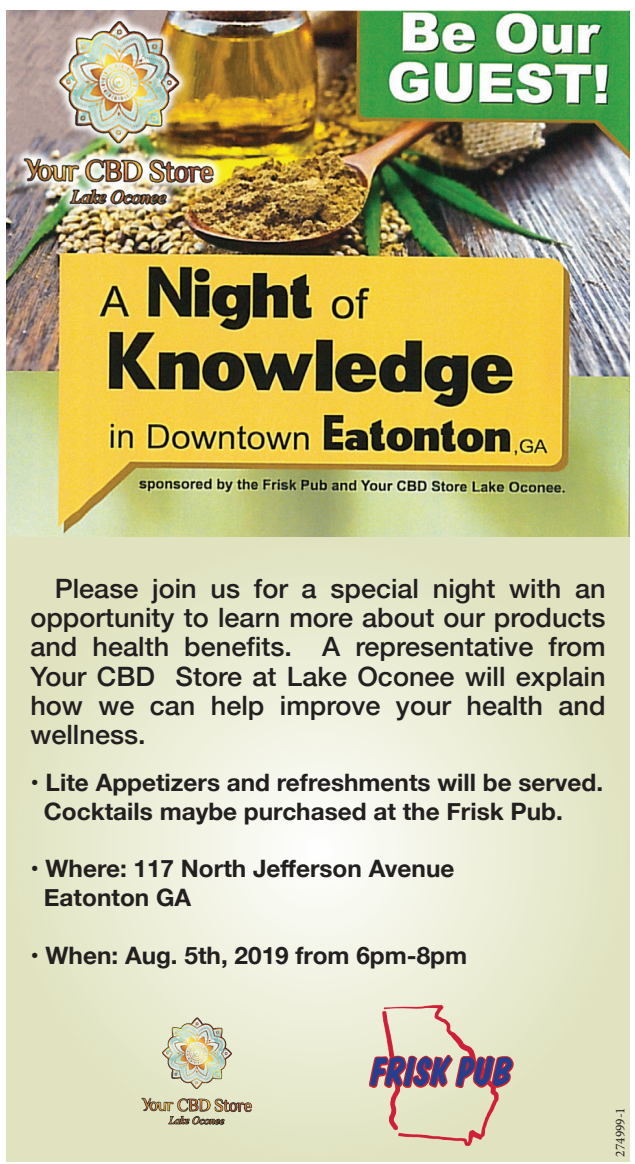
20. THINK FREELY: Keeping your mind alive with curiosity and creativity enliven you and your relationship.

21. BE COMMITTED: Put yourself all in for the long haul. But if you have truly made a bad choice of an unredeemable partner, get out, do better due diligence, and commit to work through the valley while enjoying the peaks. (How's that for a long sentence?)

Well, Respected Reader, what are your thoughts after going through the list? How good are you at following the rules? Your partner? I believe it is a valuable check list – maybe even refrigerator worthy.

— Dr. Stathas can be reached at 706-473-1780. Email: jstathas13@gmail.com. Website: drstathas.googlepages.com. Blog: drstathas.com





Chronic Inflammation

Inflammation has been associated with just about every health condition. Inflammation is not always bad. It can be the body's natural attempt to heal itself and eliminate damaged cells, viruses, and bacteria. Acute inflammation starts quickly and disappears in a few days. Chronic inflammation, however, can last months or even years. A sedentary lifestyle, stress, minor food allergies, and poor diet are just a few of the most common contributors to chronic inflammation.

Chronic inflammation will not typically produce symptoms until actual loss of function occurs somewhere. Chronic inflammation tends to be low-grade and systemic, silently damaging your tissues over an extended period of time. This process can go on for years without you noticing until disease suddenly sets in.

Since chronic inflammation tends to be "silent," how can you determine if inflammation is brewing in your body? Clinical tests used in allopathic medicine include:

• C-Reactive Protein (CRP) test: Measures a protein found in your body that signals responses to any forms of inflammation

• EST (sed rate) test: Checks for non-specific indicators of inflammation

• Fasting blood insulin test: Although usually used to screen for diabetes, it is also marker for inflammation. Typically, the higher fasting insulin levels are, the higher your levels of inflammation tend to be.

• Thermography: Also known as Medical Thermal Imaging, is an alternative test used to measure heat patterns in the body. Abnormal heat spots on the body are an indication of inflammation.

Eating a wide variety of anti-inflammatory foods on a regular basis can go a long way toward calming inflammation and preventing chronic health issues. The following foods deserve special mention for their ability to put a stop to inflammatory responses in your body:

Animal-based omega-3 fatty acids: The body converts omega-3's into powerful anti-inflammatory chemicals. These fats can be found in fish like wild Alaskan sockeye salmon and krill oil. Studies have shown fish oil can relieve joint tenderness, reduce morning stiffness duration.

Blueberries: Blueberries are high in antioxidants. They are in season right now and available at local farmer's markets. They are lower in sugar then most fruits, and can easily be added to a salad, yogurt or even frozen and added to a smoothie.

Shiitake mushrooms: These nutritional powerhouses contain ergothioneine, which inhibits oxidative stress and discourages inflammation. These mushrooms also contain a variety of other nutrients that most people do not get enough of in their diets, such as copper. The body cannot produce copper and depends on outside sources for supply. Copper deficiency has been found to be a factor in developing coronary heart disease.

Garlic: Garlic has been heavily studied and shown to help with hundreds of different conditions. It has antioxidant, anti-fungal, anti-viral and anti-bacterial properties. Garlic also has sulfur-containing compounds, which can help support inflamed joints.

High-quality herbs and spices: These are among the most potent anti-inflammatory ingredients available, ounce for ounce. Spicing up your meals is not enough, but it is a great place to start.

Fermented foods: Optimizing your gut flora is important for a high-functioning immune system and helps ward off chronic inflammation. In fact, the majority of inflammatory diseases start in the gut, as the result of an imbalanced microbiome. Fermented foods help "reseed" your gut with beneficial bacteria and also help the body rid itself of harmful toxins such as heavy metals and pesticides, which can promote inflammation. Some fermented food options are kimchee, pickles, sauerkraut, kefir, kombucha and olives.

Vitamin D: This vitamin has been shown to inhibit inflammation. Sun exposure of 5-30 minutes at least twice a week on the arms, legs and face is a beneficial, natural source of this fat-soluble vitamin. Food sources include wild-caught salmon, mackerel, cod liver oil, tuna, sardines and mushrooms.

xDark leafy greens: Kale, Swiss chard, spinach and collard greens contain powerful antioxidants, which help protect against cellular damage. Choose organically grown veggies that are in season and from a local source. Try eating a fair amount of these greens raw.

xJuicing is an excellent way to get more greens in your diet. Here is a quick and easy recipe for a healthy green juice that incorporates some of these anti-inflammatory powerhouses. It can be made in a blender instead of a juicer. You can strain the juice through cheesecloth for a thinner consistency, if desired. Wring out as much liquid as possible from the cheesecloth, as there are additional hearty nutrients in the pulp.

Dr. Alyssa's Anti-Inflammatory Green Juice

- 1 ½ cups water
- 2 cups kale OR baby spinach
- 2 medium green apples, cored
- ½ cup parsley leaves
- 1 medium cucumber, cut into quarters
- 2 celery stalks, roughly chopped
- 1 piece of ginger (1 inch), peeled
- 2 Tbsp fresh-squeezed lemon juice

Add all ingredients to the blender in the order in which they are listed. Blend on the highest setting (such as liquefy), until the juice is well-blended. It should be the consistency of a smoothie. If you want to enjoy the pulp with your juice, pour mixture into glass and serve. If you prefer thinner consistency, strain through a cheesecloth.

— Pathways to Healing specializes in holistic chiropractic care. Dr. Alyssa Musgrove draws on a variety of techniques, including chiropractic, kinesiology, nutrition, food allergy testing and lifestyle counseling to assist clients in achieving optimal health and wellness in one setting. Pathways to Healing is located at 1022 Founders Row, Lake Oconee Village, Greensboro. The office can be reached at 706-454-2040.

Protecting Your Pets in Hot Weather

Dr. Lonnie King – Board member of the ORHS

Lake Oconee Breeze

With our summer temperatures rising above 90 degrees and high humidity, summertime livin' isn't always easy. This is especially true when it comes to protecting our pets from the dangers of hot weather. Just remember when it is too hot for us, it is too hot for our pets as well.

Obviously, our dogs and cats have very different physiology than people. First, pets have fur and their coats, in some cases, add an extra burden when they are attempting to cool down. Both dogs and cats sweat through their paws but cannot sweat from their skin like we do, and this sweating is only marginally helpful to them for cooling down. Pets primarily cool down by panting. This allows their saliva to be exposed to the air and to evaporate from their tongues and mouth which helps cool them down. Dog's blood vessels can dilatate around their head and face which allows more blood to flow from their internal organs closer to the external environment around the face which helps to reduce their temperature. Panting also facilitates the air to circulate through a pet's body and thus further help reduce its temperature. Cats will commonly lick their coats and groom themselves more in the summer to add saliva to their fur which promotes more evaporation and cooling.

When dogs and cats get overheated and cannot cool down effectively, they may suffer a heat stroke or hyperthermia which can be a serious and life-threatening condition. Certain breeds of dogs and cats that have flat faces like bulldogs, pugs, boxers, shih tzus and Persian cats are especially susceptible to overheating and potential heat strokes because they have restricted and short airways. Pets that are older, obese or have existing heart or respiratory conditions are also at higher risk for these medical conditions in extreme heat.

How Can You Help?

Here are 8 tips for you to follow during our hot summer weather.

*1. Never, ever leave your pet in your car during hot or even warm weather. Every year, hundreds of pets die from heat stroke because they are left in parked vehicles. The temperature in your vehicle may rise 30 degrees in just 20 minutes quickly reaching a temperature that puts your pet in serious risk, even on a day that may not feel hot to you. Cracking the windows makes very little, if any, difference in the rapid elevation of the internal temperature in a vehicle.

*2. Pets need lots of fresh water. Like us, pets can become dehydrated quickly and fresh, cool water is essential for their health and to help reduce threats of excessive heat. Therefore, make certain that your pet always has unlimited access to fresh water.

*3. Pets need shade when they are outside. This is common sense but often we fail to monitor our pets especially if they live outside. Shade from trees is preferable because it allows air to flow more readily; doghouses can, at times, trap air and become excessively hot. Be careful about leaving windows without screens open which can invite falls or jumps and potential injuries.

*4. Exercise your pet during the cooler times of the day. This is especially true if you run with your dog. Thus, limit how much and when you exercise with your pet and remember higher humidity is also a detriment to the ability to cool down for both us and our pets.

*5. When walking or exercising with your pet, try to stay off hot surfaces, like asphalt because it can burn your pet's paws. Before you head out for a walk or run, touch the pavement and if it is too hot for your hand, it is certainly too hot for an animal's paws. Walking on the grass rather than a road surface is a good rule during hot temperatures.

*6. Consider clipping or trimming your pet with longer coats. Do not shave your pet without checking with your veterinarian or groomer first. Some layers of a pet's coat can be protective and help them from overheating. Brushing cats more frequently can be helpful to them, and try to get rid of mats and tangles in the coats of both cats and dogs.

*7. Dogs can cool down by enjoying a kiddy-pool or jump in the lake or another pool. Remember that not all dogs are good swimmers and if dogs are using a pool treated with chlorine and/or other chemicals, be sure to rinse them off when they are out of the pool. Keep rodenticides and insecticides out of the reach of pets and check to make sure that lawn care chemicals are safe to use with pets.

*8. Keep your pets free from external parasites like fleas and ticks and heartworms; these are more commonly found and spread during the summer months. There are many very good products available to prevent or eliminate these parasites and it is always helpful to work with your local veterinarian to determine the most effective product for your pet.

What Are the Signs of Heat Stroke and What Should You Do?

Heat stroke or hyperthermia occurs when the body temperature rises significantly above normal levels. A normal dog temperature range is from 100.5 – 102.5 and a normal cat temperature range is from 99.5 – 102.5. It is a myth that one can tell the health or temperature of a pet by checking its nose; the only way to accurately determine a pet's temperature is by using a thermometer. Taking the pet's rectal temperature using a human digital thermometer works well. Pets exhibiting signs of heat stroke will have a body temperature of 104 degrees or even much higher. If suffering from a heat stroke a dog or cat will pant heavily and excessively (remember some panting is normal). They may experience increased heart and respiratory rates, drool and salivate profusely, experience weakness or be non-responsive, they may vomit, collapse or have a seizure.

If you believe that your pet is having a heat stroke, get the pet into an air-conditioned home, run cool water (Not Cold!) over the pet especially over its head, neck and chest and then wrap it in a cool, water-soaked towel and then take the pet directly to the veterinarian as this can be a life-threatening condition that will require emergency and expert care. It is helpful to call ahead and let the veterinarian know that you are coming with an emergency so that the veterinary clinic be well prepared when you arrive.

SUDOKU

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

★ ★ ★ ★ ★ ★

Today's Puzzle is sponsored by:
Clearview Insurance Agency

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

Solution to Last Thursday's puzzle

BLAKE LOMONACO
AGENT
CLEARVIEW INSURANCE AGENCY

PH(770)500-9842
BLAKEL@CLEARVIEWINS.COM
WWW.CLEARVIEWINS.COM
Proudly insuring the Lake Country

HOME | AUTO | BOAT | BUSINESS | LIFE

220981-1

Calendar of Events

Aug. 4

The Old School History Museum presents their quarterly lecture series with a guest speaker. The lecture will take place at 2 p.m. in the reception hall at The Plaza Arts Center. The lecture is free, but donations are appreciated. Refreshments served after the lecture in the museum. The Plaza Arts Center is located at 305 N. Madison Ave in Eatonton. Call 706-923-1655 or visit us online for at www.plazacenter.org for more information.

Aug. 4

Sunday at the Museum Lecture Series - Aug. 4 The Old School History Museum presents their quarterly lecture series with a guest speaker. The lecture will take place at 2:00 pm on Sunday, August 4 in the reception hall at The Plaza Arts Center. The lecture is free, but donations are appreciated. Refreshments served after the lecture in the museum. The Plaza Arts Center is located at 305 N. Madison Ave in Eatonton. Call 706-923-1655 or visit us online for at www.plazacenter.org for more information.

Aug. 8

5 p.m. to 8 p.m.Palette Knife Class. Instructor: Jeanne Trammell. Cost of class $45.

Aug. 12

Let's Grow Fall/Winter Vegetables

Noon to 1 p.m.

On Tuesday, Aug. 13 from noon to 1 p.m. the Greene County Master Gardeners will offer a free Growing Gall and Winter Vegetables Workshop at the Extension Office. All are invited to participate. The Growing Fall and Winter Vegetables Workshop will answer many of your fall/winter veggie gardening questions. This FREE workshop will take place at the Greene County Extension Office, 1180 C. Weldon Smith Drive, Suite 110 in Greensboro. You are invited to register by calling 706-453-2083. Follow Greene County MGV on Facebook: https://www.facebook.com/UGAGCMG.

Cancer Patients, Survivors & Helpers meet the fourth Thursday of each month at 5:30 p.m. at 1000 Cowles Clinic Way – Magnolia Bld-Cancer Center for a meet and greet. The meeting begins at 6 p.m.

Aug. 16

Join us for a FREE outdoor concert from 7 p.m. to 10 p.m. We want you to help determine the set list for the show! There are three ways to participate in our fundraising Jukebox Hero Challenge. Visit us online for details and the ways to donate! Bring your own blankets, chairs, and coolers. Food and beverages will also be available for purchase. Silver+ Plaza Partners get extra perks for this show. Special guest performers to be announced soon. See you at The Plaza! The Plaza Arts Center is located at 305 N. Madison Ave in Eatonton. Call 706-923-1655 or visit us online for tickets and more information at www.plazacenter.org.

Aug. 16

Meet me at The Plaza's Jukebox Hero Challange featuring Rainey Gallagher and the Deraney Band - Aug. 16. Join us for a FREE outdoor concert this summer on Friday, August 16 from 7 p.m. to 10 p.m. We want you to help determine the set list for the show! There are three ways to participate in our fundraising Jukebox Hero Challenge. Visit us online for details and the ways to donate! Bring your own blankets, chairs, and coolers. Food and beverages will also be available for purchase. Silver+ Plaza Partners get extra perks for this show. Special guest performers to be announced soon. See you at The Plaza! The Plaza Arts Center is located at 305 N. Madison Avenue in Eatonton. Call 706-923-1655 or visit us online for tickets and more information at www.plazacenter.org.

Sept. 5

5 p.m. to 8 p.m.

Beginning Acrylic Painting.

Instructor: Linda Foster. Cost of class $45 plus $5 for supplies.

Sept. 19-Oct. 31

Dual Vision: Art Through Different Eyes

Reception: Sept. 19, 5 to 8 p.m.

Exhibition: September 19-October 31

The Artisans Village Art Gallery

110 W. Marion St., Eatonton

Further information at:

www.theartisansvillageguild.com

Oct. 5

10 a.m. to 1 pm.

Basic Photography.

Instructor: Ken Johnson. Cost of class $45. To register, call/pay at The Artisans Village Art Gallery (706-623-7757) or email artgallery@theartisansvillage.org. Make checks payable to TAVAG and mail to: The Artisans Village Art Gallery P O Box 3429 Eatonton Ga. 31024 or pay at the gallery with cash/check/card. We must receive payment in advance of the class. The Artisans Village Art Gallery is at 110 W Marion St, downtown Eatonton, Ga. (mailing address is P O Box 3429, Eatonton, Ga. 31024). Hours are Thursday/Friday 11 a.m. to 5 p.m., Saturday 10 a.m. to 3 p.m.

Addiction: Parent and Family Support Group. Join us for an open discussion in a confidential setting. Our group meets every other Wednesday from 6:15-7:45 p.m. at the Lake Oconee Community Church facility located at 1001 Village Park Drive, Greensboro. Please call 610-580-6956 for details.

AARP meets at 2 p.m. the first Tuesday of every month at the Senior Citizens Center in Greensboro.

Al-Anon Family Group meets every Monday night at Lakeside Church at 7 p.m. Al-Anon is for friends and family who deal with alcoholism. The church is located at 5800 Lake Oconee Parkway Greensboro, Ga.

Alcoholics Anonymous Lakeside Group meets in Greensboro at 7 p.m. on Tuesdays and Thursdays at the Christ our King and Savior Catholic Church in the Parish Life Center which is behind the main building.

Alcoholics Anonymous, Eatonton group, meets at 7 p.m. each Sunday, Monday and Wednesday at 105 W. Sumpter St. across from the courthouse.

Bootcamp exercise classes designed to blast fat fast are every weekday at 6:15 a.m. at Bodyplex Gym, 106 Village Lane off of Harmony. All fitness levels welcome. $5 per class. Contact Jennette Snider CPT 706-986-9376.

The Artisans Village Art Guild meets the second Friday of each month at 10 o'clock at the Peoples Bank Community Room Lake Oconee.

Celebrate Recovery meets every Thursday at 6:30 p.m. at Grace Fellowship, 1971 S. Main St., in Greensboro. Doors open at 6 p.m. They welcome those of all faiths as well as no faith at all. For more information visit their website at http://www.gracefellowship.ws or call Grace Fellowship at 706-453-0020.

Diabetes School given by the Medical College of Georgia is held on the third Friday of each month at the TenderCare building in Greensboro. 706-453-1201.

Diabetes Support Group meets from 4:30-6:30 p.m. the first Tuesday of every month at the Tender Care Clinic in Greensboro. 706-453-1201.

Diabetics Support Group of Putnam County meets at 7 p.m. the second Tuesday of every month except June, July and August at the Senior Citizens Center. 706-485-8591.

Eatonton Elks Lodge No. 2549 of Putnam County meets at 7 p.m. the first and third Monday of each month at 135 Industrial Boulevard. The Elkettes meet at 7 p.m. the third Monday of each month.

OCONEE REGIONAL HUMANE SOCIETY

Pets of the Week

Adoption Line: 706.454.1508

LOKI says: 5 mos. old. Male, grey/white, short hair. He is just one of the many kittens we now have ready for adoption. Stop by the shelter & ask for Kari to help pick the right one for your family.

EBONY says: 3 year old lab/hound mix with a sweet personality. If you are looking for a jogging buddy or a snuggler, Ebony is your girl. Her soulful eyes will melt your heart away.

TREASURE SALE

JUST A LITTLE OVER THREE MORE WEEKS BEFORE OUR TREASURE & FURNITURE SALE. AUG 24 & 25.

CUT-OFF DATE FOR DONATIONS IS AUGUST 10th. AFTER THAT WE WILL NEED THE REMAINING TIME FOR FINAL PRICING & STAGING.

706-454-1508

278754-1

Harmony Crossing

Animal Hospital

Scott Richter, DVM

Practice Limited to Dogs and Cats

1013 Lake Oconee Parkway • Suite 102 • Eatonton, GA 31024

(706) 923-1456

27113-1

Lake Oconee Breeze
www.lakeoconeebreeze.net

Classifieds

FIND JUST WHAT YOU'RE LOOKING FOR!

Personals

CNA's Needed
CNA's needed to assist with the in home care of an elderly woman with Alzheimers.

For more information call Trish at 478-457-7746

Misc Merchandise

FOR SALE
12 padded pews
7.5 feet long
Excellent condition
$100.00 each/ OBO
will need to move
(478)447-4540

MISCELLANEOUS FOR SALE
Front Office Desk- **One**
Regular Office Desks- **Six**
Office Cubicles- **Thirteen**
Conference Tables (12 ft.)-**One**
Dell Computer Monitors- **Over 40**
81" wide Stainless Steel Freezer- **One**
4 ft. Flourescent Light Fixture- **Four**
Small Bookshelf- **One**
Office Phones- Shortel 230- **Forty**
Conference Ohone- **Four**
Print Tronix P8000 Line Printer- **One**

Call (478)414-4235 to schedule time to view @Med-Lake Laboratory in Milledgeville, Ga

Apartments

Convenient location, 1&2 B/R apartments $400.00 and up NO PETS 478-452-7865

Prairie Summit Apartments

Apartments available! You must be income eligible to qualify. Rental Assistance Available for Qualified Applicants. Located at 153 Westbrook Rd. in Gordon, GA. For more infomation call VERNETTA at 478-628-5583 This Institution is an Equal Opportunity Provider. TTD# 1-800-255-0056

EQUAL HOUSING OPPORTUNITY

FIND IT IN THE *Classifieds*

Reel In The Good Deals

Find It In The Classifieds TODAY!!

JOBS

MAINTENANCE TECHNICIAN NEEDED!
Apply in person at 196 Highway 49 #C1
Please send resumes to awalters@smpmgt.com
Call Angela@478-452-4825

GROUNDS PORTER NEEDED! CALL
478-452-1918

SOUTHSIDE EQUIPMENT
MILLEDGEVILLE, GA
JOB OPPORTUNITY
SERVICE WRITER
MON – FRI 7:30A.M – 5:00P.M.
SAT- 8 – 12:00
CALL FOR DETAILS
478-452-5523

THREE RIVERS HOME HEALTH SERVICES

is currently accepting applications for:

Registered Nurses

Full-time positions caring for patients in their homes, offering competitive salary and benefit package including cafeteria style insurance benefits, paid days off, paid holidays , and 40-1(k) plan.

Apply in person at:
2485 N. Columbia Street, Suite 86
Milledgeville, GA 31061
(478) 453-2027
or online at: **www.123rivers.com**

JACHO Accredited — Equal Opportunity Employer

2387527-1

CALL TODAY!

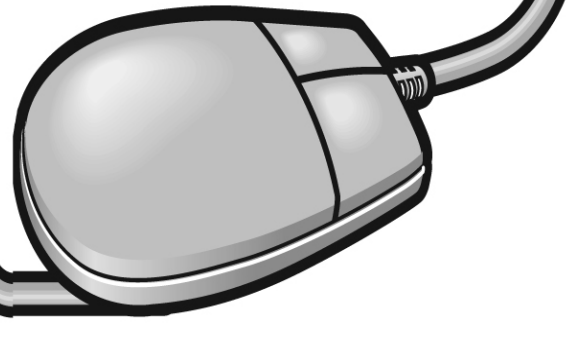
put your classified ad here

We give your classified ad increased exposure because when you place an ad in our newspaper, we automatically post it on the world wide web via our on-line classifieds! So whatever it is you're selling, it makes "cents" to sell it with us and reach more potential buyers— in print and on-line!

Call **478-453-1446** *today!*

The Union-Recorder **Classifieds**

It works.



HERE'S MY CARD

SWEAT FAMILY TREE SERVICES, LLC
24/7 EMERGENCY SERVICE

- Experts in Hazardous Tree Removal
- Storm Damage, Tree Over Homes
- Dead Trees, Trimming & Skirting
- Crown Reductions, Stump Grinding
- Firewood, Tree Repair
- FREE ESTIMATES

LICENSED & INSURED
Jeff Sweat at 478-932-5913
Milledgeville, GA
"If You Want 'Em To Fall, Give Us A Call."
210244-1

Health Insurance Options
478-453-7092
Health Insurance & Medicare Specialist
Medicare Supplements
Medicare Advantage
Medicare Part D (Rx)

Debbie Fry
Milledgeville, GA
Dental, Vision, Final Expense policies
Short Term Individual & Family policies
3015 Heritage Road STE 5 Milledgeville GA 31061
210408-1

LAV Plumbing
"When Quality Counts"
478.414.7791
LAVplumbing.com
• RESIDENTIAL/COMMERCIAL • SPECIALTY PROJECTS
• NEW CONSTRUCTION & REMODELS
210241-1

30-50% OF YOUR HEATING AND COOLING ENERGY
CAN BE *WASTED* DUE TO FAULTY OR LEAKING DUCTS

Call **Duct Master**
478•454•8158 Licensed
Give us a call... We do it all
Repair & install Ductwork
Commercial & Residential
Professional & Honest Service
210599-1

GRAPPLE TRUCK SERVICE
FIREWOOD
STUMP GRINDING
TREE SERVICE
KENNEDY & SONS
478 453-TREE (8733)
GARDENING MULCH FOR SALE
210484-1

CENTRAL GEORGIA STORAGE
Regular & Climate Controlled Self Storage Units
4 Locations
2967 North Columbia St. - Milledgeville (441 North)
137 Old River Bridge Road - Milledgeville (downtown)
3017 Heirtage Road - Milledgeville (near Walmart)
646 Old Phoenix Road - Eatonton/Lake Oconee
(478) 295-3320 Milledgeville (706) 484-0940 Eatonton
210443-1

JBT PAVING
JBTPAVING.COM
RESIDENTIAL & COMMERCIAL
(478) 957-6495
JACK@JBTPAVING.COM
209415-1

Advertise in our next
HERE'S MY CARD guide
and connect with over 56,000 potential customers!
Call The Union-Recorder Classified Department
478-453-1446

Aqua Man POWER WASH

•Deck Staining
•Gutter Cleaning
• House & Decks • Walkways
• Interior Painting • Windows
Bruce Hodges • Free Estimates
478-696-6022
Located Just Off Harmoy Rd.
210641-1

Looking for a way to get your garage, estate, and yard sales in the Lake Oconee Breeze?

We have a solution, call 478-453-1446/1443 or email twatson@unionrecorder.com to get your garage sale started today!

273999-1

Sound

Continued from page 4

lateral line in fish.

Whether it is BBs in lures, rattles placed in plastic worms, clackers on buzzbaits or glass beads used with a Carolina rig those techniques create noises that impact the lateral line to attract fish to a certain lure. In recent years a new technology was developed to attract fish to the lure using a smart chip in the lure.

That technology is called Electronic Baitfish Sounds (EBS) and was developed by Livingston Lures. EBS is based on the natural and instinctive feeding attraction for fish. Where most traditional lures rely only on sight and vibrations, the EBS technology creates the natural sounds made up of vibrations that real baitfish make. According to Livingston Lures, "Sensing sound in the water is one of the most important attributes a fish has to locate food or to keep from becoming food and is missing as a true aspect of replicating a real baitfish with an artificial lure."

EBS technology uses natural sounds obtained from university studies and research programs and has embedded those sounds in a smart chip in the internal chamber of each of their lures. The sounds in the smart chip are activated while the lure is in the water but turned off when out of the water. Livingston Lures has focused their lure development on how and what fish hear rather than on conventional lure designs that rely on sight and vibrations.

Livingston Lures has a full line of their lures with the EBS technology. I admit that I have not tried their lures (they are a little more expensive than other crankbaits) but the research and technology make sense. An EBS lure was used by a fellow Alabamian to win the Super Bowl of bass fishing, the Bassmaster Classic so you might want to give the ABS technology a try.

As I am writing this article, I could not help but wonder what my granddaddy would have thought of this new technology. Anything that made noise to him was harmful to fishing, so I guess he would have passed on the EBS technology. Now, if that smart chip could have been placed in my mouth and stopped me from talking, he might have been interested.

Good fishing and see you next week.

— Outdoor columnist Bobby Peoples can be contacted via email at brpeoples995@gmail.com.

Events

Continued from page 4

Harmony Baptist Church, 120 Harmony Church Road. 10 a.m. Sunday school; 11 a.m. worship.

Harvest Baptist Church, 642 Old Phoenix Road. 9:45 a.m. Sunday school; 11 a.m. worship. 706-485-6640.

Lake Oconee Church a North Point Partner w/ environments for children, students & adults 9:15am & 10:45am at 1101 Village Park Drive, Greensboro. lakeoconee.church

Lake Oconee Baptist Chapel, 2411 Reid's Ferry Road, Buckhead. 9:45 a.m. Sunday school; 11 a.m. worship. 706-342-7621.

Lake Oconee Church of Christ, 4700 Carey Station Road, Greensboro. Sunday school 10 a.m. Worship 11 a.m. 706-454-2008.

Lake Oconee Community Church holds 8:30 a.m. Worship on the Water, Linger Longer Pavilion, Reynolds, Lake Oconee and 10:30 a.m. worship at the LOCC, 1001 Village Park Drive, Greensboro.

Lake Oconee Lutheran Church, 1089 Lake Oconee Parkway (behind Harmony Community Building), Eatonton. "A Stephen Ministry Congregation." 10:30 a.m. worship service. Fellowship and coffee following service. Visit www.lolc.info for more information. 706-485-4600.

Lake Oconee Presbyterian Church, 113 Scott Road, Eatonton. 9 a.m. Sunday school; 10:30 a.m. worship. 706-484-0600.

Lakepoint Community Church at Lake Oconee, 940 Harmony Road, Eatonton, nondenominational. Worship 9:30 and 11 a.m. 706-923-0014.

Lakeside Church, 5800 Lake Oconee Parkway. 9 a.m.
Sunday school and first worship service; 10:45 a.m. second worship service. 706-453-0330.

Liberty United Methodist Church, 3091 Liberty Church Road, White Plains. 10 a.m. Sunday school; 11 a.m. worship. 706-467-3089.

Lone Oak Baptist Church, 976 Greensboro Road, Eatonton. 10 a.m. Sunday school; 11 a.m. worship; 6:30 p.m. Sunday, Wednesday worship. 706-923-5151.

Marshall Memorial Baptist Church, 190 Imperial Mill Road, Eatonton. 10 a.m. Sunday school; 11 a.m. worship. 706-485-7324.

Reach Out Christian Chapel, Old Phoenix Road between Highway 16 and New Phoenix Road, 11 a.m. worship.
7 p.m. Wednesday prayer service, Bible study. 706-473-3493; reachout@bellsouth.net.

Swords United Methodist Church, Swords Road, Buckhead, 10 a.m. Sunday school; 11 a.m. worship.

River of Life Church, 116 Scott Oak Drive, Eatonton, Sunday worship 10 a.m., Wednesday small group, 6 p.m., youth ministry 6 p.m. 706-923-1277.