

ECRWSS  
PRSR STD  
The Union-Recorder  
Permit No. 47  
Eatonton, Ga.  
Postal Customer



# Lake Oconee Breeze

[www.lakeoconeebreeze.net](http://www.lakeoconeebreeze.net)

THURSDAY, OCTOBER 8, 2020 • Vol. 20 No. 40

COMPLIMENTARY

[www.lakeoconeebreeze.net](http://www.lakeoconeebreeze.net)

## Lake Oconee Dentistry to host free day of dental care for veterans, active military and hometown heroes on Oct. 30



Lake Oconee Breeze

Lake Oconee Dentistry will be hosting Stars, Stripes and Smiles, a free day of dentistry for active and retired military, as well as law enforcement, firefighters, DNR and EMS personnel on Friday, Oct. 30.

Drs. David and Patti Bradley, Dr. Shelly Pound, Dr. Andrea Feldman and Dr. Don Hudson, as well as Lake Oconee Dentistry hygienists, dental assistants and other team members, will provide event attendees with their choice of a free extraction, filling or cleaning that day. Dr. David Miller, an oral surgeon and owner of Lake Oconee Oral Surgery and Dental Implant Center, will also be donating his time, along with his team, in order to help as many people as possible.

Of the 21 million veterans in the United States, fewer than 10 million are enrolled for US Department of Veterans Affairs (VA) health benefits, and more than 1.2 million lack health insurance altogether. This gap is even more pronounced

Contributed photo

Lake Oconee Dentistry will be hosting a free day of dentistry for active and retired military, as well as law enforcement, firefighters, DNR and EMS personnel on Friday, Oct. 30.

See **DENTAL** page 20

Continuing to Serve Our Customers through

- Drive-Thru
- Appointments
- Online Banking
- Mobile Banking
- Curb Side Coin Service



(706) 485-9941



Both Downtown Eatonton and Lake Oconee Branches

**STAFF****Publisher**

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

**Editor**

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

**Sales Manager**

Amy Budrys  
478-453-1433  
abudrys@unionrecorder.com

Terri Stewart

478-453-1434  
tstewart@unionrecorder.com

Tiffany Watson

478-453-1446  
twatson@unionrecorder.com

**Classified Ads**

478-453-1446  
classifieds@unionrecorder.com

**Contributing Writers**

Livi Edmonson  
Dr. Alyssa Musgrove  
Bobby Peoples  
Don & Shirley Smith

**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

# 100 Who Care Del Webb donates to Circle of Love



Contributed photo

The Circle of Love Center in Greensboro recently received a donation of \$4,900 from the 100 Who Care Del Webb Lake Oconee charitable organization. Although located in Greene County, Circle of Love encompasses Morgan, Putnam, Hancock and Baldwin counties as well. They provide an emergency safe shelter and resource center for domestic violence victims and their children. Services include, but not limited to, safe shelter, 24-Hour hotline access, group and individual counseling, child counseling, case management, legal advocacies, court accompaniment, transports, employment and housing search assistance, referrals to community agencies and financial assistance. 100 Who Care is part of a worldwide charity organization whose focus is to coordinate funding for local charities. Members meet quarterly to nominate and then vote on what charity will receive the funds that quarter. Pictured: Andrea Kay and Betty Aubin of 100 Who Care Del Webb present a check to Kimberly Bennett, Executive Director of Circle of Love.

## Debbie Balicki named Salesperson of the Month

**IN 2020 EXERCISE YOUR RIGHT TO CHOOSE!**

**You can CHOOSE Physical Therapy without a referral**



Georgia Law allows you to see a Physical Therapist directly- No need to get a referral for your aches and pains. Just give us a call to get started.

**You can CHOOSE your Physical Therapy Clinic**



Let your healthcare provider know that you want to go to **ProMotion Physical Therapy**. It is **ALWAYS** your choice.



Chris Alligood,  
PT, MS, OCS



Denny Wood,  
PT, MPT, CSCS

**ProMotion**  
**PHYSICAL THERAPY**

706-454-2000  
Greensboro/Lake Oconee

Lake Oconee Breeze

GREENSBORO, Ga. – Reynolds Lake Oconee Properties, LLC is pleased to announce Debbie Balicki as Salesperson of the Month for September with eight transactions totaling \$5.9 million.

Balicki and her husband, Tom, were first attracted to Reynolds Lake Oconee for the golf, specifically the Jack Nicklaus Signature Course, Great Waters. They bought their first property in 1991 and moved here full-time in 1998.

“Between the beautiful golf courses and the easy drive from Atlanta, the decision to move here was an easy one,” said Balicki. “It has ended up being one of the best choices we’ve ever made. We enjoy an incredible lifestyle and have built life-long friendships.”

Since joining the sales



**BALICKI**

team, Balicki has thrived in Reynolds real estate, and was named Salesperson of the Year for 2019, making it her third consecutive year. Balicki is celebrating over 21 years with the Reynolds real estate team and has been an Active Life Member of the Lake Country Board of Realtors Million Dollar Club and a past recipient of the Eagle Award acknowledging more than

See **BALICKI** page 11

# Lake Oconee Elks donate to Hometown Heroes



Contributed photos

On Tuesday, Sept. 22, the Lake Oconee Elks Lodge donated \$500 to Hometown Heroes at the Greensboro Fire Department in Greensboro. Hometown Heroes is an organization dedicated to honoring our local heroes throughout the state to include fire, police, EMS and first responders. Lake Oconee Elks were pleased to present Mike Davino, assistant to Hometown Heroes CEO Doug Hesse, with the check. Mike also presented all of the firefighters at the presentation with \$100 gift cards to local restaurants. The gift cards not only show appreciation to local heroes but also help to support local restaurants.

*Send us your community news*  
breeze@unionrecorder.com

**Walden Signature Homes & Construction**

**CUSTOM HOME BUILDER SPECIALIST**

- New Home Construction
- Kitchen & Bathroom Remodeling
- Home Remodeling & Additions
- Basement Finishes
- Decks and Sunrooms
- New Roof Installation

**INSURANCE CLAIM SPECIALISTS**

HOME ADVISOR APPROVED CONTRACTOR

**FREE ESTIMATES**

SERVING GEORGIA FOR 30 YEARS  
WE WILL BEAT ANY LICENSED CONTRACTOR QUOTE!  
STATE OF GEORGIA LICENSED GENERAL CONTRACTOR

**770-788-2588**

**Building Dreams for 30 years**

**"THE BUILDER PRO"**

**Take 10% off your total price with coupon. (Up to \$500)**

With Coupon. Insurance Claims Excluded. Offer Expires 9/3/20.MS

# Reynolds Lake Oconee recognizes 2019 Employee Awards Recipients

Lake Oconee Breeze

GREENSBORO, Ga. — Reynolds Lake Oconee is pleased to recognize recipients of the annual Employee Awards for their integrity, exceptional quality, and commitment to the company in 2019.

“The core of Reynolds Lake Oconee is the hard-working and extraordinary employees who live out our core values and standards each day,” said Rabun Neal, President of Reynolds Lake Oconee. “These awards are our chance to recognize those people for their service.”

Chris Jarrette, a National Tavern Bartender,

was awarded the title of Employee of the Year, while Susan Ladner, Vice President Controller, was recognized as Leader of the Year. Debbie Balicki was honored as Salesperson of the Year for Reynolds Lake Oconee Properties, LLC. Theresa Smith, Reynolds Owners Association (ROA), and Josh Herb, Tennis and Recreation, each received the 2019 “Helping Hand” Award.

Chris Jarrette joined the Food and Beverage team at Reynolds in 2011, having previously worked as a line cook at Applebees. As a bartender, Jarrette now enjoys putting a smile on Members’

faces while serving up their favorite drinks.

In his free time, Jarrette enjoys singing, dancing, playing video games, and watching his favorite childhood cartoons. Having spent his childhood serving the community alongside his mother, Marilyn, and sister, Alysia, Jarrette is also a dedicated volunteer with One Love Outreach.

“I just want to say thank you,” said Jarrette. “These have been the best years of my life and I look forward to many more. I am blessed beyond words and so appreciative and thankful for everything that I’ve accomplished.

I’ll continue to do my best and make Reynolds proud.”

Susan Ladner has worked in the golf and country club industry for 15 years. At Reynolds, she oversees accounting operations and enjoys the ample opportunities to learn, grow, and be a part of a meaningful community.

“The best part of working at Reynolds is the people,” said Ladner. “It is wonderful to work with a group of people continuously striving to exceed expectations and deliver exceptional quality in all that we do.”

In her spare time, Ladner enjoys being the number-one fan of her daughter, Shelby, in all of her sports and activities.

For the third year in a row, Debbie Balicki was recognized as

the Salesperson of the Year for Reynolds Lake Oconee Properties, LLC for 2019. Truly dedicated, Balicki is celebrating over 21 years with the Reynolds real estate team and has been an Active Life Member of the Lake Country Board of Realtors Million Dollar Club and a past recipient of the Eagle Award acknowledging more than 15 consecutive years of million-dollar-plus sales.

“It is an honor to be recognized among these remarkable employees,” said Balicki. “Their contributions to this amazing community have helped create the lifestyle that has not only become the cornerstone of my career but the place my husband, Tom, and I are proud to call home.”

Josh Herb and Theresa Smith each received the

“Helping Hand” Award for 2019.

Herb spent 5 years serving as a full time missionary in Hungary and South Africa through Operation Mobilization before joining the Reynolds Tennis and Recreation team, where he keeps the tennis courts in pristine condition.

“The best part of my job is that my boss, Scott Cowdrey, trusts me to get the job done,” said Herb. “He gives me a general idea of what he wants, and then allows me to take care of the specifics.”

Herb volunteers as an assistant coach with the Morgan County High School Rugby Club, and enjoys giving his time and talents to serve the community and share the love of God with all.

Before coming to Reynolds, Theresa Smith worked for BioSperix Ltd. in Parish, New York, in the Quality Control Department testing chambers and controllers to the mini clean cell therapy machines. Now in ROA, she enjoys serving the Reynolds community in new ways each day, from assisting with gate transponders to answering general questions.

“The best thing about Reynolds is that everyone here is treated like family,” says Smith. “My ROA department coworkers are a family-oriented team, and we live and laugh together.”

Smith also serves as a volunteer and farm manager at Hopes Castways Equine Rescue. She is inspired to dedicate her time to the organization by seeing abused and starved horses brought back to health and happiness.

Our designs will save you space ...



Our quote will save you money!



Attractive, well-planned storage systems add value so it's worth your while to do them properly. But, that shouldn't mean paying too much either!

At Artisan Custom Closets, we've built our reputation by adding amazing value through the process, from intelligent design and exquisite craftsmanship to ensuring the job is completed on time.

## ARTISAN CUSTOM CLOSETS

Please call for a FREE in-home consultation:  
Local Representative: Terry Street  
770-790-5368

closets | offices | garages | laundry rooms | pantries | mudrooms | lockers

43371-1

## Hello, neighbor!

Please email and say “Hi!”

I'm looking forward to serving your needs for insurance and financial services.

Like a good neighbor,  
State Farm is there.®  
CALL OR EMAIL ME TODAY.

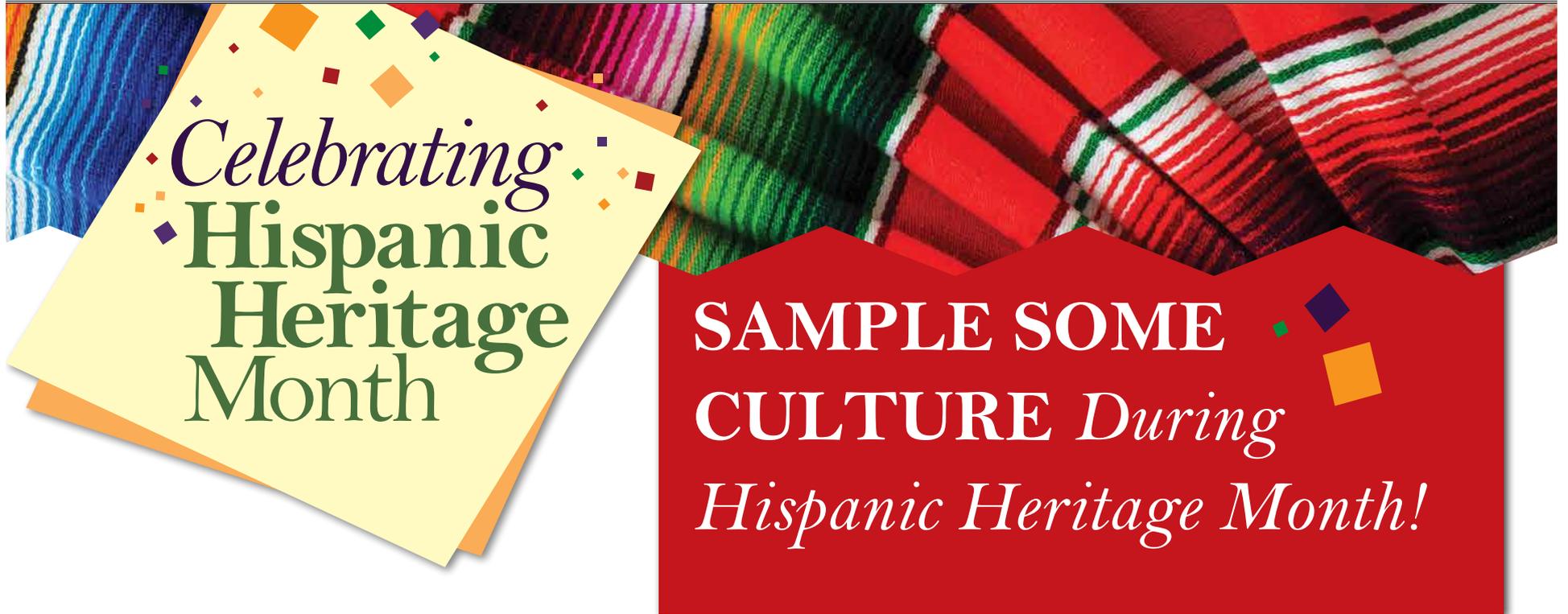
**Craig Crump, Agent**

3225 Shallowford Road NE  
Bldg 1100 Suite 1100  
Marietta, Ga 30062  
Bus: 770.509.5000  
craig@craigcrump.com

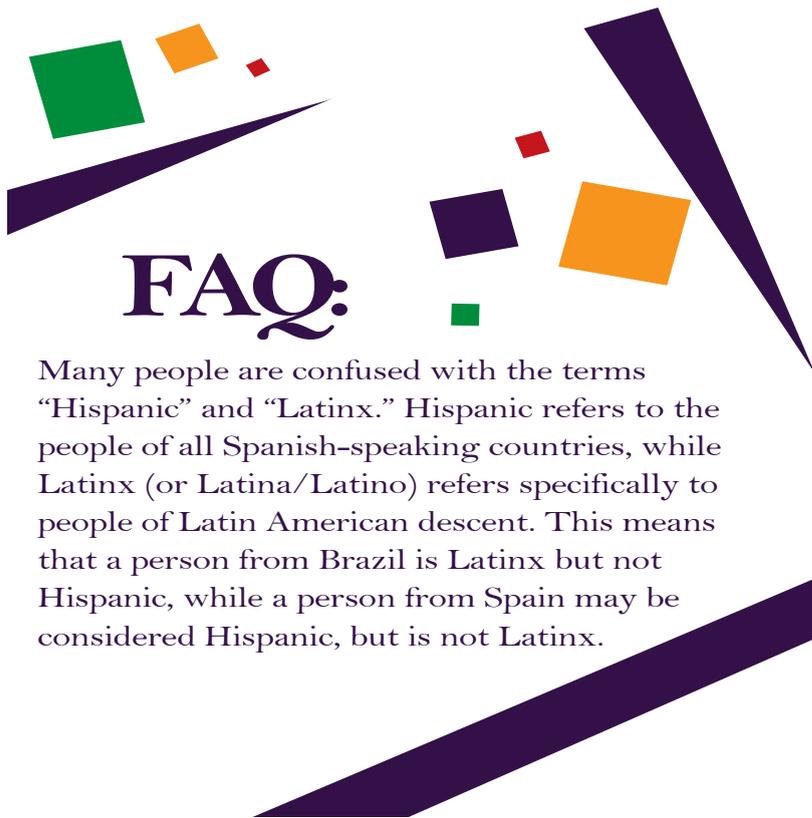
Here to help life go right.®

**State Farm®**

43371-1



## IMPORTANT MOMENTS IN HISPANIC HISTORY



Many people are confused with the terms “Hispanic” and “Latinx.” Hispanic refers to the people of all Spanish-speaking countries, while Latinx (or Latina/Latino) refers specifically to people of Latin American descent. This means that a person from Brazil is Latinx but not Hispanic, while a person from Spain may be considered Hispanic, but is not Latinx.

**H**ispanic history dates back centuries and boasts numerous important and memorable moments. Though much of that history has little to do with the United States, a great many important events in Hispanic history took place within U.S. borders.

**1903:** Mexican and Japanese workers in California join together to fight lower wages instituted by the American Beet Sugar Company. The month-long strike eventually ends when growers concede to the workers’ demands.

**1910:** Thousands of Mexicans begin traveling north to the U.S. at the onset of the Mexican Revolution.

**1921:** Farmers who rely on Mexicans as workers block the inclusion of Mexicans in the Immigration Act of 1921, which established a quota system for immigrants entering the U.S.

**1928:** Octaviano Larrazolo becomes the first Hispanic U.S. Senator when he replaces New Mexico Democrat Andieus A. Jones, who died in office.

**1929:** Several Latino service organizations merge to form the League of Latin American Citizens. The organization would become the longest-lasting Latino civil rights group in the country.

**1932:** Benjamin Nathan Cardozo becomes the first Latino named to the U.S. Supreme Court.

**1942:** The Bracero Program, an agreement between the U.S. and Mexican governments that brought in Mexican workers to supplement an agricultural labor shortage during World War II, begins.

**1945:** In Mendez v. Westminster, the U.S. Court of Appeals for the Ninth Circuit finds that separate Mexican schools are unconstitutional.

**1954:** The Supreme Court rules Hispanics have equal protection under the 14th Amendment, enabling Hispanics to legally combat discrimination.

**1965:** The United Farm Workers of America is founded by Cesar Chavez and Dolores Huerta. The group’s formation helps shed light on the plight of underpaid agricultural laborers.

**1968:** Latino high school students in Los Angeles walk out of their classrooms to protest unfair treatment. Within weeks, the students’ demands are met.

**1975:** The U.S. Voting Rights Act is passed. The act requires language assistance at polling locations.

**1988:** Lauro Cavazos becomes the first Latino appointed to a U.S. presidential cabinet when Ronald Reagan appoints him Secretary of Education.

**2003:** Figures from the U.S. Census Bureau show that Hispanics are now the nation’s largest minority group.



### Tank Rentals

### Underground tank installation

### Gas fire logs

### Tankless water heaters







## 706-485-6010

875 Harmony Road  
Eatonton, GA 31024

# PIGSKIN PICKS

## Week 4 The Union-Recorder/Breeze College Football Pick'em Pool

### This Week's Games

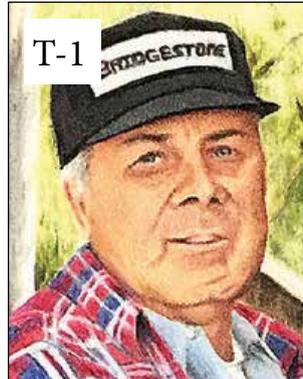
- aFLORIDA @ TEXAS A&M
- LSU @ MISSOURI
- NC STATE @ VIRGINIA
- TEXAS @ OKLAHOMA
- VIRGINIA TECH @ NORTH CAROLINA
- TENNESSEE @ GEORGIA
- TEXAS TECH @ IOWA STATE
- ARKANSAS @ AUBURN
- KANSAS STATE @ TCU
- ALABAMA @ OLE MISS
- FLORIDA STATE @ NOTRE DAME
- MIAMI (FL) @CLEMSON

### Overall Season Prizes

- 1st place will receive:**  
Apple Watch Series 3 (GPS) 42 mm
  - 2nd place will receive:**  
Blackstone Adventure Ready 22-in. Griddle
  - 3rd place will receive:**  
The ICEMULE Classic Medium Cooler
- \*\* There will only be 3 community winners drawn no matter how many have tied. Please look under the Pool Rules tab on <http://unionrecorder.football.cbssports.com> for more details.

### AP Top 25 Poll

Team	Rec	Pts	Pv
1. Clemson (52)	3-0	1536	1
2. Alabama (8)	2-0	1488	2
3. Georgia	2-0	1380	4
4. Florida 2-0	1340	3	
5. Notre Dame	2-0	1239	5
6. Ohio St. (2)	0-0	1165	6
7. Miami 3-0	1148	8	
8. North Carolina	2-0	944	12
9. Penn St.	0-0	935	10
10. Oklahoma St.	3-0	919	17
11. Cincinnati	3-0	895	15
12. Oregon	0-0	786	14
13. Auburn	1-1	731	7
14. Tennessee	2-0	717	21
15. BYU 3-0	661	22	
16. Wisconsin	0-0	619	19
17. LSU 1-1	478	20	
18. SMU 4-0	393	-	
19. Virginia Tech	2-0	391	-
20. Michigan	0-0	350	23
21. Texas A&M	1-1	330	13
22. Texas 2-1	228	9	
23. Louisiana-Lafayette	3-0	216	-
24. Iowa St.	2-1	215	-
25. Minnesota	0-0	145	-



**O.E. Ivey**  
Overall Record  
27-21  
Last Week: 7-5



**Curt Flournoy**  
Overall Record  
26-22  
Last Week: 6-6



**Erin Andrews**  
Overall Record  
26-22  
Last Week: 7-5



**Hal & Pete**  
Overall Record  
26-22  
Last Week: 7-5

**IVEY'S TIRE SERVICE**  
Mon-Fri | 8am-6pm  
900 N. Jefferson St.  
(478) 452-2621  
www.iveystire.com

**Chick-fil-A catering**  
(478) 451-4830  
Chick-fil-A at Milledgeville

**EAM**  
Erin Andrews Media  
Digital Marketing  
478.200.8005  
www.ErinAndrewsMedia.com

**E Inc**  
Environmental Facility Solutions  
1.800.895.9358  
www.executivecleaninginc.com



**Clayton Becker**  
Overall Record  
22-26  
Last Week: 5-7



**Hugh Becker**  
Overall Record  
21-27  
Last Week: 5-7



**Mitchell McGraw**  
Overall Record  
20-28  
Last Week: 6-6



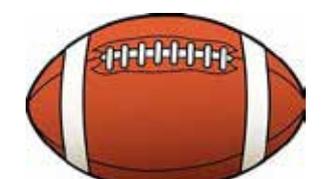
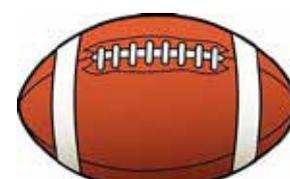
**Cliff Charnes**  
Overall Record  
18-30  
Last Week: 5-7

**ROBIN BECKER INTERIORS**  
341 N COBB ST  
MILLEDGEVILLE GA  
334 444 9879

**Peach State NURSING AGENCY**  
Serving Middle Georgia Since 1990  
341 N Cobb St.  
Milledgeville, GA  
(478) 453-3369

**DIRECT FURNITURE OUTLETS**  
Up to 70% OFF  
Brand Names You Love  
478-295-3777

**The Local Yolkal Cafe**  
117 W Hancock St,  
Milledgeville, GA  
thelocalyolkal.com  
(478) 295-0098



# PIGSKIN PICKS

The Union-Recorder/Breeze College Football Pick'em Pool 2020



T-2

**Keith Waddell**  
Overall Record  
26-22  
Last Week: 8-4



T-6

**Tripp Becker**  
Overall Record  
25-23  
Last Week: 7-5



T-6

**Mike Hufstetler**  
Overall Record  
25-23  
Last Week: 9-3



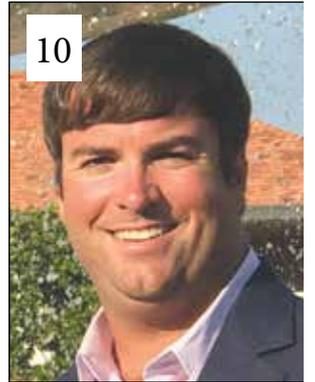
T-8

**Keith Barlow**  
Overall Record  
24-24  
Last Week: 7-5



T-8

**Josh Lassiter**  
Overall Record  
24-24  
Last Week: 7-5



10

**Garrett Smith**  
Overall Record  
23-25  
Last Week: 5-7

Phone Systems, Computer Repair & More  
**(478) 453-8324**  
1820 N. Columbia St, Suite B  
Milledgeville, GA  
[www.locallooponline.com](http://www.locallooponline.com)

6081 Lake Oconee Pkwy  
Greensboro, GA  
**706-454-2265**  
[www.exch.bank](http://www.exch.bank)

120 W Hancock St. | Milledgeville  
**(478) 414-1975**  
[www.buffingtons.net](http://www.buffingtons.net)

facebook.com/unionrecorder  
Didn't know we were there did you?  
UNION-RECORDER  
[www.unionrecorder.com](http://www.unionrecorder.com)

**BATTERY WAREHOUSE**  
3020 Heritage Road  
Milledgeville, GA 31601  
**478-453-9335**  
[batterywarehousega.com](http://batterywarehousega.com)

Drilling and Testing  
Overburden Removal  
Kaolin and Bauxite Supplier  
Land Management  
McIntyre, Georgia 31054  
Phone: (478) 946.3664

## Football Experts' Standings



1

**J.T. Wall**  
Overall Record  
26-22  
Last Week: 6-6



T-2

**Gil Pound**  
Overall Record  
22-26  
Last Week: 6-6



T-3

**Bert Williams**  
Overall Record  
22-26  
Last Week: 8-4



4

**Lee Coleman**  
Overall Record  
20-28  
Last Week: 6-6



## Last Week's Winners

**FIRST PLACE: MIKE HUFSTETLE**

- 1 \$25 GIFT CARD FROM THE LOCAL YOLKAL
- 1 \$10 GIFT CERTIFICATE FROM BUFFINGTON'S
- 1 CHICK-FIL-A COMBO

**SECOND: SUSAN STEAD**

- 1 CHICK-FIL-A COMBO
- 1 \$10 GIFT CERTIFICATE FROM BUFFINGTON'S
- 1 CHICK-FIL-A TREAT
- FREE CHICKEN BISCUIT FROM BOJANGLES

**THIRD: BOBBY PEOPLES**

- 1 CHICK-FIL-A COMBO
- 1 \$10 GIFT CERTIFICATE FROM BUFFINGTON'S

# High school football roundup

### Lake Oconee Breeze

Some area schools got their final taste of non-region play last Friday while one dipped its toe into region waters. Here's how programs surrounding Baldwin County fared the night of Oct. 2.

Putnam Co. 37, West-side-Augusta 14

For the first time in over two and a half decades,

the Putnam County War Eagles are 4-0 to begin a season. Head coach Shaun Pope's team still has a little work to do in order to catch that 1994 squad that started 7-0 before losing to Lincoln County. More importantly than all that history though is the fact that Putnam is 1-0 in region play. The War Eagles now must turn their attention

to their next region opponent, Laney High School. The Augusta school is 1-2 this season, but like Putnam is 1-0 in region play after having beaten Glenn Hills 48-0 last week. The Putnam-Laney game is being played this Friday in Augusta.

Jones Co. 62, Union Grove 22

The Greyhounds got

into the win column in a big way Friday after having taken a couple on the chin against larger schools who were also ranked to open the 2020 season. Jones (1-3 overall, 1-0 region) is scheduled to finish out this year with six straight region opponents, starting at Stockbridge High School this Friday. Stockbridge is 1-2 overall

on the season, most recently having defeated Locust Grove 41-7 to open Region 4-5A competition. The Tigers of Stockbridge have yet to experience road life this year as their upcoming matchup with Jones will be their fourth straight home game. The Greyhounds nor the Tigers are ranked heading into this week's region

contest.

Washington Co. 17, Evans 7

The Golden Hawks (2-2) of Sandersville are now on a two-game winning streak following Friday's low scoring victory over 6A Evans High School. Now the more important part of the season begins

See **ROUNDUP** page 11

**866 Harmony Rd.  
Eatonton, GA  
706-485-5456**

*Wilson Bryant Air Conditioning is here to help. Please, give us a call to make an appointment for service.*

**792 Martin Luther King Blvd  
Macon, GA  
478-238-9706**

# WE live HERE.

The Harbor Club is proud to be selected as a Southern Living Inspired Community. A collection of neighborhoods marked by charm, taste, and Southern spirit.

**Harbor Club**  
LAKE OCONEE

Harbor Club – where you live by the wide open waters of Lake Oconee, timeless golf greens and the kind of neighbors that create a truly close-knit community. Call today to schedule your visit.

**SALES CENTER & MODEL HOMES OPEN DAILY**

New Southern Living Series from the \$500s | New Village Series Homes from the High \$200s  
Homesites from \$40,000 to \$600,000 | 706.453.7855 | HarborClub.com

**Southern Living**  
INSPIRED COMMUNITIES™

CELEBRATING  
**LIFE**  
IN THE  
**SOUTH**

All information is believed to be accurate but not warranted.

# Energy boost instantly while at your desk



An afternoon slump, whether it is literal (posture) or figurative (energy), can affect us all from time to time. Many people find that, around 3p.m., their eyelids begin getting heavy and their posture starts to slump. When this happens, it's tempting to reach for the caffeine or begin scrolling through social media out of boredom. But before you try the usual pick-me-ups to help shake off that sluggishness, consider a few of these simple tips. Many of these suggestions take less than a minute and, as a bonus, can be done right at your desk.

Posture is part of the problem

Research shows a slumped posture can have a physical effect on the body. This is because slouching decreases the amount of oxygen available to tissues (especially the brain) because the lungs and chest are compressed as one slouches forward. Lack of oxygen to the brain hinders abstract thinking. One study at the San Francisco State University reported that students were better able to solve math equations while sitting up straight with their shoulders back, as opposed to being slumped over with their shoulders compressed.

Here are a few ways to improve your posture — and, thus, your performance — at work or school:

- Set an alarm on your phone, watch, or computer to go off every 20 to 30 minutes. When it sounds, get up and move your body

in some way. Take a short walk to get water or use the bathroom, or try to march, skip, or dance in place. Break free of a desk rut by working in a few pushups, lunges or squats.

- Have your vision professionally checked. Many instances of poor posture are the result of people leaning in toward their computer screen because they can't see well.

- Ask a colleague or friend to snap a picture of you from the side when you're not expecting it, especially toward the end of the day. This will give you an unbiased view of your work posture. Do you have room for improvement?

- Working on a laptop? You're almost surely collapsing your posture, bringing your head down to see the screen. A simple fix: Buy a detachable keyboard and raise your laptop on a riser or some thick books. The goal is to have your screen at eye level. This will prevent poor posture and decrease upper neck and shoulder tightness.

**Go for better flow**  
 "Increasing energy is all about improving lymphatic flow," says postural

alignment specialist Justin Bradley. The lymphatic system consists of the spleen, thymus, tonsils, and adenoids, as well as multiple channels and nodes throughout the body. While the lymphatic system plays a role in protecting us against infection and disease, it also contributes to our energy levels. "Lymph travels through the joints in your body—your shoulders, hips, knees, and ankles," Bradley explains. "When you drive to work, sit at a desk all day, drive home, and relax on the couch, you're not moving your joints through their full range of motion and, as a result, lymph becomes trapped and grows stagnant."

Bradley recommends performing moves that realign your joints to get your energy flowing again. The following overhead extension is a simple way to do just that:

- Stand with your feet pointing straight ahead and about one fist width apart.

- Extend your arms in front of you, drop your shoulders, interlace your palms, and point them away from you.

- Bring both arms overhead so your palms face the sky. Gaze upward toward your hands as you actively work to keep your arms straight up without leaning back.

- Hold for 30 seconds as you breathe deeply.

You can also try this desk-friendly yoga sequence designed by Katy Hanlon, a certified yoga instructor, to help stimulate energy and focus.

**Seated Tadasana with Cactus Arms:**

- Sit up tall and engage your abdominals, stacking your head directly over your torso.

- Keeping a soft bend in your elbows, extend your arms above your head. Palms should be facing out, fingers spreading wide, and wrists aligning over your shoulders.

- Inhale through your

nose, reaching high with your hands without shrugging your shoulders to your ears.

- Exhale through your nose and squeeze your shoulder blades together as you bend your elbows out to the sides until your upper arms are at shoulder height, creating "cactus" arms. Lift your heart toward the ceiling and, if you have no neck issues, release your head back slightly.

**Repeat 10 times. Reach for Energizing Oils**

My doctorate studies required numerous hours of sitting in class, followed by long study sessions. Essential oils were a helpful tool for boosting my energy, while also increasing my focus and memory. Specifically, I would reach for peppermint, eucalyptus

and rosemary oils. Citrus oils, such as orange, lime, lemon and grapefruit can also be used to revitalize and invigorate. The simplest way to use these oils is by applying one to two drops of the oil in your palm, rub your hands together, and then cup your hands around your nose and inhale deeply.

*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.*



**BLAKE LOMONACO**  
 AGENT  
 PH(770)500-9842

**Multiple A+ Rated Insurance Carriers**

We specialize in helping customers design home, auto, boat, business, and life insurance packages that are customized to their needs. With our multiple A+ rated carriers we're able to provide the best coverage's, rates, and customer service in the industry.

- Our Products**
- \* AUTO
  - \* HOME
  - \* BOAT
  - \* BUSINESS
  - \* LIFE

Proudly insuring the Lake Country

BLAKEL@CLEARVIEWINS.COM  
 WWW.CLEARVIEWINS.COM

**BUG HOUSE**  
 pest control

(478) 453-1115 • (706) 453-0140  
 www.bughousepestcontrol.com

# Small towns must save themselves



**R**eading a newspaper years ago we would be reading doom and gloom articles about the countryside declining. Rural America was going to experience doom and gloom and everything was going to hell in a handbasket. The idea that educated

people were leaving the small towns and countryside and all the beautiful little towns would be ghost towns. The stories made for grim reading.

Now, one sociologist, University of Minnesota's Ben Winchester has discovered that, while young high school graduates do

leave small towns for big cities, others in their 30s, 40s, and 50s are making a return. Small towns are bringing in younger families as many are able to work from home and they seek the beauty, safety and enjoy a slower, more community-based life.

Working on census

data, Winchester made a surprising discovery. He looked into the numbers in his own home state of Minnesota, and he discovered that, from the 1970s onwards, almost every Minnesota county has been gaining newcomers age 30 to 49. Many of them are professionals, thanks to some excellent broadband coverage across the region, people can work from home even if their head office lies far off elsewhere. And, as people move, the towns bleed into each other, building a network of different occupations and levels of expertise. The new arrivals bring money and children to the area.

This is not only being seen in the state of Minnesota, this migration of the younger generation to small towns is being observed in states throughout the nation.

"what does it mean when 75% of your housing is going to turn over in the next 20 years?"

Professor Winchester argued that, until rural

towns start emphasizing their positives, this trend won't grow, and people won't stay. "When you've got this dominant negative narrative, it is very difficult on both fronts both locally and nationally, to perceive that you can actually succeed in a small town."

Yes, everything that sociologist Winchester foresees in our future we do believe is hitting it head-on.

We are seeing a change in the real estate industry in the last six months. Is it only COVID? Yes, this could be some of the reasons, but we believe that the housing industry will take a drastic turn in the years to come.

More and more people are searching for a more peaceful environment and return to the basics. Small towns, like Greensboro, Eatonton, Milledgeville, are all seeing the younger generation migrating to the small towns seeking the laid-back lifestyle for their families.

But let's refer to my title

of the article: Small towns must save themselves. It is up to our community to push the positive aspects to attract the people to our area. We must encourage employment opportunities, modern facilities to show people that living country living is beautiful and a place to enjoy your family. Seeing so many of our beautiful little towns boarded up is heartbreaking and just maybe we are going to see a big change coming. People will walk down the streets and enjoy visiting with their neighbors and seeing the local businesses come back. We think everything will come full circle.

We have everything to offer here at our beautiful Lake Country. It is up to us to welcome people to our community. Let's come together and promote our local businesses and see our little towns prosper once again

(Some information from Apolitical, Article Anoush Darabi)

**THOUGHT FOR THE DAY:** Never give up, miracles happen every day.

**THOUGHT FOR THE DAY:** Be happy. Enjoy every moment of your life. Life is too short to waste on grudges. Laugh when you can, apologize when you should, let go what you can't change.

— Don and Shirley have more than 25 years experience as Realtors in the Lake Oconee Area. Shirley (Don or Shirley) can be reached at 706-453-6333. They are now a part of ReMax Lake Country.

A Friend of ours, Eric Keese, shared this information on Generations & Baby Boomers. Eric is a Real Estate Motivational Speaker/Teacher. He received the Industry Educator of the Year Award. Atlanta Georgia.

**10% Secured**  
Paid to you monthly or quarterly  
From 1st Position Real Estate

**\*This investment for Accredited investors only.**

Proactive Realty is a High-Yielding Realty Fund, that Prioritizes both Consistent Immediate Income for Investors & Immediate Impact for the communities that we invest in... Feel Great about making a Difference in Distressed & Underserved areas..

**We are High Yielding Impact!!!**

[www.ProActiveIncomeFund.com](http://www.ProActiveIncomeFund.com)

**1-800-926-4702**

**PROACTIVE**  
REALTY GROUP, LLC

*This investment is for accredited investors only.*

435992-1

The Woman's Care Center and  
Dr. Marisol San Inocencio would like  
to welcome  
**Dr. Erika Lubsey**  
to Milledgeville.



Accepting new  
patients

Contact us  
today



The Woman's Care Center  
Obstetrics & Gynecology

1001 Fernwood Dr. • Milledgeville, GA  
**(478) 453-8100**

415809-1

## Roundup

Continued from page 8

as WACO this week opens Region 3-AA play at home

versus Lamar County, who is a newcomer to the region after realignment. The Lamar County Trojans are 2-2 so far this season. They opened with wins against Pike (43-13)

and Crawford (49-3) before falling to Jackson (23-22 in overtime) and Thomas County Central (41-24).

Creekside Christian 40, Wilkinson County 14

The Warriors are still searching for that first win of 2020 as they sit at 0-3. Their latest loss came versus much-improved Creekside Christian, a GISA school. That gives

Creekside its second win over a GHSA program after having beaten GMC Prep 51-0 in the season opener. Wilco can put those three season-opening losses behind them

as they are set to begin Region 7-A Public competition at home this week against ACE Charter. ACE is 1-2 so far this year having most recently defeated Pataula Charter 15-6.

## Balicki

Continued from page 2

15 consecutive years of

million-dollar-plus sales. Debbie also credits much of her success to her daughter-in-law and licensed sales assistant,

Mary Balicki. "Mary joined me a little over five years ago and she has become a seasoned professional in the real estate business,"

said Balicki. "I am fortunate to have her on my team and very appreciative of her hard work and support."

"I am proud of Debbie's accomplishments this month," said Lee Arberg, senior vice president of Sales for Reynolds Lake

Oconee Properties. "She and our sales team have performed remarkably during this unprecedented year."

# Rotary Week 37 raffle winner announced



Contributed photo

Angela Dell won a Classic Wines Shopping Spree, a \$300 value, sponsored by Inside the Gates, in the Rotary Week 37 Super Raffle. 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](http://www.GreenePutnamRotary.org). From left: Jay Dell, Rotarian and Angela Dell, Raffle Prize Winner. Raffle Prize Sponsor, Tom Hanscom from Inside the Gates was not available for the photo.

## Make The Most Of Your Views



When you have a home at Lake Oconee, you want to make the most of your views. Let Michael's help you navigate their wide array of products to refresh your home and transform it to the sanctuary you envision.



- Impeccable service
- Unmatched quality
- 15+ years serving Lake Oconee



- Blinds
- Wall Coverings
- Fabric
- Drapery Hardware
- Shades
- Drapery
- Shutters



We've got good news for you.

Lake Oconee Breeze



HunterDouglas Gallery

Michael's

WINDOW TREATMENTS • WALL COVERING • FABRIC

[www.michaelsatthelake.com](http://www.michaelsatthelake.com)

105 Harmony Crossing, Suite 3 • Eatonton, GA 31024

(706) 923-2929

# Think *Pink* Pregnancy and breast cancer



**B**reast cancer affects millions of women across the globe every year. While some women may be at greater risk of breast cancer than others, no woman is immune, and that includes expecting mothers.

The National Breast Cancer Foundation, Inc.® notes that pregnant women can be diagnosed with breast cancer, though such diagnoses are rare. In fact, Breastcancer.org notes that instances of women developing breast cancer during pregnancy are so rare that only small studies have thus far been conducted in regard to treating pregnant women with the disease. However, there are various treatment options for expecting mothers diagnosed with breast cancer.

Each woman is different, and treating breast cancer in pregnant women will depend on a host of factors. The NBCF notes that the size of the tumor, its location and the term the pregnancy is in will help to determine

the safest, most effective treatment plan.

According to Breastcancer.org, a mastectomy with axillary lymph node dissection will likely be recommended to women who have been diagnosed with breast cancer during the first trimester of their pregnancies. That recommendation will be based on guidelines established by the National Comprehensive Cancer Network. Surgery will be recommended because radiation therapy is not safe during pregnancy. Once women have undergone successful surgery, the NCCN guidelines suggest waiting until the second trimester to begin chemotherapy.

Doctors treating women diagnosed with breast cancer during the second trimester of their pregnancies may recommend either mastectomy or lumpectomy, a surgical procedure in which a lump is removed from the breast. Such recommendations align with NCCN guidelines. In

addition, women who receive a lumpectomy would wait until after their children are born to receive any necessary radiation therapy or hormonal therapy. That's because radiation is not safe during pregnancy and the NBCF notes that the effects of hormone therapy on unborn children are not entirely understood.

The NCCN guidelines advise that women diagnosed with breast cancer during the third trimester of their pregnancies undergo a mastectomy or lumpectomy with axillary lymph node dissection. Chemotherapy is safe during the third trimester, but radiation and hormone therapies will be delayed until after the child is born.

Pregnant women are only rarely diagnosed with breast cancer. But as scary as such a diagnosis can be, women should rest assured that treatment is safe, even if it entails a combination of therapies.



## The Woman's Care Center Obstetrics & Gynecology

"Whether you are expecting or expect the best in Care"



Kandace Markham, PA-C Jenifer Byrd, NP-C  
Erika Lubsey, MD Marisol San Inocencio, MD

- Complete Obstetric Care • Prenatal Care
- Complete Gynecological Care • DYSIS Colposcopy
- Adolescent/Menopausal Care • Ultrasound

### Have you had repeat abnormal Pap smears?

It can be a frightening experience that is difficult to understand.

**Of course you are worried!**

We offer the latest technology in preventing cervical cancer with DYSIS Advanced Cervical Imaging System.



Call us today for your consultation!

**478-453-8100**

1001 Fernwood Dr. • Milledgeville, GA  
[www.thewomanscarecenter.com](http://www.thewomanscarecenter.com)

Like us on  

# Did you know?

Women diagnosed with breast cancer who want to speak with someone who has survived the disease can do so thanks to a unique program sponsored by the American Cancer Society. The Reach to Recovery program from the ACS connects current cancer patients with breast cancer survivors via an online chat. Patients, regardless of where they are in their cancer journeys, can connect with volunteers for one-on-one support. Volunteers can help patients cope with treatment and side effects while also offering advice on speaking with friends and family, working while receiving treatment and more. Even people facing a possible breast cancer diagnosis can sign up. The program works by asking patients and volunteers to join the program and create profiles on the Reach to Recovery website ([www.reach.cancer.org](http://www.reach.cancer.org)). Patients then look for a match by searching volunteer profiles, filtering through suggested matches and sending an online chat request to volunteers. Patients and volunteers can then schedule a chat and discuss any concerns patients may have. Volunteers with the Reach to Recovery program are breast cancer survivors who have been trained by the ACS to provide peer-to-peer support to people facing a breast cancer diagnosis. Volunteers can provide support to patients, but are prohibited from offering medical advice. More information about the Reach to Recovery program, including how to join as a patient or volunteer, is available at [www.reach.cancer.org](http://www.reach.cancer.org).

## CARDIO-ONCOLOGY

# Advancing cardiovascular care of the oncology patient

An estimated 14.5 million cancer patients and survivors have significant cardiovascular risk factors. Because of this, it's critical for cardiologists and oncologists to work together throughout all phases of the cancer treatment process.

University Cancer & Blood Center and Lake Country Medical Group combine advanced cancer care and top-quality cardiovascular care to treat patients in Northeast Georgia.



Learn more at:

[UNIVERSITYCANCER.COM](http://UNIVERSITYCANCER.COM)

[LAKECOUNTRYMEDICALGROUP.COM](http://LAKECOUNTRYMEDICALGROUP.COM)



**Nicolas Chronos**  
M.D., FRCP, FACC, FESC,  
Managing Partner



**Petros G. Nikolidakos**  
M.D., CPI



**Gustavo Westin**  
M.D., MPH

UCBC | 119 Harmony Crossing, Suite 1 Eatonton, GA 31024 | 706-353-2990

LCMC | 119 Harmony Crossing, Suite 3 Eatonton, GA 31024 | 706-485-4004

# COVID-19 and breast cancer

The novel coronavirus COVID-19 first appeared in late 2019 and has changed life for the foreseeable future. While many people are quick to focus on the ways COVID-19 has impacted their abilities to shop, visit with

friends and relatives or travel, the virus has made life especially difficult for people with preexisting health conditions.

Medical News Today reports that the symptoms of COVID-19 may be more severe for breast cancer patients. Furthermore,

the Centers for Disease Control and Prevention notes that undergoing cancer treatment can weaken the immune system, further increasing a person's vulnerability to infection. Specifically, targeted therapies, chemotherapy and

radiation can weaken the immune system and compromise its ability to fight off the coronavirus. Furthermore, these treatments also may cause lung problems that can exacerbate COVID-19 symptoms, particularly among breast cancer patients whose cancer has metastasized to the lungs.

In April 2020, new guidelines for the prioritization and treatment of breast cancer patients during the COVID-19 pandemic were released, compiled by a group of U.S. medical organizations, including the National Accreditation Program for Breast Centers, the American College of Radiology and the Comprehensive Cancer Network. At hospitals where resources and staff have become limited due to COVID-19 treatment efforts, doctors have had to define which breast cancer patients need urgent care and which can have delayed or alternative treatments. These measures can help balance maintaining positive survival outcomes as well as reducing risk of exposure to the virus, according to the American Society of Breast Surgeons.

Breast cancer patients



have been broken down into priority levels of A, B and C for urgency of care.

Priority A: A patient has conditions that are immediately life-threatening or require urgent treatment.

Priority B: A patient has conditions that don't require immediate treatment, but he or she should begin treatment before the end of the pandemic.

Priority C: A patient has conditions

for which treatment can be safely put on hold.

Breast cancer patients are further urged to take extra caution in their daily activities to help reduce the risk of contracting COVID-19. That means always wearing a mask or another face covering when interacting with other people. This advice may be applicable even if a six-foot distance

See **COVID-19** page 16



**MARK QUINN, MD**  
BOARD CERTIFIED RADIATION ONCOLOGIST

## Radiation Cancer Care CLOSE TO HOME

you don't have to travel for your daily radiation treatments



AWARENESS MONTH

# BREAST CANCER

OCTOBER

TREATMENTS AVAILABLE IN THE LAKE AREA

<div style="background-color: #e91e63; color: white; padding: 5px; margin-bottom: 5px;">  <p><b>BREAST CANCER</b></p> <ul style="list-style-type: none"> <li>• IMRT</li> <li>• Conventional fractionation</li> <li>• Hypofractionation</li> </ul> </div> <div style="background-color: #e91e63; color: white; padding: 5px; margin-bottom: 5px;"> <p><b>PROSTATE CANCER</b></p> <ul style="list-style-type: none"> <li>• HDR</li> <li>• IMRT</li> </ul> </div> <div style="background-color: #e91e63; color: white; padding: 5px; margin-bottom: 5px;"> <p><b>LUNG CANCER</b></p> <ul style="list-style-type: none"> <li>• IMRT</li> <li>• SBRT</li> </ul> </div> <div style="background-color: #e91e63; color: white; padding: 5px; margin-bottom: 5px;"> <p><b>BONE CANCER</b></p> <ul style="list-style-type: none"> <li>• Sarcoma IMRT</li> <li>• Bone metastasis</li> </ul> </div> <div style="background-color: #e91e63; color: white; padding: 5px; margin-bottom: 5px;"> <p><b>SKIN CANCER</b></p> <ul style="list-style-type: none"> <li>• Electron therapy</li> <li>• Squamous Cell Carcinoma</li> </ul> </div> <div style="background-color: #e91e63; color: white; padding: 5px; margin-bottom: 5px;"> <p><b>HEAD AND NECK</b></p> <ul style="list-style-type: none"> <li>• IMRT for oral cavity</li> </ul> </div>	<div style="background-color: #e91e63; color: white; padding: 5px; margin-bottom: 5px;"> <p><b>GI CANCERS</b></p> <ul style="list-style-type: none"> <li>• Esophageal Cancer</li> <li>• Gastric cancer</li> <li>• Colorectal Cancer</li> <li>• IMRT</li> </ul> </div> <div style="background-color: #e91e63; color: white; padding: 5px; margin-bottom: 5px;"> <p><b>ANAL CANCER</b></p> <ul style="list-style-type: none"> <li>• IMRT definitive</li> </ul> </div> <div style="background-color: #e91e63; color: white; padding: 5px; margin-bottom: 5px;"> <p><b>BLADDER CANCER</b></p> <ul style="list-style-type: none"> <li>• IMRT</li> </ul> </div> <div style="background-color: #e91e63; color: white; padding: 5px; margin-bottom: 5px;"> <p><b>GYN CANCERS</b></p> <ul style="list-style-type: none"> <li>• IMRT endometrial postoperative.</li> </ul> </div> <div style="background-color: #e91e63; color: white; padding: 5px; margin-bottom: 5px;"> <p><b>LYMPHOMAS</b></p> <ul style="list-style-type: none"> <li>• Non Hodgkins Lymphoma</li> <li>• Hodgkins Lymphoma</li> </ul> </div> <div style="background-color: #e91e63; color: white; padding: 5px; margin-bottom: 5px;"> <p><b>CNS</b></p> <ul style="list-style-type: none"> <li>• IMRT for brain metastasis.</li> <li>• IMRT for Glioblastoma.</li> </ul> </div>
---	---

**CANCER DOESN'T STOP  
NEITHER WILL WE**  
ATLANTA ONCOLOGY ASSOCIATES

1000 COWLES CLINIC WAY MAGNOLIA BUILDING  
SUITE 100 GREENSBORO, GEORGIA 30642  
Phone: 706-454-1624 | Fax: 706-454-1685  
www.atlantaoncology.com

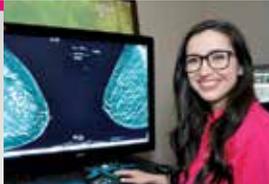
429237-1

## ST. MARY'S strength in pink

YOUR PARTNER AGAINST BREAST CANCER

**NEW THIS FALL: Diagnostic mammography**

St. Mary's Good Samaritan Hospital is bringing dedicated breast imaging specialists and state-of-the-art imaging technology to our community. If you are called back because your screening mammogram shows an area of interest, you can now get the diagnostic mammography you need right here, close to home. We provide compassionate, in-person care from our board-certified radiologists and our entire staff, with results before you leave.




We also provide

- 2D and 3D screening mammography
- Online or phone screening mammogram scheduling
- Ultrasound studies
- Compassionate help navigating the next steps

stmaryshealthcaresystem.org  
706.453.5005



A Member of Trinity Health

PROUD TO PARTNER WITH **OCONEE VALLEY HEALTHCARE** AND **POWER OF ONE** TO PROVIDE  
25 FREE SCREENING MAMMOGRAMS FOR UNINSURED WOMEN IN OUR COMMUNITY.

435336-1



# Early warning signs for breast cancer



**B**reast cancer affects millions of women across the globe every year. According to the World Health Organization, breast cancer is the most frequent cancer among women, affecting 2.1 million women each year. As daunting as that may seem, the WHO also notes that early diagnosis can greatly reduce a woman's risk of dying from breast cancer.

Women can be proactive in the fight against breast cancer by learning to identify early warning signs of the disease. The nonprofit breast cancer advocacy organization Susan G. Komen® notes that the warning signs for breast cancer are not the same for all women, but the most common signs include a change in the look or feel of the breast or a change in the look or feel of the nipple. A discharge from the nipple is another common warning sign of breast cancer.

Physical changes in the breast can vary, but Susan G. Komen® advises women who notice these changes to bring them to the attention of their physicians immediately:

- Lump, hard knot or thickening inside of the breast or underarm area
- Change in the size or shape of the breast
- Swelling, warmth, redness or darkening of the breast
- Dimpling or puckering of the skin

Women with breast cancer also may notice physical changes in their nipples, including:

- Itchy, scaly sore or rash on the nipple

- Pulling in of the nipple or other parts of the breast

It's important that women recognize that physical changes in their breasts are not necessarily indicative of breast cancer. In fact, the American Breast Cancer Foundation notes that not all lumps in the breast cause cancer and that many such lumps are benign. Fibroadenomas and intraductal papillomas are examples of benign lumps, though it's important to note that even benign conditions such as these may put women at greater risk of developing breast cancer.

Susan G. Komen® notes that breast tissue naturally has a lumpy texture. If lumpiness can be felt throughout the breast and it feels like your other breast, then it's likely that this is just the normal texture of your breasts. However, women concerned by a lump or lumpy texture are urged to discuss those concerns with their physicians immediately.

Discharge from the nipple is another potential sign of breast cancer, but Susan G. Komen® notes that such discharge is rarely a sign of cancer. Discharges that occur without squeezing the nipple, occur in only one breast or are bloody or clear are potentially indicative of more serious conditions, including breast cancer.

Breast cancer is a formidable foe. But women who arm themselves with knowledge of the disease, including its early warning signs, are in better position to overcome it.

Breast Cancer Awareness

together  
WE'RE STRONGER



**AMERICANRENAL**  
associates

1000 COWLES CLINIC WAY, SUITE S-100  
GREENSBORO, GA  
**(706) 454-1440**

428579-1

**ProTech Services**®  
PLUMBING • HEATING • AIR

**Be Aware**  
**PLUMBING • HEATING • AIR**

Faith • Hope  
Love

"You make the Call... We Make it Simple."

**706-453-2400**

WWW.PROTECHSERVICESGA.COM

LICENSED & INSURED  
CN210883 - MP007572-  
RLCO000067




428418-1



## How to manage pain medications during breast cancer treatment

**B**reast cancer researchers have worked tirelessly over the last several decades as they work to eradicate the disease once and for all. While breast cancer still affects millions of women across the globe each year, advancements in treating the disease have dramatically improved five-year survival rates, providing patients and their families with hope as well as a realistic expectation of a long, healthy life after cancer.

According to Breastcancer.org, women diagnosed with breast cancer in 2020 and beyond have an array of

treatment options to fight their disease. That marks a stark contrast from recent history, when treatment options were considerably more limited. Though treatment options have expanded and improved survival rates, women diagnosed with breast cancer can still expect to confront some side effects as they navigate their way through treatment.

Pain is one of the more common symptoms breast cancer patients experience, both before diagnosis and

See **MEDICATION** page 17



### Covid-19

Continued from page 14

can be maintained. Wash hands frequently, especially when coming

in from public places. If possible, ask a friend or family member to do your shopping or run errands for you to limit exposure to other people and crowds.

Breast cancer patients may have to discuss the possibility of altering or

delaying treatment for breast cancer with their oncologists because of increased risk factors presented by COVID-19. Together, patients and doctors can work to keep breast cancer patients as healthy as possible.

**HOPE**  
*Strength*  
**LOVE**

Breast Cancer Awareness

**WILKINSON**  
 USED CARS AND TITLE PAWN

410 N Wayne St | Milledgeville, GA

**(478) 452-1913**

428524-1

**VALLEY PROPANE, INC.**  
 (706) 485-6010 | valleypropanegas.com

428548-1

# Symptoms of male breast cancer



**B**reast cancer is one of the most common forms of cancer diagnosed among the female population. Though breast cancer may seem like a disease that's exclusive to women, breast cancer can affect men as well.

While they have a smaller concentration than women, men have breast tissue, which means it's possible for them to develop breast cancer. Male breast cancer is most common in older men, but it is important that men recognize that the disease can strike them at any age.

## Signs and symptoms

Men with breast cancer experience symptoms that are similar to those experienced by women. Possible signs to be aware of include:

- skin dimpling or puckering
- a lump or swelling, which is typically (but not always) painless
- nipple retraction
- redness or scaling of the nipple or breast skin
- discharge from the nipple, which may be clear or blood-tinged

The American Cancer Society advises that sometimes breast cancer can spread to the lymph nodes under the arm or around the collar bone and cause a lump or swelling in these locations. The protrusion may be noticeable even before the original tumor in the breast is large enough to be felt.

Men should realize that enlargements or issues affecting both breasts (not on just one side) typically is not cancer. Enlargement or changes to both breasts in men can be caused by weight gain, medications or heavy alcohol consumption.

## Types of male breast cancer

Various types of breast cancer can affect men, according to the Mayo

## Clinic:

**Ductal carcinoma:** Cancer that begins in the milk ducts. Nearly all male breast cancer is ductal carcinoma.

**Lobular carcinoma:** Cancer that begins in the milk-producing glands. This type is rare in men because they have few lobules in their breast tissue.

Especially rare types of breast cancer that can occur in men include Paget's disease of the nipple and inflammatory breast cancer.

## Diagnosis

BreastCancer.org says that a small study of breast cancer in men found that the average time between first symptoms and diagnosis was about 19 months. This can be startling because early diagnosis can be vital to survival. Through the realization that breast cancer can happen to men and more education and awareness, men can feel more comfortable about discussing changes to breast tissue with their doctors.

Male breast cancer is a very real occurrence, albeit a rare one. It is important that men take any abnormalities in their chests seriously.

## Medication

Continued from page 16

during treatment. In fact, breast cancer treatment plans typically include strategies to address pain. Breastcancer.org notes that most breast cancer patients can get complete relief for their pain. However, it may take some time before the right formula is found and patients can return to enjoying daily activities.

The American Cancer Society notes that medication is typically part of cancer patients' pain treatment plans. Breast cancer patients unaccustomed to taking

medication each day can consider these tips to effectively manage their medications as they progress through their treatments.

Take your medication on a regular schedule. The ACS advises cancer patients who have been diagnosed with chronic pain to take their medications around the clock on a schedule, rather than taking it only when pain is severe. Schedules can be adjusted, but patients should not do so on their own. Pain medication schedules should only be adjusted after speaking with a physician.

Familiarize yourself with pain medication side effects. Pain medications

may produce side effects such as sleepiness and dizziness. The ACS notes that these symptoms typically improve after a few days, but cancer patients must recognize the threat they pose. Patients may need help getting up or walking, and the ACS discourages patients from driving while on pain medication until they are sure of the effects of the medicine.

Do not crush or break pills. Many medicines are time-release medications in pill form. Taking broken or crushed pills can be very dangerous. Only patients who get the go-ahead from their physicians to take crushed or broken pills should do so.

Monitor your side effects. No two people are the same, so some cancer patients may react differently to pain medications than others. Keep track of any abnormalities and side effects you experience

while taking pain medicine. Discuss them with your cancer care team during each doctor visit, and report severe or uncomfortable symptoms to your physician immediately.

Pain medication

can help breast cancer patients overcome a common side effect of both their disease and their treatments. Learning to manage pain medications is vital for patients as they recover from their disease.

**Terry's Auto Clinic**  
 1019 S Elbert St,  
 Milledgeville, GA  
 (478) 452-9733  
 Breast Cancer Awareness

**Georgia Dermatology & SKIN CANCER CENTER**  
**GENERAL & SURGICAL DERMATOLOGY**  
 Skin Cancer • Mohs Surgery • Mole Removal • Routine Skin Exams

Russell Harris, MD  
 Jessica Hudson, NP-C  
 Jim Lekas, PA-C  
 Debra Paschal, NP-C

**GADERM.COM** **478.453.8484**  
 230 N. Jefferson St. • Milledgeville, GA 31061  
*We're the Heart of Hometown Dermatology*



# The vital role of a cancer support network



The moment a person is diagnosed with cancer can elicit a variety of emotions. Fear of

what's to come is a common reaction to such a diagnosis, and some people may feel alone upon learning they have

cancer. But no cancer patient should face their diagnosis and treatment alone. In fact, a strong support network can be vital to patients' recoveries.

According to Weill Cornell Medicine, recent changes in the healthcare industry have shifted the burden of care from the hospital to the home. That underscores the importance of a strong support network. Many of the challenges cancer patients face in the months after diagnosis will be new, and patients can expect a range of emotions. According to Breast Cancer Now, a charitable organization that funds one-third of breast cancer research in the United Kingdom, women may experience emotions such as shock, anger, disbelief, anxiety, and sadness after being diagnosed with breast cancer. Having loved ones there to help them make sense of those emotions and stay positive as they navigate their way through the treatment process is essential.

In addition to providing emotional support, loved ones of breast cancer patients may need to take on additional roles as they help their friends or family members face the challenges that lay ahead. Because of the industry changes noted by Weill Cornell Medicine, cancer caregivers and support networks may need to prepare themselves to take on the following roles, each of which is vital to cancer patients' survival.

**Monitor the disease:** Support networks may need to keep track of how

their loved ones' disease is progressing and if there are any complications from treatment.

**Manage symptoms:** Breastcancer.org notes that treatment causes severe side effects in many women. Such side effects may include nausea/vomiting, diarrhea, constipation, pain, arm swelling, shortness of breath, and skin irritation. Thankfully, most of these side effects can be treated. In addition, Breastcancer.org notes that most side effects ease up after treatment is completed. In the meantime, support networks may need to help patients manage those symptoms, performing a host of tasks to make their loved ones' lives easier. For example, patients experiencing shortness of breath may be incapable of performing chores around the house. In such instances, members of a support network can tackle those chores until their loved one bounces back.

**Administer medication:** Breast cancer patients may be too overwhelmed to handle their own medications, so support networks can take over this important responsibility for them.

**Assist with personal care:** Some patients may experience fatigue after treatment. In such instances, support networks can help patients maintain their personal hygiene.

Support networks can be vital to helping cancer patients overcome their disease and navigate their way through successful treatment regimens.





**PGH**  
PUTNAM GENERAL HOSPITAL  
NavicentHealth Partner

Ranked among the top 3 Georgia health systems when it comes to quality by U.S. News & World Report





**NavicentHealth**  
*Everything about us is all about you.*

[www.navicenthealth.org](http://www.navicenthealth.org)

428726-1

# 'The Devil All the Time' more gruesome than great

**S**tarring an all-star cast of A-list hunks including Robert Pattinson, Tom Holland, Sebastian Stan and Bill Skarsgard, "The Devil All the Time" is Netflix's latest period piece. It focuses on a young man in a small town who sets out to protect his loved ones from the sinister figures that live there. What follows is a film about revenge that puts morality to the ultimate test.

I, of course, was so excited about this film, given that the cast is iconic, as many critics will note. The performances throughout the film are anything but short of fantastic — especially that of Robert Pattinson, who gives a performance of a lifetime as a derailed priest. However, great performances aside, I found this film hard to stomach for several reasons.

First of all, the film is rated R, which you should definitely pay attention to ahead of time if you are a parent. I think this film is very mature in its language, sexual content and violence. I cannot stomach



**'The Devil All the Time' Review**  
**Directed by:** Antonio Campos  
**Rated:** R  
**Runtime:** 2:18

graphic violence or gore, so this film did not sit well for me, especially at the beginning. So, if you are not a fan of blood, take my advice and stay away.

Violence aside, however, I just never was drawn into the film. It was kind

that the film's writing is a little stale.

Overall, I think that the hype over "The Devil All the Time" was more impressive than the film itself. So many people were counting down the days until its release and quite frankly, nothing great came out of it besides a mediocre Rotten Tomatoes score of 65% and many, many TikTok's praising Robert Pattinson. If you are like me and cannot stomach any type of violence, just sit this one out — I found myself struggling to even look at the screen during the majority of the film. However, if you do like watching violence with a little bit of action for a painfully long runtime, then go ahead and check out this film. Based on strictly the entertainment value, however, I give the film a 5 out of 10 — it was not that great.

## SUDOKU

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

★★★★★  
 Today's Puzzle is sponsored by:

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

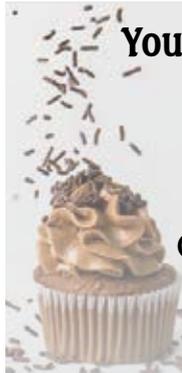
Solution to Last Thursday's puzzle

### Your Advertising Sweet Spot

Promote your business HERE to thousands of local readers who enjoy Sudoku.

Contact Advertising today

**478.453.1430**



Adoption Line: 706.454.1508

#### VOLUNTEERS

are needed to do our many jobs, both clerical or w/dogs or cats. The pandemic has held many of our people in their homes during this time. However, our cats especially, are in need of feeding, litter boxes scooped & most importantly socializing. They miss the people coming in to talk & pet them. If you can offer just a few hours each week, we can fill your heart & soul with furry love. Please call 706-454-1508 to come by & see how you can make a difference in their lives.

This is only one of our many adorable kittens that has more love than she knows what to do with. Her name is **NOODLE**. She is 4 mos. old, Buffly-Orange with a creme spot on her chest. She is very sociable & needs a family to cuddle with. We also have many young adult cats (with special low fees) that are still waiting for furrver homes. Ask for Kari when you call for an appt.

**BAILEY** is a new mom & just as sweet & gentle as she can be. She is about 2 yrs. old & lost her home when she became pregnant. How sad is that? The lovely Beagle that she is, won our hearts. She is safe now & weaning her babies. She is hoping for a home with a family to love her the rest of her life. All vet work will be done & she will be ready to go soon.

## Harmony Crossing Animal Hospital

Scott Richter, DVM

**John Hopkins, DVM • Don Bone, DVM**

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

**(706) 923-1456**



# Deer season is underway

The long wait is just about over for those hunters who target whitetail deer with primitive arms or firearms as the 2020-2021 primitive arms and firearms seasons begin on Oct. 10 and Oct. 17, respectively. Both will run until Jan. 10, in all nearby counties. The archery season, which began back on Sept. 12, will continue through Jan. 10, in all nearby counties.

Deer are the most popular game animal in Georgia and 95 percent of all deer hunters use modern firearms. The number of hunters pursuing deer with archery and primitive weapons continues to increase but those numbers are exceeded greatly by hunters using modern firearms.

The whitetail deer has been around for quite some time. Fossil records indicate their presence for almost 2.5 million years. When the pilgrims arrived at Plymouth Rock, the whitetail population was estimated at more than 24 million. The settlers quickly dropped their number because the food was considered a delicacy and by the middle of the 1800s their population had declined to about 12 million.

During a period in the late 1800s, their numbers were further depleted, and at that time nationwide only about 500,000 deer remained in the United States. The entire population of deer was almost completely wiped out in Georgia. Due to restocking and sound management practices, the whitetail deer now number around 1 million in Georgia.

However, this success story for the deer has created other problems and at times in the recent past, the deer have even become over-populated. The best and just about the only way to control their numbers is through hunting. Although hunting is opposed by some people, it is viewed as the best way to control their population. Also, hunting provides recreation and food for many families and individuals.

Unfortunately, deer do cause problems since they know no fences (unless you



build a fence really high or electrify it) and their natural habit of browsing for food often leads the deer to a homeowner's flower and vegetable garden as I discussed in last week's article. Those foods are just as attractive to the browsing habits of deer as are eating acorns and wild plants. They have become comfortable living in suburban areas and in many cases, they have lost their wild instincts.

The deer have learned the difference between safe places and unsafe places. In unsafe places, the whitetail deer becomes elusive and uses its natural defenses to thwart any attempt to be harvested. The

whitetail deer possess fair eyesight but has excellent senses of hearing and smell. Successful deer hunters have to be still, quiet, and must avoid any scents that would alert the deer to their presence.

Some of the largest deer harvested in Georgia in recent years came from counties adjacent to Atlanta and other cities that have only recently begun to allow some form of hunting. That hunting is usually restricted to bow hunting. Huge deer have migrated to the safety of the suburbs of the cities and away from the open woods where hunters converge in four-wheelers and four-wheel drive

vehicles by the hundreds.

By its nature, whitetail deer are elusive and their movements are dictated by several things in their environment. That includes the presence of human activity, weather, moon phases and the mating season when they seem to lose their ability to be illusive. At that time, the urge to breed overtakes their built-in cautiousness and during that mating period that is often referred to as the rut, many deer fall victim to the hunter and are harvested.

A friend, outdoorswoman, author and hunter Susan Lindsley who reads my column, recently emailed me about bearded turkey hens. Turkey season will not start until the spring but many hunters will see turkeys as they hunt deer this fall and I think you will find her information interesting.

"When a deer hunter shoots an antler deer and it turns out to be a doe, it is a legal harvest," said Lindsley. "When a turkey hunter shoots a bearded turkey and it turns out to be a hen, it is an illegal kill. The problem is, most turkey hunters have no idea that hens have beards. They see a beard and they shoot."

Lindsley said that six hens visited her corn feeder last spring and summer and even in the fall of 2019. Three of the hens had beards. They vanished during deer season that year. However, when the hens returned in the spring of 2020, only one of the trio of bearded hens returned. Lindsley stated that she was sure that the other hens had fallen victim to a turkey hunter who could not tell the difference between a tom and a hen and only thought hens had beards.

During the fall deer season, hunters might want watch for turkey hens that have beards. Then use that information during the spring turkey season. Hunt deer safely and see you next week.

*Outdoors columnist Bobby Peoples can be reached at brpeoples995@gmail.com.*

## Lake Oconee Fishing Forecast

**Lake Conditions** - The lake is heavily stained above the I-20 bridge and stained to clear from the Highway 16 Bridge to the dam.

**Water Temperature** - middle 70s.

**Largemouth Bass** - FAIR/GOOD - Shallow water is now the place to be as the fish begin moving shallow to follow the shad into the creeks and coves. Soft plastics fished on jig heads, Texas rigs, Shaky head rigs and light Carolina rigs will catch shallow fish around boat docks and seawalls. Small crankbaits and spinnerbaits will work in those same areas. Some topwater action is occurring. The fish are feeding on shad now so use baits that imitate shad.

**Crappie** - GOOD - Longlining jigs as anglers did in the spring has begun to take good fish. Trolling over trees and brushpiles is takin good fish.

**Striped Bass/White Bass/Hybrid Bass** - FAIR/GOOD - The fish are schooling and taking live bait. Find the schools and drop live bait or use a jigging spoon.

**Catfish** - NO REPORT

## Dental

Continued from page 1

when it comes to dental care because the VA only provides dental benefits to veterans classified as disabled or as a prisoner of war — or as veterans who have a service-connected dental condition.

This year, the practice is once again expanding the event to include the hometown heroes — law enforcement, firefighters, DNR and EMS personnel — who work daily to keep our local communities safe.

"Ofentimes those who serve our

country and communities are, unfortunately, among the most under-served when it comes to healthcare," said Dr. David Bradley. "Stars, Stripes and Smiles is our way of honoring those who have given — and continue to give — so much to ensure our safety and make this country what it is today."

Lake Oconee Dentistry has implemented several additional precautions to help ensure the health and safety of patients and team members during the current pandemic, including:

- Curbside patient check-in to minimize contact with others
- Pre-screening of every patient,

including a health questionnaire and non-touch temperature screenings

- Face masks for all patients not in a treatment room
- Face masks for all team members
- Socially-distanced waiting area
- Additional personal protection equipment for all clinical team members
- Stand-alone air scrubbers in each treatment room to reduce the likelihood of airborne virus transmission

There are also several steps the practice has taken "behind the scenes," including:

- Daily health assessments of all team members, including temperature checks
- Enhanced cleaning protocols in

common areas

- Utilizing aerosol minimizers during treatment to reduce likelihood of airborne virus transmission
- Investment in portable, commercial-grade UV-C germicidal lights and disinfection lamps to safely sterilize rooms and instruments without the use of additional harsh chemicals

If you are a veteran or hometown hero and are interested in receiving free dental treatment on Oct. 30, please call the office at 706-453-1333 for an appointment time. Lake Oconee Dentistry is located off Highway 44 in Greensboro, between the Publix parking lot and the movie theater.

# CALENDAR OF EVENTS

**Lake Oconee Presbyterian Church** is sponsoring a free series of "English as a Second Language" classes on Sunday afternoons starting October 20 from 4 to 6 p.m. These classes are for adults learning English as their second language. Beginner through advanced courses are offered. All classes are free. Students will be asked to purchase a textbook costing \$20. Registration can be done on any Sunday and the form can be downloaded from the church website.

Lake Oconee Presbyterian Church is located

at 113 Scott Road, Eatonton, off Highway 44 near SunTrust Bank. Please call the church at 706-484-0600 for more information or go to [www.lopc-pca.org/Outreach/ESL](http://www.lopc-pca.org/Outreach/ESL).

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

**Alcoholics Anonymous** meets in Greensboro at 7 p.m. Thursday at the Christ Our King and Savior Catholic Church.

**Alcoholics Anonymous, Eatonton group**, meets at 7 p.m.

each Sunday, Monday and Wednesday at 105 W. Sumpter St. across from the courthouse.

**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.

**Eatonton Harmonettes** meet Thursdays from 7-9 p.m. at two locations. First, third and fifth Thursdays the group meets at Liberty Chapel in Eatonton. On second and fourth Thursdays the group meets at Lakeside Church in Greensboro.

All ladies are welcome to visit any rehearsal

night to listen or sing. The group is an a capella barbershop chorus. Call 706-485-6804 or e-mail [ehtbsc@charter.net](mailto:ehtbsc@charter.net).

**Eatonton Kiwanis Club** meets at noon Thursdays at Putnam County High School.

**Eatonton Service League** meets at 7 p.m. the first Monday of every month. Hollie Haley, 706-484-0127

**Eatonton Town and Country Garden Club** meets at 10 a.m. the second Tuesday of the month, September through May. Contact Carillon Orban for more details, 706-473-4559.

## CALL TO WORSHIP

Worship times are Sundays unless otherwise noted. For more listings visit [www.lakeoconeebreeze.net](http://www.lakeoconeebreeze.net).

**Shiloh Baptist Church new sermon series starting Oct. 5**

Pastor Ken and the family of faith at Shiloh Baptist, Greensboro welcomes you, your family and friends to a special sermon series, "The Ways We Worship". Worship services are Sunday at 2:30 p.m. The sermons will also be posted on our

Facebook page.

Don't forget, we are meeting for Bible Study at 1:30 p.m. in the fellowship hall. This fall we are studying the book of Isaiah. The book is as alive today as it was around 700 B.C. Shiloh Baptist Church, 3400 Penfield Rd (corner of Penfield Rd and Shiloh Road), Greensboro, Ga. Check out our Facebook page or you can send an email to [shilohbaptistgboro.org@gmail.com](mailto:shilohbaptistgboro.org@gmail.com).

**Antioch Baptist**

**Church, Stephens** will resume in-person Sunday school starting Sept. 6 at 10 a.m. We will meet in the sanctuary. Pews will be taped off to assist social distancing. Families are encouraged to sit it rows together. Please wear a mask. Temperatures will be taken with a temporal thermometer at the door and hand sanitizer will be available.

For those who have a compromised immune system a Bible Study

will be available on line, please check our Facebook page. Sunday sermons will also be available on that medium. The fall Adult Bible lessons will be from the Old Testament book of Isaiah. Teens will resume the study from the Gospels, "A Walk with Christ to the Cross".

Worship services begin at 11 a.m.

Antioch Baptist meets at 135 Railroad Rd. (Parallel to GA Hwy 77, Stephens, GA. Message us

on our Facebook page or contact us by e-mail at [antiochbaptist.stephens@gmail.com](mailto:antiochbaptist.stephens@gmail.com). You can call 706-759-0076 and leave a message.

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

**All Angels Episcopal Church**, 405 N. Jefferson Ave., Eatonton. 404-210-4979.

**Another Chance Christian Ministries**, Harmony Community Center. 706-453-0473.

**Bible Fellowship Church**, 190 Old Phoenix Road, Eatonton, 706-473-1279.

**Center Pointe Church**, nondenominational, 1331 Lions Club Road, Madison. 706-342-9243.

**Christ's Glory Church**, 190 Old Phoenix Road, Eatonton.

**Christ Our King and Savior Catholic Church**, 6341 Lake Oconee Parkway, Greensboro. 706-453-7292.



107 SPORTSMAN CLUB ROAD  
MILLEDGEVILLE, GA  
478-453-0041 • 478-453-8158  
[www.serenitywellnesspa.com](http://www.serenitywellnesspa.com)  
[www.serenitypt.com](http://www.serenitypt.com)  
408052-1



"Built for a Purpose"  
**1089 Lake Oconee Parkway  
Eatonton, GA 31024**  
(next to Sherwin Williams)  
**706-485-4600**  
Sunday School: 9 am  
Service: 10:30 am



**CDL DRIVERS NEEDED**  
939 Madison Rd.  
Eatonton, GA 31024  
**(706) 485-7836**  
408072-1



Operated by PruittHealth  
Veteran Services of GA  
2249 Vinson Highway  
Milledgeville  
**478.445.5672 • 1.888.453.6836**



WHEN QUALITY COUNTS  
**478.414.7791**  
[LAVplumbing.com](http://LAVplumbing.com)  
RESIDENTIAL • COMMERCIAL • SPECIALTY PROJECTS  
NEW CONSTRUCTION & REMODELS  
408049-1



Social Media Mgmt.  
Website Design  
Call Cindy Witcher  
**478.200.8005**  
[www.ErinAndrewsMedia.com](http://www.ErinAndrewsMedia.com)  
408050-1

Send us your community news  
[breeze@unionrecorder.com](mailto:breeze@unionrecorder.com)



**Norris**  
WHEEL & BRAKE  
401 East Hancock St.  
Milledgeville, GA 31061  
**478.452.2211**  
[norriswheelandbrake.com](http://norriswheelandbrake.com)



Commercial & Residential  
**478.363.2445**  
Pressure Washing • Lawn Care  
• Mobile Detailing • Car Waxing  
• Driveways • Cleaning Stucco  
• Cleaning Seats & Carpets  
• Hedge Trimming • Ceramic Waxes  
"We Bring the Carwash to You!"  
Accepting all Major Credit Cards  
411884-1



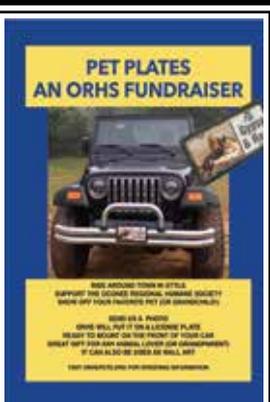
Church Anniversary, October 4th  
2263 Old Eatonton Rd. Sparta, GA. 31087  
"Come Worship With Us"  
Service each Sunday Morning @ 11:00 am  
Bible Study Each Wednesday Evening @ 7:00 pm  
E-mail: [jesuschristtodayministries@gmail.com](mailto:jesuschristtodayministries@gmail.com)  
Church Web-site: [jesuschristtodayministries.org](http://jesuschristtodayministries.org)  
Church phone # 478-456-1815  
Ephesians 2:8 (KJV) For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:  
1-46-0902



Lake Oconee  
**Breeze**  
www.lakeoconeebreeze.net

**Classifieds**  
FIND JUST WHAT  
YOU'RE LOOKING FOR!

**Lost and Found**



**PET PLATES**

RIDE around town in style support the **OCONEE REGIONAL HUMANE SOCIETY** \*Great Gift show off your favorite pet (or grandchild!)

Send us a photo ORHS will put it on a license plate great gift for any animal lover

visit [orhspets.org](http://orhspets.org) for ordering information

**Homes For Sale**

**HOME FOR RENT**  
Milledgeville  
3br 1ba totally remodeled like new Stuart Circle central H&A  
\$900 mo  
\$900 deposit  
call Jack  
706 473 0431

**DEALS ARE HERE IN CLASSIFIEDS!**

**HERE'S MY CARD**

**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 Heritage Road - Milledgeville (near Walmart)  
646 Old Phoenix Road - Eatonton/Lake Oconee  
(478) 295-3320 Milledgeville (706) 484-0940 Eatonton

**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."

**JBT PAVING**

**JBT PAVING.COM**  
RESIDENTIAL & COMMERCIAL

**(478) 957-6495**  
**JACK@JBTPAVING.COM**

**Health Insurance Options**  
478-453-7092

Health Insurance & Medicare Specialist

Medicare Supplements  
Medicare Advantage  
Medicare Part D (Rx)

Dental, Vision, Final Expense policies  
Short Term Individual & Family policies

3015 Heritage Road STE 5 Milledgeville GA 31061

**Alpha 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.

GRAPPLE TRUCK SERVICE

**TREE SERVICE**

**KENNEDY & SONS**

**478 453-TREE**

GARDENING MULCH FOR SALE

**LAV Plumbing**

WHEN QUALITY COUNTS

**478.414.7791**  
**LAVplumbing.com**

RESIDENTIAL/COMMERCIAL • SPECIALTY PROJECTS  
NEW CONSTRUCTION & REMODELS

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**

# JOBS

Since 1959  
**CROWE**  
*Marine*



**Marine Technician**  
Seeking trained technician. Prior experience with outboards & stern drive knowledge preferred. Please mail resume to [brian@crowemarine.com](mailto:brian@crowemarine.com)

430173-1



**Job Hunting?**  
**Find It In The Classifieds**

**Help Wanted**  
Local General Contractor  
Now Hiring  
Experienced Workers  
**Please Call 770-788-2588**

**THT TRUCKING LLC**

- OFFICE ASSISTANT**  
responsibilities:  
computer savvy  
excellent knowledge of word processing tools and spreadsheets (ms office, excel, etc)
- TRUCKING SAFETY OFFICER**  
responsibilities:  
CDL preferred  
knowledge of FMCSA and DOT rules and regulations  
computer skills
- DIESEL MECHANIC**  
responsibilities :  
maintain truck fleet  
conduct vehicle safety inspections  
complete annual vehicle inspections (DOT certified)

Monday-Friday  
**CONTACT:** email resume' to: [thttransportation@gmail.com](mailto:thttransportation@gmail.com)  
**PHONE:** 478.288.6186



**Registered Polysomnographic Technologist**  
Experienced RPSGT to perform night time sleep studies, 4/10's, health insurance benefits, bonus program, Greensboro Ga.

Email resume  
[lynn@southeasternlungcare.com](mailto:lynn@southeasternlungcare.com)

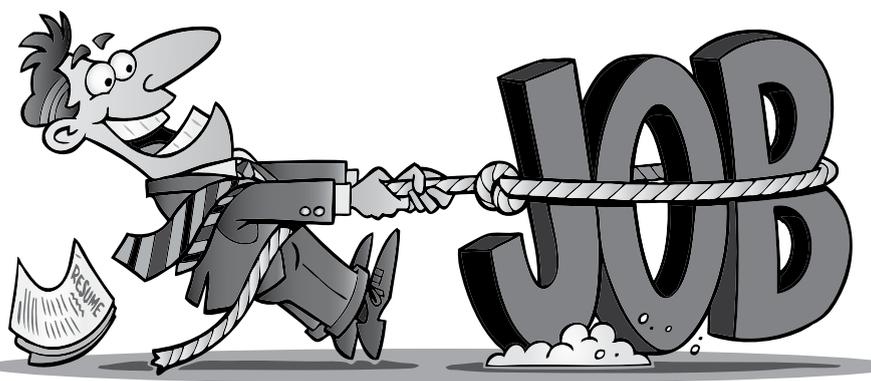
435782-1

**DEVELOP**  
Milledgeville-Baldwin County

The Development Authority of the City of Milledgeville and Baldwin County is accepting applications for the position of Executive Director. The posting for the position, qualifications and job description is ONLY available on the Georgia Economic Developers Association website. [www.geda.org/news/careers](http://www.geda.org/news/careers).

**All applications are due by October 12, 2020.**

433228-1



**HUNTING?**  
**Find It In The Classifieds**

**MORGAN MEDICAL CENTER**  
*A Rewarding Career is Closer Than You Think*

**Respiratory Therapist**  
*Full-Time & Part-Time Shifts Available*  
We are looking for an RRT / CRT to:  
Perform respiratory therapy services as prescribed by the ordering physician. Provide direct and indirect patient care service by assisting, supporting and following established protocols, processes and procedures within the department as defined and/or mandated by State and Federal Law.



**Principal Responsibilities Include:**

- Perform necessary procedures with non-invasive methods such as CPAP and BIPAP therapies
- Educate and counsel staff members on basic respiratory therapy procedures
- Create therapy programs for patients based on the specific instructions of Physicians
- Engage in diagnostic evaluation, treatment and control of deficiencies and abnormal functions found in the patient's cardiopulmonary system
- Collaborate with nursing staff to administer blood gas samples and perform basic analysis

**Requirements:**  
**Education:** Associate Degree in Respiratory Therapy • **License:** Current RCP • **Certification:** RRT or CRT & AHA Certified BLS, ACLS & PALS  
**Experience:** New grads welcome • **Preferred:** 1-2 years in a Hospital Cardiopulmonary Department **Skills:** Strong verbal & written communication skills; Comprehensive knowledge of therapy procedures for patients ranging from pediatric to geriatric; Ability to work collaboratively & with minimal supervision.

**Morgan Medical Center • 1740 Lions Club Road • Madison, GA • 30650**  
**APPLY ONLINE: [morganmedical.org/careers](http://morganmedical.org/careers)**  
*Morgan Medical Center is a drug-free workplace and an equal opportunity employer.*

431845-1

**Biotech Manufacturing Company** in Eatonton Georgia seeking:

**Compounding Technician**  
Responsible for formulating and compounding of materials  
Qualifications: B/S in Chemistry or Biology

**Lead Testing Lab Technician**  
Provide initial and ongoing training for Testing Lab Technicians  
Qualifications: Associates Degree in Medical Technology or equivalent experience

**Plasma Processing Technician**  
Responsible for plasma processing, filtering, and performing assays  
Qualifications: High School diploma- Associates Degree preferred

**Contract Team Leader**  
Overseeing all aspects of a contract manufacturing job  
Qualifications: Manufacturing and Supervisory experience a MUST  
**\*\*\*Please email resumes to [eellard@aaltoscientific.com](mailto:eellard@aaltoscientific.com)\*\*\***

**MORGAN MEDICAL CENTER**  
*A Rewarding Career is Closer Than You Think*

**Infection Control / Employee Health Nurse ♦ Full-Time ♦**

*The Infection Control Nurse is responsible for identifying, investigating, monitoring, & reporting HAIs. The IC RN collaborates with teams and individuals to create strategies, provide feedback, and sustain infection control.*

**IC RN Responsibilities Include:**

- Implement & Manage MMC's Infection Prevention/Infection Control Program
- Develop & revise Infection Prevention policies
- Communicate IP/IC information/ changes to organization
- Design & deliver education to clinical & nonclinical staff
- Assess risk of occupational exposures to infectious diseases
- Collect, Analyze, & Interpret outcome data
- Investigate all Patient/Employee infection concerns
- Maintain & submit all annual reports required by MMC, DPH, Quality, & Risk Management

**Employee Health RN Responsibilities Include:**

- Develop & promote employee health program throughout the organization
- Conduct all pre-employment screenings
- Educate employees & administer immunizations when needed
- Provide Injury & Health assessments
- Maintain compliance with State, Federal & MMC requirements



**Work where you can make a difference**

Questions?  
Contact Sarah Phillips at [sarahp@morganmedical.org](mailto:sarahp@morganmedical.org)

**Requirements:**

- Registered Nurse with current licensure in the state of Georgia
- Degree from an accredited academic facility required. Bachelor's degree preferred
- Certification in BLS & ACLS through American Heart Association
- Demonstrated knowledge of basic principles of epidemiology, surveillance, data collection & analysis
- Certification in Infection Prevention & Control (CICe) preferred
- Member of APIC preferred

**Morgan Medical Center • 1740 Lions Club Road • Madison, GA • 30650**  
**APPLY ONLINE: [morganmedical.org/careers](http://morganmedical.org/careers)**  
*Morgan Medical Center is a drug-free workplace and an equal opportunity employer.*

428491-1

# Great Connections

## Endless Possibilities



Hargray Internet  
starting at

**\$50**

per month for 1 year

Make everyone happy with speeds **up to 1000 Mbps available** - the fastest in town. Perfect for today's most-advanced TVs, tablets and gaming systems.

Call 706.471.1624 | [hargray.com](http://hargray.com)

 **HARGRAY**

Limited time offer. Promotion is for new residential customers only, adding Hargray services for the first time. Promotion of Internet plans starting at \$50 per month is good for the first year. Additional Hargray services are allowed for additional monthly cost per service. Promotional offer cannot be combined with any other promotional offers or Hargray Rewards. Advertised price does not include equipment fees, taxes, surcharges or any other regulatory or governmental charges. "Fastest Internet" claim is based on the download and upload speeds of Hargray's 1000 Mbps tier compared to the download and upload speeds of the fastest Internet tier offered by competitors as of August 3, 2020. 1000 Mbps download speeds are typically between 945 Mbps and 950 Mbps due to overhead capacity reserved to deliver the data. Upload speeds are typically between 50 and 54 Mbps. Broadband speeds may not be available in all areas, are not guaranteed, are subject to a number of factors and are measured via direct connection (not via Wi-Fi). ©2020, Hargray Communications Group, Inc.; logos are registered trademarks and as such, protected property of their respective companies; all rights reserved.