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LINDSAY GOODSON IS A TRAILBLAZER

WOMEN'S ISSUE 2023



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EXTRA: CUSTOMER APPRECIATION





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ON THE COVER

Lindsay Goodson is a licensed master plumber and owner of Keith McDonald Plumbing. See feature story on page 20.
Photo by Gil Pound





Milledgeville scene

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She worked at her local newspaper for several years, earning Associated Press awards for reporting and photography, before pursuing a different career as a Certified Occupational Therapy Assistant working in a variety of settings. She is co-owner of the online lifestyle magazine, Steel Shots & Magnolias, and contributes as a freelance writer to other publications including Milledgeville Scene, Sandersville Scene and The Union-Recorder. Leah has been married to her husband, Reid, for 17 years. They have two young boys, Rob and Finn. In her spare time, she enjoys spending time with family and friends, along with singing and writing country songs. She and her family live on their family farm near Wrightsville.

behind the scene



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“A woman with a voice is,
by definition, a strong woman.”
–Melinda Gates

a note from the editor

With Mother’s Day approaching and the recent Women’s History Month in March, we thought it’d be a great time to celebrate some fabulous females in our annual Women’s Issue of Milledgeville Scene.

In our cover story, Leah Bethea talks to Lindsay Goodson about how she’s carrying on the tradition her father began years ago. Goodson is a licensed master plumber and owner of Keith McDonald Plumbing. Also in this issue, find out Liz Havey, founder of Soul Rebellion Yoga, is using the practice to connect to local students in a unique way.

We’ve also got some of the women helping lead Century Bank & Trust in their 125th year in operation. Plus, we’ve got some great plant-based recipes in honor of April’s Earth Month

and a women’s health and wellness checklist, and our dining feature on Barberitos.

Several other local businesses are also celebrating their customers’ loyalty and commitment as well in our section honoring National

Customer Appreciation Day (April 18). Be sure

to check them out in this issue and support these local businesses.

Remember, if you have a story suggestion for us, please share it. Email nlinder@unionrecorder.com.

Be sure to also follow us on Facebook and Instagram.

We hope you enjoy this

issue and we hope

that these stories inspire you as

they inspire us

as well.

Hope you’re having a great start to spring.

Enjoy and take care.



Natalie Davis Linder

nlinder@unionrecorder.com

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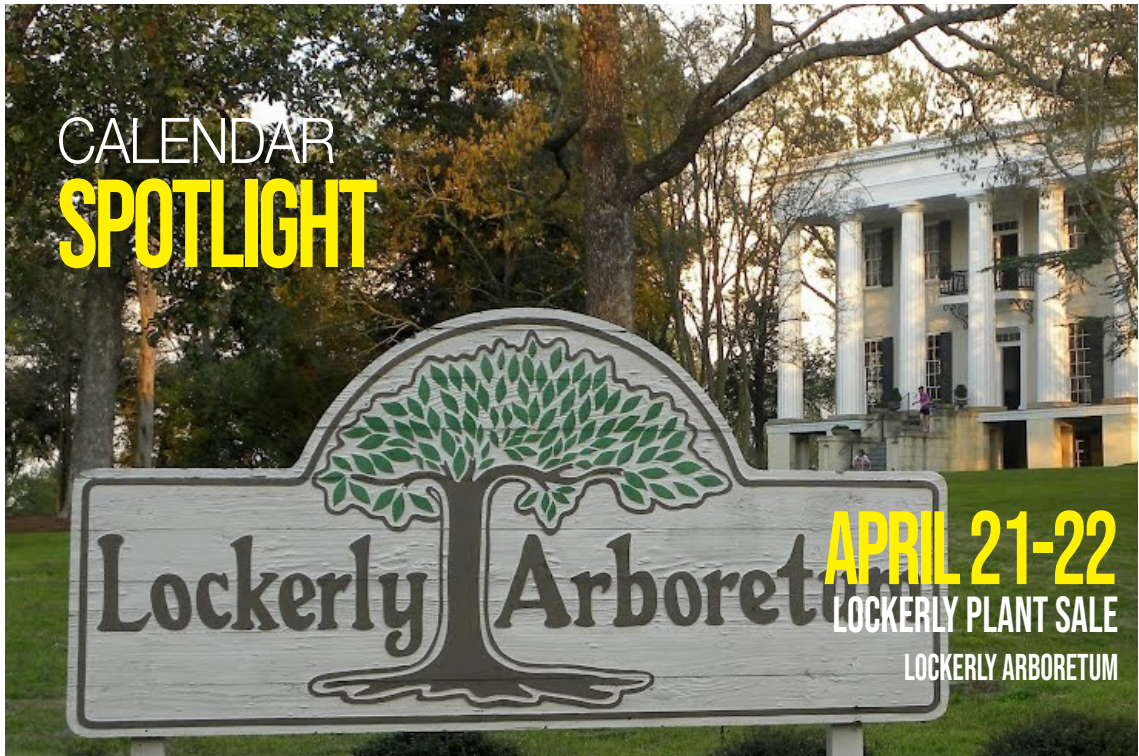
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save the dates

APRIL 5-26

On Wednesday evenings, from 5:30 to 6:30 p.m., come join the fun at Georgia College & State University's Miller Hall Dance Studio. Learn a variety of social dances for adults—including the Shag, Waltz, Swing Rhythm and Foxtrot. Cost is \$50. This course is guaranteed to be lots of fun for beginners and advanced dancers alike. Couples are recommended but singles are certainly welcome. Classes fill quickly so register early. Dress comfortably and wear hard-soled shoes. To register, please visit <https://coned3.gcsu.edu/wconnect/ace/CourseStatus.awp?&course=23335501>.

APRIL 15

2023 ArtHealthy Festival. GCSU Front Campus. 1 p.m.

APRIL 18

Eight performance groups of Creative Expressions will assemble for a live music presentation of their favorite songs at 6 p.m. in New City Church, 224 E. Walton Street, Milledgeville. "The Great Adventure!" concert represents the forward momentum society seeks during the post-COVID-19 pandemic period. Songs like Cindi Lauper's "True Colors," Aretha Franklin's "Rose is Still a Rose," Bob Marley and The Wailers' "Three Little Birds," Katrina and The Waves' "Walking on Sunshine"

and so many others will put you in a positive mood. Music Therapy students and adults with disabilities from Milledgeville's Life Enrichment Center collaborated to create this program. A \$5 donation is encouraged. All proceeds benefit music scholarships or the GCSU Department of Music through GCSU Foundation, Inc. For more information, please email music@gcsu.edu or call 478-445-8289.

APRIL 19

Dr. Bob Wilson, professor emeritus of history and university historian Lecture and book signing Georgia's Old Governor's Mansion State Dining Room 6 p.m.

APRIL 20

McKenzie Reed, performing live at Amici Milledgeville, 101 W. Hancock St. 10 p.m.

APRIL 20-22, 23

Plaza Alliance for the Performing Arts will present "The Odd Couple" April 20-22 at 7 p.m. and April 23 at 2:30 p.m. at The Plaza Arts Center in Eatonton. Tickets are \$25, \$20 and \$10 for student section pricing. To purchase tickets, visit <https://plazacenter.org/>. The Plaza Arts Center is located at 305 N. Madison Avenue in Eatonton. For more information call 706-923-1655.

APRIL 22

Chance Carter, performing live at The Velvet Elvis, 113 W. Hancock St., Milledgeville. 9 p.m.

APRIL 21-22

Lockerly Plant Sale 9 a.m. to noon. Lockerly Arboretum, 1534 Irwinton Road, Milledgeville.

APRIL 28

Joelton Mayfield & 100 Watt Horse, performing live at Blackbird Coffee, 114 W. Hancock

St., Milledgeville.

APRIL 29

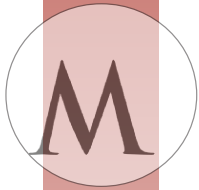
34th annual JazzFest featuring special guest Mace Hibbard 3 to 8:30 p.m. GCSU Front Lawn.

APRIL 29-30

GCSU Dance Spring Dance Concert Russell Auditorium 2 p.m.

Tickets \$15 (general), \$10 (senior citizens, GCSU faculty/staff and non-GCSU students), \$5 students Call 478-445-4226 .





explore the attractions



ANDALUSIA

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www.centralstatehospital.org
Housed in an 1891 Victorian train depot, the museum contains memorabilia that spans the long history. From annual reports to medical equipment, to client's personal effects, the museum's contents tell the story of the history of mental health treatment in the United States and the unique story of the hospital once renowned as the largest 'insane asylum' in the world.

BARTRAM FOREST

2892 Highway 441 South
In 1794, Native Americans inhabited the Bartram Forest. Today, educational hiking trails allow visitors to see centuries of abundant wildlife, natural wetlands and an erosion ravine with soil that is a remnant of the ancient shallow seas that covered Georgia 50 to 100 million years ago. Three looping trails cover this natural wonder.

FLANNERY O'CONNOR ROOM

Dillard Russell Library, GCSU campus,
University session
478-445-0988
On display are manuscripts from O'Connor's personal collection of more than 700 books and journals. The room is furnished in the Victorian style of the 1870's. Most of these items were brought from Andalusia, the farm where O'Connor wrote the major portion of her fiction.

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CENTRAL STATE HOSPITAL MUSEUM

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GCSU NATURAL HISTORY MUSEUM

Herty Hall, Room 143, Wilkinson Street
478-445-0809

Hours vary, open by appointment
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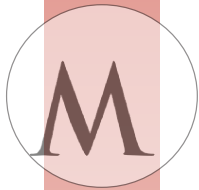
This facility is one of three historic buildings that make up the Allied Arts Center. It is a beautiful Milledgeville Federal/early Greek Revival, built in 1830. Originally a two-over-two clapboard with shed rooms and an open dogtrot porch, it now houses arts offices and the Marlor Art Gallery. The Allen's Market building, across from the John Marlor Art Center, is a 1911 building that has been adapted into theater, meeting and studio space.



LAKE SINCLAIR

U.S. Highway 441 North
Encompasses 15,300 acres for recreational fishing, fishing tournament, skiing, swimming, boating, camping and has several marinas for the convenience of visitors. Recently declared the 'Cleanest Lake in the State' Lake Sinclair boasts more than 500 miles of shoreline. Campgrounds, picnic areas and unsupervised beaches add to the enjoyment available.





A LOOK AT THE ARTS & CULTURE of Milledgeville and Baldwin County



Molly Robbins of Duluth and Anna Tipton of Stone Mountain work at the GCSU composting site.

scene and heard

RICH COMPOST FROM STUDENT-LED GCSU PROGRAM WILL BE SOLD TO PUBLIC

Dr. Carla Walter recently took the helm as the new executive director of Milledgeville Allied Arts.

Walter joins Allied Arts with a wealth of experience in leading arts and educational organizations. She recently served as the Newell Scholar at Geor-

gia College & State University. Prior to that, she served in higher education executive leadership. She has an earned doctorate and a Bachelor's degree from the University of California, Riverside and an MBA from California State University, San Bernardino.

"I have always been passionate about



arts organizations thriving,” says Walter, who among her career accomplishments also authored a 2014 book on arts management. “It looked like this would be a place where I could actually apply that and have some real impact.”

Allied Arts was founded as a nonprofit in 1977 with the mission to bring visual arts, music, performance, dance, and theater opportunities to the community. The organization is funded by the city and any grants it obtains. Walter takes over a position that had been vacant for a while following the departure of former executive director, Brian Renko.

Georgia College & State University’s Newell Visiting Scholar program brought her to Milledgeville last year. The program promotes GC&SU’s liberal arts mission by bringing eminent scholars in arts, humanities, social sciences and physical sciences to campus. Walter served in that role through last spring semester when she taught a course on indigenous sacred dance and religious histories. Her own dance background includes time spent with the Stuttgart Ballet, Les Grands Ballets

Canadiens de Montreal, and the Kansas City Ballet. Walter’s expertise in that area led her to open a dance studio locally last year called Dance in the Spirit where she taught both adult and child classes, but she now plans on giving all her attention to her new position at Allied Arts.

“We want to be the place people think of when they want to learn something new or bring their children to experience the arts,” Walter says of her vision for the local nonprofit. “I like to think of arts as being an integral part of human well-being.”

The new Allied Arts director said that she wants the organization to help people connect with arts they maybe have not practiced in a while.

“We see ourselves as being a launching point to provide those experiences for multiple constituents,” she says.

For information on becoming a Friend of Allied Arts, call the office at 478-452-3940. More about the organization can be found online at milledgevillealliedarts.com.

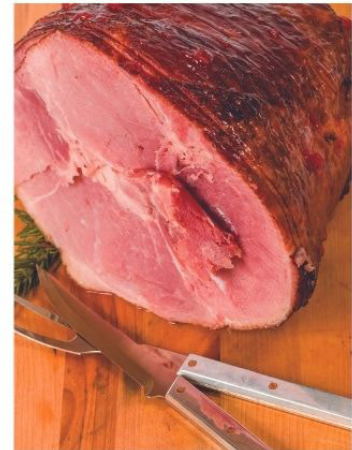


Sweet Southern Slow-Cooker Ham

SERVINGS: 12

Ingredients

- 1 bone-in fully cooked ham (about 5 1/2 pounds)
- 1 cup apple cider
- 1/2 cup dark brown sugar
- 1/3 cup bourbon (preferably Kentucky)
- 1/4 cup honey
- 1/4 cup Dijon style mustard
- 4 sprigs fresh thyme



Directions

1. Place the ham in a large slow cooker. Whisk the cider with the brown sugar, bourbon, honey, and mustard. Slowly pour over the ham. Scatter the thyme sprigs into the slow cooker.
2. Cook on high for 4 hours or on low for 8 hours, or until very tender. Remove ham to rest on a cutting board. Pass the remaining cooking liquid through a fine mesh sieve into a saucepan. Simmer for 10 minutes or until slightly reduced. Cut the ham into chunks or slices. Brush the cut pieces with the cooking liquid before arranging on a platter. Serve warm or at room temperature.



Poppy Seed Poundcake

SERVINGS: 16

Ingredients

- | | |
|------------------------------|---|
| 1 1/2 cups all-purpose flour | 3/4 cup (1 1/2 sticks) butter, softened |
| 1 1/2 cups granulated sugar | 4 oz. cream cheese, softened |
| 2 tbsp. lemon zest | 4 eggs |
| 2 tbsp. poppy seeds | 2 tbsp. milk |
| 1 tsp. baking powder | 1 tsp. vanilla extract |
| 1/2 tsp. salt | Powdered sugar (optional) |



Directions

1. Preheat oven to 325 F. Spray Stoneware Fluted Pan (or any bundt cake pan) with nonstick cooking spray. Combine flour, granulated sugar, lemon zest, poppy seeds, baking powder, and salt in a 2-quart mixing bowl; mix well. In a 4-quart mixing bowl, beat butter and cream cheese on high speed of hand-held electric mixer 1 minute. Add flour mixture; beat on low speed 1 minute or until blended (mixture will form a stiff paste).
2. In a small bowl, whisk eggs, milk and vanilla just until blended. Add egg mixture to cream cheese mixture in four additions, beating 2 minutes after each addition. (Do not undermix.)
3. Pour batter into pan. Bake 55 to 60 minutes or until a cake tester inserted near the center comes out clean. Cool cake in pan 10 minutes. Loosen cake from sides of pan; carefully invert onto a cooling rack, keeping pan over cake. Cool completely.
4. Place cake on serving platter. Sprinkle with powdered sugar or prepare a glaze, if desired.



Lima Bean Hummus

SERVINGS: 8-10

Ingredients

- | | |
|---|--------------------------------|
| 1 16-ounce package frozen lima beans | 1 teaspoon sea salt |
| 1 cup extra-virgin olive oil | 1/4 teaspoon cayenne pepper |
| 1/4 cup tahini paste | Paprika for garnish (optional) |
| 2 to 3 garlic cloves | |
| 2 teaspoons lemon zest, plus more for garnish | |
| 2 tablespoons freshly squeezed lemon juice | |



Directions

1. In a medium saucepan, bring 1 cup water to a boil. Add the lima beans to the boiling water and, when the water returns to a boil, cover the pan, turn the heat to low, and cook the beans until they are just tender; 10 to 12 minutes. Drain the beans and let cool. Set aside 5 or 6 whole lima beans for garnish.
2. In the bowl of a food processor, combine 1/2 cup of the olive oil, the tahini paste, garlic, lemon zest, lemon juice, salt, and cayenne. Mix until blended. Add the cooked lima beans in small batches, slowly adding the remaining 1/2 cup oil (or more) and scraping down the sides of the bowl to ensure even blending, until the mixture is smooth and creamy. Garnish with the reserved beans, lemon zest and paprika, if desired, before serving.



The differences between vegan and vegetarian diets

A nutritious diet is an essential element of a healthy lifestyle. Everyone from small children to fully grown adults have their own dietary preferences, and the choices people ultimately make can go a long way toward ensuring their long-term health.

Vegan and vegetarian diets are two popular, yet sometimes misunderstood, approaches to eating. In fact, vegan and vegetarian diets are sometimes mistaken as one and the same. However, the Vegetarian Society notes there are some distinctive differences between vegan and vegetarian diets.

Vegan diet

While veganism is often mistaken as simply an approach to diet, it is much more than that. The Vegan Society defines veganism as a way of living that seeks to exclude, as far as is possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing or other purposes. While avoiding animal-based food products is an important component of a vegan lifestyle, committed vegans attempt to avoid all animal products, including clothing, and products that might have been tested on animals.

So what do vegans eat? The Vegan Society notes that a vegan diet is diverse and includes fruits, vegetables, nuts, grains, seeds, beans, and pulses. Thanks to the internet, delicious recipes for vegan dishes,

including vegan pizzas and desserts, are never more than a few clicks away. In fact, vegans and prospective vegans can find a host of recipes on The Vegan Society website at www.vegansociety.com.

Vegetarian diet

The Vegetarian Society defines vegetarians as people who do not eat fish, meat or chicken. It might come as a surprise to some people to learn that vegetarians do not eat fish. Pescatarians are people who avoid meat and chicken but do eat fish. While pescatarians are similar to vegetarians, a true vegetarian diet does not include fish.

Many vegetarians choose to be so for a variety of reasons.


Like vegans, many vegetarians avoid animal products to prevent the exploitation of animals. Another reason some people follow vegetarian diets is to reduce their impact on the environment. The Vegetarian Society notes that vegetarian diets result in 2.5 times less carbon emissions than meat diets.

So what do vegetarians eat? A vegetarian diet includes fruits, vegetables, grains, pulses, nuts, seeds, eggs, dairy products, and honey.

Vegan and vegetarian diets are healthy approaches to eating that are embraced by millions of people across the globe.

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"You Think
YOUR Job
Stinks!"



MAKING HER OWN WAY

LINDSAY GOODSON IS A TRAILBLAZER





By LEAH S. BETHEA

As a woman working in a male-dominated industry, Lindsay Goodson is well aware of the trail she is blazing.

Most days, though, she's simply focused on working hard to carry on a tradition her father began many years ago.

"This is a job that never ever stops..." says Goodson, a licensed master plumber and owner of Keith McDonald Plumbing. "There's always something to do, something to fix, something to make better, and I guess that's my thing. I love being able to set a goal, achieve it and then set the next one and go again."

Goodson's path into plumbing wasn't a straight and narrow course by any means.

"I didn't really know what I wanted to be," she explains. "I had lived in Athens for six years and never really figured out what I wanted to do."

While working for a company in The Classic City, a recession happened, and she lost her job at the beginning of 2009.

"And so my dad was like, 'Well, just come to Sandersville and work for me until you figure things out,'" she says.

And though she was initially resistant to the idea,

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Goodson soon found herself answering phones and doing other clerical tasks at her father's longtime plumbing business, Keith McDonald Plumbing.

There was just one thing, though. The more calls Goodson answered, the more she found herself in an investigative role trying to figure out what the customer's problem may be.

"I started kind of figuring out I was able to really piece all these things together in my mind, so it just kind of became fun trying to figure out what was actually needed before anybody ever went and trying to understand something that I'd never really seen," she says.

It was a hobby of sorts that would often land her in a little trouble with the boss when she would follow the crew to jobs. After all, she was supposed to be sitting behind a desk.

"I wanted to know more about what these guys were doing so that I could effectively talk about it, so I would leave and go and follow them around from job to job and just watch them," she explains. "And then I'd get a phone call from my dad yelling at me because I wasn't where I was supposed to be."

Ultimately, her dad realized he was fighting a losing battle.

"Eventually he kind of just gave in to that's just what it is," she says. "It's what I'm gonna do, and I'm gonna do it whether you like it or not. But it made me better at my job."

McDonald soon encouraged Goodson to begin work toward her journeyman license. She was one of only two

females in her class. She went on to receive the license in April of 2021, just a few months before her father passed away.

Goodson continued work to follow in her father's footsteps and ultimately received her master plumbers license. In February, she marked her first anniversary as head of the business her father began. It's a job for which he prepared her well. These days, she often thinks back on the times she would ask him a question only to hear him tell her to go figure it out herself.

"I used to get really mad about that, but I figured out that he was really just driving my independence," she says.

Though she is well known by most customers, there are some folks who are still a little surprised when they are greeted by a female plumber. But for Goodson, it's something she believes makes her better at her job in many ways.

"I think that being a female makes me, at least in my world, pay more attention to detail – making sure that every step is done from start to finish the right way and not leaving things undone, and making sure that you're respecting the customers' homes, and that you're respecting them while you're there and what they want to talk about, what they want to discuss," she says.

"So many people will want to only hear half of what the customer says and go in and think that they know what's going on, and then they end up messing

things up because they don't

want to listen. I'll sit on the phone for 20 minutes and talk to a customer about a stopped-up sewer line, but when I get done talking to them, they feel a lot better about it."

And while she undoubtedly enjoys her job, she is perhaps most driven by the fact that she's carrying on what her father spilled blood, sweat and tears into to create.

"It's not necessarily so much the trade itself that I love," she says. "That was happenstance. I guess if it would have been anything else that my dad had me doing, I would be doing that."

While she's at it, though, she would love to hire some other female plumbers to help her keep blazing that trail. And when she does, she knows exactly the words of wisdom she'll pass along to them.

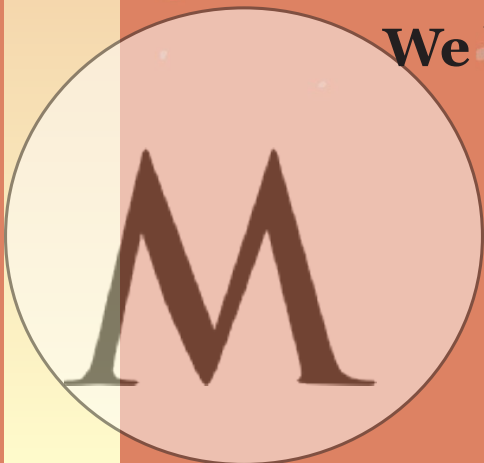
"It won't ever become traditional until you break the mold," she says. "If it's something you want to do, do it, and understand that you're going to get a lot of backlash on it, and it's going to be hard at sometimes and you're gonna get emotional, but if you're strong enough to do it, then you can do it, and eventually we won't have that situation anymore where women are not supposed to be in this particular field. It's not a thing that requires you to be a male by any stretch of the imagination."

MILLEDGEVILLE SCENE'S WOMEN'S ISSUE



**Have story ideas for next year's Women's Issue?
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BUILDING FOR 125 YEARS

Century Bank & Trust celebrates 125 years

By LEAH S. BETHEA

As Century Bank & Trust celebrates its 125th anniversary this year, it's also an opportunity to recognize female leadership within an industry that makes a difference in the community every day.

Sheree Prestridge has been at Century Bank for 15 years and in banking for 23 years. She is an assistant vice president and loan officer, and she serves as the branch manager of the Northside Office. Born and raised in Milledgeville,

she is a graduate of Baldwin High School, Georgia Military College and University of Georgia Banking School.

Prestridge admits that banking isn't what she initially set out to do, but the opportunity came about for her while working in customer service at another local bank that served as her first real job out of school.

"And I just loved it," she says. "I loved helping customers with their finances and



*Here's to
125 more!*



building relationships with them, and I just kind of fell in love from there.”

In her role today, Prestridge is responsible for managing nine employees in day-to-day operations, and she also specializes as a consumer lender.

While she works in a field that was once considered a male-dominated industry, that’s something she has seen change through the

their best interest for their financial goals,” she says.

Through her years in banking, Prestridge has been able to build lasting relationships with customers that now span generations, and she counts that as the most rewarding aspect of her job.

“Being that I have been in banking for so long, people that used to be my main customers, now I’m helping their children and even some of their grandchildren now with their banking needs,” she says. “That’s rewarding to me because that says a lot if that relationship has lasted that long that you’re now taking care of their children and grandchildren.”

Michelle Dixon is a native of Milledgeville and has been with Century Bank and Trust for 22 years. She is an assistant vice president and loan officer at the main office on South Wayne Street. She is an alumna of Georgia Military College and Georgia College & State University with a degree in business administration. She also graduated from The Georgia Banking School in Athens and the Paul W. Barret, Jr. Graduate School of Banking in Memphis, Tenn.

Dixon began her banking career 27 years ago. At the time, she knew someone who had worked at Century Bank previously, and Dixon was simply looking for a job while she went to school.

Soon, she realized she really had an interest in banking, and being able to work in many

“I loved helping customers with their finances and building relationships with them, and I just kind of fell in love from there.”



-Sheree Prestridge

years. In the past, she says branch managers and loan officers typically were men.

“But it’s definitely not that way this day and time,” she says. “If you have the education and the drive to advance in banking, it’s very well accepted for women leaders in banking now.”

When it comes to building a successful career in banking, Prestridge says it’s important to be a people person.

“(Customers) want to make sure that they’re being taken care of and they’re being looked after and that everything we do is in

different areas helped her grow an in-depth overall knowledge of all of the bank's day-to-day operations. There was one area, though, that stood out to her more than the rest.

"I ended up falling in love with the lending side of it," she says.

She loves the fact that it's an analytical job, but on top of that, she enjoys working with the customers and seeing that the impact of that work can often be responsible for making dreams come true.

For Dixon, there's no such thing as a typical day on the job.

"Being at a small community bank, a lot of people wear more hats than just what their title is, and I'm definitely one of those ...," she says. "I may be working on projects. I may be taking loan applications, calling customers, going to meet with potential customers [or] just trying to make sure that people in the community know what we have available and how we can service them."

She takes pride in providing a strong community banking atmosphere for her customers and supporting the community. One aspect that makes Dixon particularly proud of Century Bank is the fact that it has all the aspects of a big bank while still remaining a community bank.

"When you call somebody, you're going to get somebody on the phone," she says. "You're not going to have to go through punching the digits and never getting to talk to a person when you need to. We have all the digital aspects of a big bank along with that touch that people want or need from time to time."

Like Prestridge, Dixon too has seen a shift in female banking leadership through the years, and she believes characteristics that women have such as being detail-oriented make them strong candidates for careers in banking.

"I've definitely seen it change over the years," she says. "Our CFO is actually a female, and we have other senior management who are females as well ... Our board and our bank recognize the person's abilities and not necessarily their gender."

In fact, when it comes to the bank as a whole, the majority of employees are women. Dixon says of the bank's more than 50 employees, only about eight to 10 are males. Together, they all make up a team that works well as a whole.

"We all had to get through COVID and PPP, which was stressful, but the thing is, our bank really is like a family, and we really do come together in crunch times when we need to," she says. "We were really able to provide for our community at that point in time."

Through the years, Dixon has built relationships with people within the community who have become much more than just customers; she counts them as friends.

"I've worked with customers whom you end up developing these relationships (with), and it becomes more than just a banking relationship; there's that friendship as well," she says. "You end up talking to them just to be talking to them. It doesn't even have to be about bank business. You genuinely care about each other and check in on each other. I think that's been the biggest part for me."



Michelle Dixon



Sheree Prestridge





When women should be screened for various conditions and diseases

Preventive care is a key component of an effective health care regimen. Preventive care is not a one-size-fits-all approach, as various factors will influence what an individual should be doing at any given moment to ensure his or her overall health. Age, medical history and family history are three factors that could influence a preventive

care regimen. Gender is another variable that affects preventive care, and women should know that screening guidelines for various conditions and diseases could be different for them than they are for men.

Women's personal medical histories could affect how often they should be screened for various conditions, but these screening recommendations from the United States Preventive Services Task Force can serve as a guideline for women.

- **Blood pressure:** Doctors will typically test blood pressure at every visit. Women whose blood pressure is below 120/80 mmHg can go every two years between blood pressure readings up until age 20, advises The American Heart Association. Adults 40 or older, or those with conditions that put them at risk for hypertension, should go annually or as advised by a doctor.

- **Bone density:** Women should get a bone density test at least once upon turning 65. Women younger than 65 can speak with their physicians if they want the test.

- **Blood-glucose test:** The National Institute of Diabetes and Digestive Kidney Diseases says women should be screened regularly for prediabetes or diabetes beginning around age 45.

Women can speak with their physicians to determine how often they should receive these screenings.

- **Breast cancer:** The USPSTF recommends women between the ages of 50 and 74 schedule a mammogram every two years.

Women 75 and older can discuss if the test is still necessary after age 74.

- **Cervical cancer:** Women between the ages of 21 and 65 who have a cervix should receive a Pap test every three years.

Upon turning 30, a Pap test and an HPV test every five years is an option. Women over 65 can discuss if they need to continue receiving a Pap test with their physicians.

- **Colorectal cancer:** Screening for colorectal cancer is recommended for women between the ages of 50 and 75. Women can discuss which test to get with their physicians, who also can inform them what to do after turning 75.

- **Diabetes:** Women whose blood pressure is higher than 135/80 should be tested for diabetes.

Women who take medication for high blood pressure also should be tested.

- **HIV/AIDS:** Women should be tested for HIV/AIDS at least once after age 20 or earlier if they are high risk for HIV.

- **Lipid profile:** The USPSTF recommends a routine lipid profile starting at age 20 for women who are at increased risk for heart disease.

- **Lung cancer:** Women with a history of smoking should receive annual testing with low-dose computed tomography



Tips for Women's Mental Health

- Get regular exercise
- Practice mindfulness
- Eat healthy foods
- Find an interesting hobby
- Practice prayer & meditation
- Be outside more
- Plan trips or staycations
- Read a good book





between ages 55 and 80. This includes women who have quit smoking within the last 15 years.

- **Mammogram:** Mammograms screen for breast cancer. Given the risk of false positives, debate continues as to how frequently women need these screenings.

The most recent guidelines from the U.S. Preventive Services Task Force says mammograms are recommended starting at age 50, and should occur every two years.

The American Cancer Society advises starting at age 45 and having a mammogram annually through age 55.

- **Osteoporosis screenings:** Bone density can be measured starting at age 65 or earlier if a woman has a high fracture risk, states Regis College.

- **Skin examination:** The American Academy of Dermatology suggests speaking with a dermatologist about skin exams. Self-examinations should be routine, but dermatologists may recommend more formal tests to women who meet certain criteria.

Women should speak to their doctors about personalized screenings based on family history and other risk factors.

- **STDs:** Women who are sexually active or pregnant should be tested annually for chlamydia through age 24.

Annual tests for chlamydia, gonorrhea and syphilis should continue after age 25 for women who are at increased risk for an STD.

Women can discuss the risk factors with their physicians.

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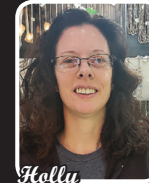
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A Dawgs maniac (for sure)

By RICK MILLIANS

This is getting to be old hat.

A second consecutive national championship for the Georgia Bulldogs.

Run it back. Back-to-back. The sequel. Part Deux.

The Dawgs are the kings of college football. David Pollack said so right there on ESPN, sitting next to Alabama coach Nick Saban.

I'm an old sports editor. This kind of thing doesn't happen every day. I couldn't resist writing about the Dawgs one more time.

The tributes are flowing in. Bets are being paid off. Parades are being planned.

Quarterback Stetson Bennett is back behind the counter at Raising Cane's Chicken Fingers. He's a Caniac, Caniac, dancing like he's done this before. (With apologies to the song "Maniac" in the movie "Flashdance.")

Signage is being updated at Sanford Stadium and other facilities in Athens: National Champs 1942, 1980, 2021, 2022.

And every college football outlet is making way-too-early predictions for 2023: The Dawgs will be the preseason No. 1.

You've got to admit that 3-peat in '23 has a nice ring to it.

Georgia 65, TCU 7. Fans being fans, I was talking to one the other day and he said it's a shame TCU scored once and Georgia didn't score again (and make one missed PAT) so the Dawgs could have won 73-0.

That game was so one-sided that running back Kendall Milton was serving wings to his offensive linemen during the game. Milton got the wings from fans in a field-level suite behind the Georgia bench.

On offense, Bennett, justifiably, got much of the aplomb.

On defense, Baldwin High's Javon Bullard was the hero. Two interceptions and a recovered fumble – all in the first half.

I'll get to Bullard in a minute. First, Bennett.

My favorite tribute came from a UGA grad named Wayne Knight. You might know him better as Newman, a mailman on the TV show "Seinfeld."

"From one UGA mailman to another, congratulations Stetson Bennett IV and Go Dawgs!" Knight said in a tweet.

Stetson Bennett delivered a lot more reliably than Newman.

In reading a lot of postgame coverage, my favorite anecdote came when Georgia coach Kirby Smart encountered one of his sons bawling his eyes out after the game.

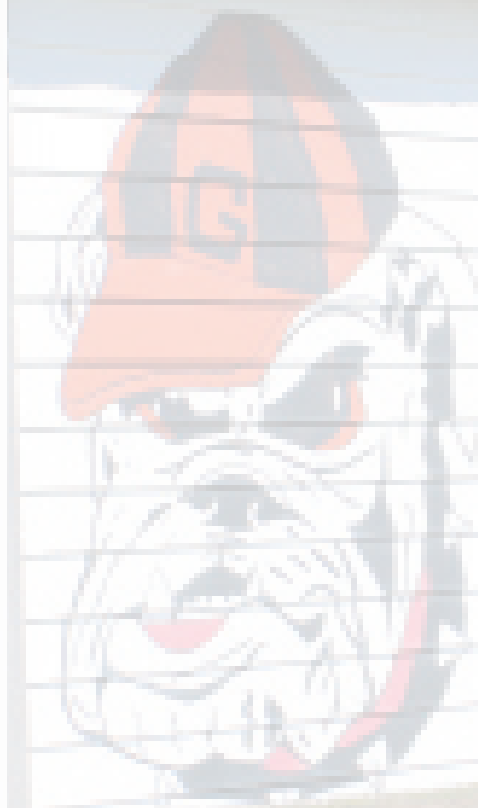
"Why are you crying," Smart asked his son.

"Stetson's leaving," his son blurted between tears.

"Son," Kirby said, "it's time for him to leave. He's 25 years old."

Bennett made a huge mark on the Georgia program.

No less than Mike Cavan, himself the king of swagger as a Georgia



quarterback in the late '60s, said: "I want everyone to know that Stetson Bennett is the greatest player in the history of UGA."

Cavan, by the way, was the assistant coach under Vince Dooley who was assigned to bird-dog Herschel Walker during the recruitment of the future Heisman-Trophy-winning running back.

Notice that Cavan said "greatest player" in history, not just greatest quarterback.

I agree with Cavan.

Now, let's move on to another "greatest" distinction.

That would be Javon Bullard as "greatest player in the history of Baldwin High School."

They call Bennett "Big-Game Stetson."

It works equally well for Bullard. He was the defensive MVP in Georgia's playoff semifinal victory against Ohio State. His play to knock the ball away from Ohio State receiver Marvin Harrison Jr. (and knock Harrison out of the game) was crucial (and clean).

I mentioned his two picks against TCU. Do you remember his stat line against Tennessee in the regular season: 7 solo tackles, 1 pass breakup, 2 sacks and 2 tackles for loss?

The kid is clutch.

Bullard, by my research (let me know if I missed somebody), is the first player from Milledgeville on scholarship at Georgia since (current John Milledge coach) J.T. Wall in 2002.

I go back a long way, and I remember what a big deal it was when my Baldwin Class of 1970 teammate Jim Harper was awarded a scholarship to Georgia. He played wide receiver for the Dawgs for several seasons.

According to pro-football-reference.com, at least four Baldwin High players had NFL careers: Earnest Byner, LeRoy Hill, Nick Harper and Maurice Hurt. But none played collegiately at Georgia.

Bullard could surpass them all after another season at Georgia.

So, we've got "Big-Game" Stetson Bennett and "Big-Game" Javon Bullard equaling another national championship for Georgia.

Because of it, Shaquille O'Neal had to pay off a bet to Georgia grad Ernie Johnson on TNT's NBA pregame show. Shaq said he'd eat a frog if Georgia beat TCU.

Shaq did – sort of. He ate a plate of fried frog legs (tastes like chicken).

I could get used to celebrating a Georgia national championship every year.

—Rick Millians, a Baldwin High and UGA graduate, worked at newspapers in Georgia, Ohio and South Carolina before retiring. Reach him at rdmillians@aol.com



DINING FEATURE
BY LEAH BETHEA



Fresh, real food and good vibes at Barberitos

By LEAH S. BETHEA

Fresh, real food served in a welcoming environment. That's what patrons will get when they choose to dine at Barberitos.

"We pride ourselves on all fresh products," says Martin Kohnen, owner of Barberitos in Milledgeville, Macon and Warner Robins along with his brother, Philip.

When it comes to that freshness, Martin can pinpoint its appeal right down to the ingredients in the franchise's popular menu offerings.

"The chicken that you would get in your burrito was cooked that morning and cut that morning," he says. "The pico de gallo that you would get in your burrito that makes our salsas was prepared fresh that day out of whole tomatoes and whole vegetables and whole products. The guacamole is not squeezed out of a bag with avocado pulp; it's actually made out of avocados that morning ... It's certainly a harder way of doing things, but we feel like the results speak for themselves."



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In addition to that freshness, its highly customizable menu options allow the restaurant to cater to every type of patron, from health nuts and vegans to people who just want straight cheese and meat.

“You can get all five food groups, and you can make it as healthy as you want. You can also make it as unhealthy as you want,” Martin laughs.

That variety of offerings is also a draw for kids, and it’s part of the reason Martin got involved in the business in the first place. More than a decade ago, Philip had already been working for the restaurant for several years. He began as a part time employee at their downtown Athens location while in college. Meanwhile, Martin had graduated from college and was working in Athens and had a young family.

“Barberitos was about the only thing we could all agree on, including my young son at the time,” he says.

When the franchise expanded and an opportunity to buy the store in Milledgeville came about, it was the perfect chance for the two brothers who had always talked about going into business together.

“That was in 2010, and the rest is kind of history,” Martin says.

While burritos are what they are most well-known for, Martin says Barberitos actually has really great salads and tacos, and people love their nachos as well. Cheese dip, salsa and hand-smashed guacamole are also fan favorites.

But whatever option folks choose from the menu, it’s the freshness that Martin believes is truly Barberitos’ calling card and what sets them apart from other places.

“It’s the freshness of the product that we serve,” he says. “It’s the fact that we take a lot of pride in actually making real food for people ... We have no freezers. We have no microwaves, nothing like that. Everything that you’re gonna get in your food today was prepared this morning, and that comes through in our product. The flavor is definitely superior to our competitors because we take pride in that, and we really try hard to make sure that everything is healthy and as fresh as possible.”

Average price range for a meal at Barberitos is \$10 to \$15.

“It’s just a step up above fast food pricing with a real quality restaurant type of product,” Martin says.

Barberitos offers pickup, delivery and dine-in options. They also have an app with great rewards. For every \$10 spent, customers earn \$1 back. Orders can be made through



“... we take a lot of pride in actually making real food for people”

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the app for pickup, and Barberitos also works with all of the local food delivery services including KNG, DoorDash and Uber Eats.

The restaurant also offers daily burrito and drink specials Monday through Friday from when they open at 11 a.m. until 3 p.m. And, they will soon begin offering late nights again, which was a popular offering they provided for a long time prior to the COVID-19 pandemic. Geared toward serving the college crowd, the restaurant will be staying open a couple nights a week until 3 a.m.

No matter the time of day or night that patrons choose to walk into Barberitos, the hope is that they always walk out feeling the same way each time.

“Our mission is to serve healthy, delicious, fresh food in a welcoming and inviting environment, and we hope that people come away feeling fulfilled and sustained and good about the choices that they made when they come to eat with us,” Martin says.

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Soul Rebellion Yoga



Using platform to connect students with their emotions

By LEAH S. BETHEA

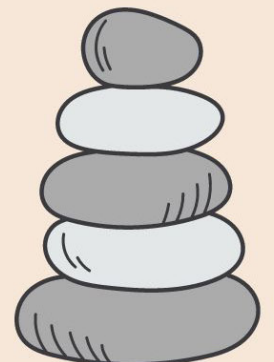
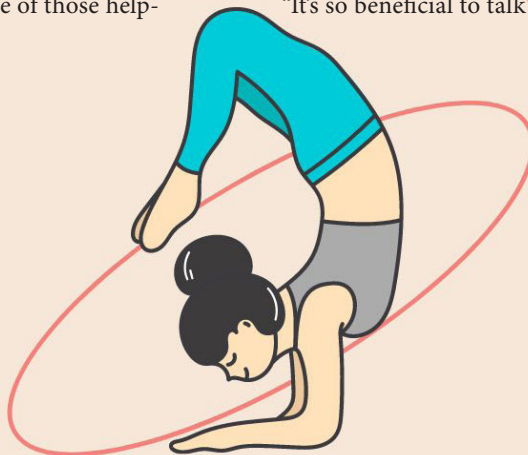
Whether using its techniques to teach their children helpful coping skills or utilizing it as a way to maintain their own bone health and strength, the benefits of yoga for women are immeasurable.

But Liz Havey, founder of Soul Rebellion Yoga, will quickly admit that the practice offers an invaluable set of tools for all, regardless of age or gender.

Havey recently worked to pass on some of those help-

ful tips to students, staff and faculty at Baldwin County's Early Learning Center, where her son is a student in the pre-K program. When Havey learned through conversation with an employee about a grant program the school has for helping to teach children emotional coping skills as part of their Social Emotional Learning goals, she immediately knew that yoga would be a good fit.

"It's so beneficial to talk to



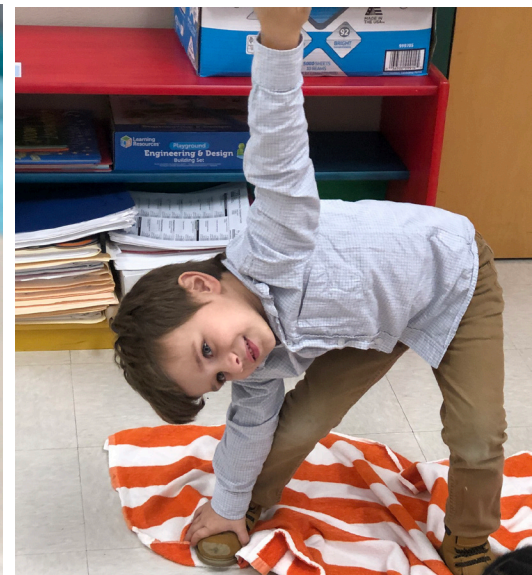


children about their emotions when they're not in the throes of an emotion ...," she says. "Once they're in melt-down stage or tantrum stage or freak-out stage or wherever that child is headed, that's a really hard time to talk to them about it, so giving them skills, giving them tools to use before they actually get to that freak-out stage is so helpful in helping them manage."

In November, Havey met with all teachers and staff at ELC and gave them some tips, tricks and basic yoga poses to work on with the children as well as breathing techniques to help kids manage their emotions in stressful situations. The end result was a small toolbox of tricks the children can use in times of need or on a daily basis.

Over the course of the month, she met with each of the 15 classes two different times for the kids to move their bodies and also to talk about emotions and how to manage them. For instance, the kids would identify feelings such as happy, angry or sad and then practice an animal pose to show those emotions.

While that course was for one month only, Havey says she is certainly open to doing more in the schools. While she primarily teaches private instruction in her clients' homes, she is an active teacher in the community as well. She offers a free class at the Mary Vinson Memorial Library at 5:45 p.m. on Tuesdays. It's a gentle yoga class that welcomes all ages, abilities and sizes. On Wednesdays at 8:30 a.m., she teaches a Morning Energy class at Oconee Outfitters. And once a month, she holds yoga story time with kids at the 11 a.m. Tuesday



story time at the Mary Vinson Memorial Library.

Havey has also hosted Full Moon classes as well as some New Moon Restorative classes and a Winter Solstice Celebration.

She says most people are disassociated with their bodies, and her goal is to change that by helping people to gain more awareness of their bodies and how they feel. In turn, she says they can then enjoy life more through that awareness and connection. And, she says they can also create community with individuals who want to be more in tune with themselves as well and have the support of others who want to be more engaged.

"My whole mission in Soul Rebellion Yoga and in teaching yoga in general is to help people become more connected with their bodies, to the natural rhythms of their bodies and to nature itself," she says. "Because we are natural beings ... we're not made out of plastic and oil. We are carbon just like the trees and the animals that we encounter, and I feel like we've gotten as a society very far removed from that experience, and we will all be better the more connected we can be to those rhythms."

The Vernal Equinox class, she says, will take place in nature and will be a celebration of new birth and new growth. Students will practice yoga along with a short meditation followed by a surprise activity to hone in on that notion of birth, rejuvenation and starting fresh in the new season.

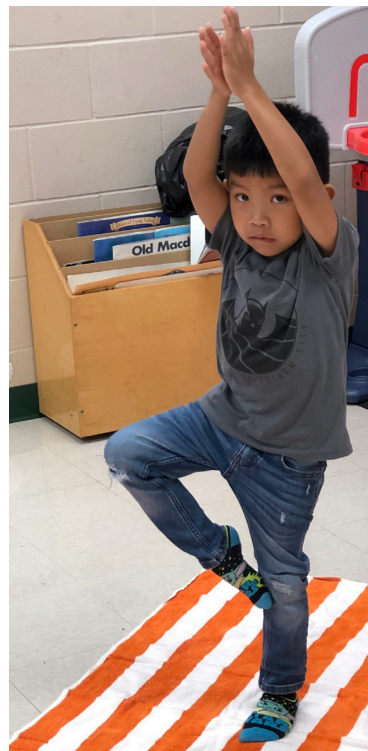


Through Soul Rebellion, Havey has certainly seen the positive effects that yoga can have on all types of clients. Particularly for women, she says the benefits are innumerable.

“As far as our natural cycles go, yoga and meditation have been documented over and over again to help with hormonal balance and alleviating premenstrual symptoms and cramping and even helping regulate some of the emotional imbalance that we find ourselves in as we go through our monthly cycle,” she says. “Yoga is also very well-documented for helping manage and maintain bone strength and bone health ... As women, our bones tend to degrade a little more quickly and a little more impactful than men’s do. The body strength training, the agility and lubrication of the joints that we engage in in yoga practices can be really helpful for helping stave off things like osteopenia and osteoporosis, and for those women who have already started down that path, it can help slow that progression as well.”

For women who do have conditions such as osteoporosis or osteopenia or any kind of physical ailments for that matter, Havey says finding a good instructor who is well informed is key.

“We can make things worse if we are not mindful in our practice,” she says. “So, I would advise anybody who’s going out and looking for a yoga class, if you’ve got any health concerns at all, to make sure that you talk to the instructor before you just jump into class and make sure that they know what your concerns are and make sure that they feel comfortable offering the accommodations, the support and guidance that you need to have for healthy and safe practice.”



EXCLUSIVE
TO THIS ISSUE

CUSTOMER APPRECIATION DAY



April 18 is National Customer Appreciation Day, a chance for business owners to say thanks to their customers and show how much their business is valued.

Whether they're newfound customers or longstanding regulars, the businesses on the following pages wish to show their appreciation to their customers. They've weathered the pandemic, remained loyal and they kept coming back. They deserve a pat on the back for supporting local businesses and the local economy. And don't forget, when you receive great service — be sure to spread the word. These businesses often rely on word-of-mouth advertising and a little can go a long way. Kudos to you, customers, your business is appreciated.



How to make shopping more comfortable for customers

Various businesses can increase their profits if they make an effort to make shopping more consumer-friendly.

According to a survey from LivePerson, a global leader in conversational AI, two out of three consumers were planning to do most of their 2020 holiday shopping online due to the pandemic. Welcoming those shoppers back to stores may mean making some changes designed to make shopping more comfortable and convenient.

- Offer special shopping hours. The pandemic opened retailers' eyes to the needs of certain shopping demographics, including the elderly. Navigating packed stores can be stressful for people with mobility issues or special needs. Over the last several years, select Target stores have opened their

doors a little earlier on certain days for individuals with autism, and also dimmed the lights and music to create a sensory-friendly environment. Other stores may want to follow suit, offering key shopping hours or days for those who can benefit from smaller crowds.

- Offer in-store and online capabilities. Though many consumers now feel better about shopping safely in stores, there are some who still may prefer the perks of curbside pickup or delivery capabilities. LivePerson's survey shed light on some common consumer concerns when shopping online, which included asking questions about products, finding products and services, and finding relevant promotions. Businesses can utilize conversational commerce experiences,

including chat options, to enable customers to interact online with greater efficiency and convenience.

- Create a welcoming atmosphere. Here is where small businesses can really shine over larger corporations. Offer coffee or hot chocolate to customers when they

enter the store. Set up a soft sofa where shoppers can rest during shopping sprees.

- Offer generous return policies. Some gifts simply will not be the right fit. Ensure that shoppers, whether they purchased online or in person, can return or exchange gifts with ease.

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3 customer service practices that can make consumers happy

In 2009, a handful of protest songs posted to YouTube created quite a stir. After their guitars were mishandled and damaged while traveling on United Airlines, the Canadian folk duo Sons of Maxwell attempted to negotiate with the airline in an effort to be reimbursed for the damage. Those negotiations ultimately proved fruitless, so the rockers took to YouTube, posting a series of comical songs and videos.

While the songs became viral and drew many a laugh, the people at United Airlines, and their shareholders, were not laughing. The bad publicity sparked by the videos caused United stock to plummet, costing shareholders as much as \$180 million.

Incidents like that highlight the importance of exceptional customer service, especially in regard to small businesses. Industry giants like United Air-

lines can no doubt afford some bad publicity, but small, locally owned businesses operate on much thinner margins.

In recognition of the effects bad customer experiences can have on their businesses, business owners can emphasize the following three strategies to keep customers happy.

1. Encourage customer input.

Business owners may not have their boots on the ground every day, so encouraging customer input may be the only way for business owners to get a handle on what it's like to be their customer. That input can be used as a springboard to making positive changes that make customers happy, and it also can be used to help business owners recognize which staff members are going above and beyond to make sure customers have positive experi-

ences.

2. Respond to reviews.

A 2018 survey from Review Trackers found that 63 percent of reviewers never received a response to their reviews. Engaging with customers is vital for small businesses. Consumers appreciate it when business owners respond to their reviews. Customers who leave negative reviews are more likely to put such experiences behind them if business owners reach out and seek their input while assuring that they'll work to provide better experiences in the future. Responding to customers who share positive experiences takes little or no time at all and it's a thoughtful gesture to thank customers who take the time to leave positive reviews.

3. Get personal with custom-

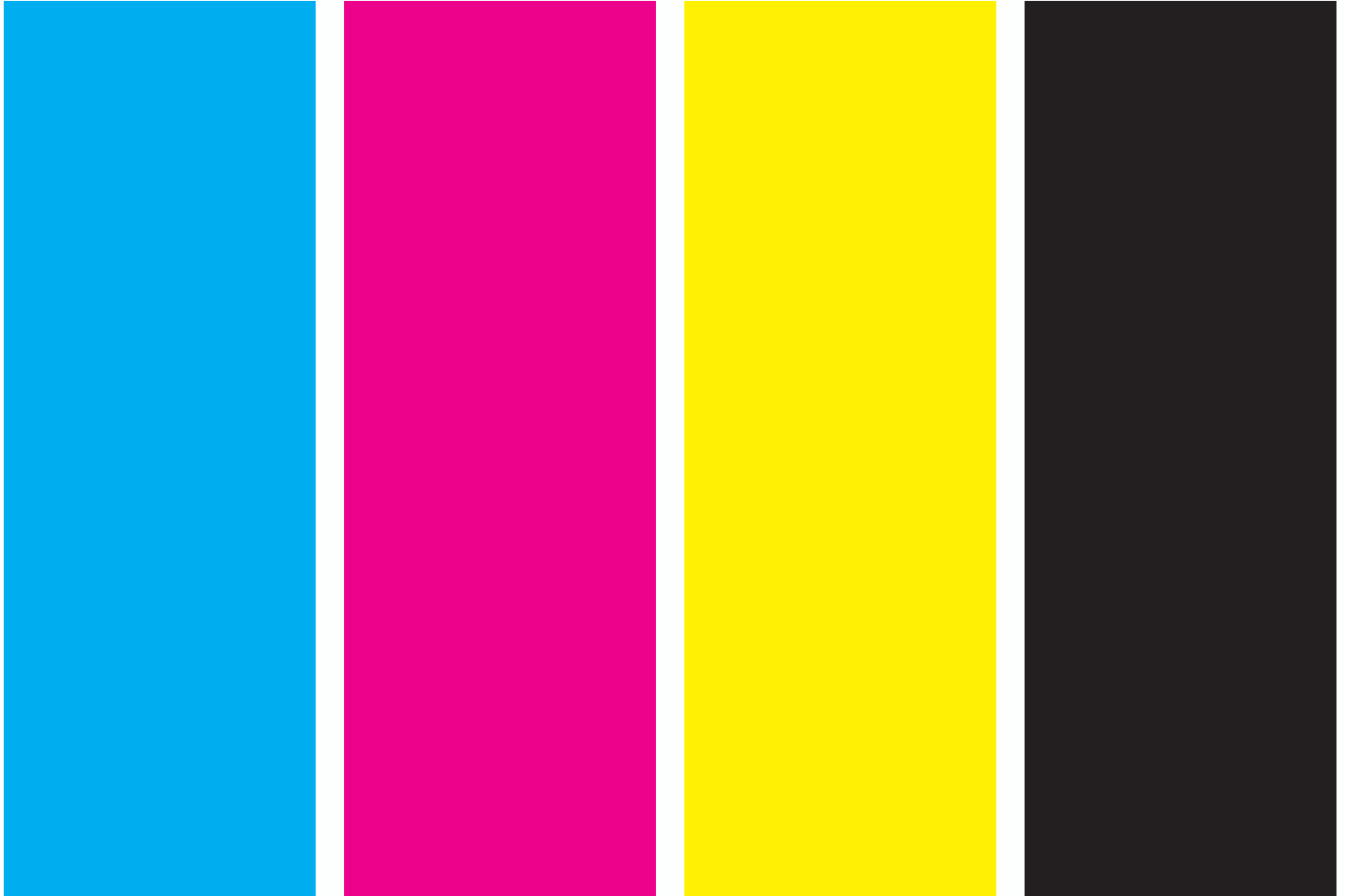
ers.

A personal experience drives many consumers to support local businesses. Taking time to be cordial with customers also is a great way to learn about their needs and wants so you can better serve them, potentially turning them into highly valuable repeat customers. Repeat business is vital to the survival of small businesses.

In fact, a 2018 survey from In-Moment found that 77 percent of consumers acknowledge having had relationships with specific brands for 10 years or more. Getting personal can lay the foundation for customer-business relationships that can last for years to come.

Customer service is vital for small businesses, which can employ various practices to keep customers happy and coming back.

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