



**Perspectives**  
 Kyle Dominy  
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# The Albany HERALD



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**Football's here**  
 Patriots win opener  
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TUESDAY, AUGUST 19, 2025



Staff Photo: Alan Mauldin

New Salvation Army Capt. Chris Powell was recently named to serve as manager of the Army's Albany Facility.

## Chris Powell goes it alone as local Salvation Army director

By Alan Mauldin  
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ALBANY – Salvation Army Capt. Chris Powell intended to continue his career with wife Billie into retirement, but his life was upturned in 2019 when the couple left their posting at Dahlongega to care for six relatives.

“In the last six years, I’ve lost seven family members,” Powell said, and in 2023 Billie Powell died of non-cirrhotic kidney disease. “I moved here from Dahlongega, which is where I was living.”

After working in law enforcement in Dahlongega, a profession he worked in earlier in life, Powell arrived in Albany on July 23.

“I was reappointed in March to come to Albany,” he said. “Moves (postings) came out in April, and my appointment was here to replace Tanya and Chris Thomas. Me and my wife both have a heart for the work. We stepped out to help out with family. It got a little deeper than either of us expected.”

“I had wanted to come back. I had to get myself leveled out to get back in. We had always intended to come back.”

See POWELL, 2A

## Phoebe names physician, advanced provider of Year

Staff Reports  
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ALBANY -- Two outstanding members of the Phoebe Putney Health System health care team, Dr. Aedan P. McDonough, and Nurse Practitioner Lauren A. Swain, have been named this year's Phoebe Physician of the Year and Advanced Practice Provider of the Year.

The pair's dedication to excellence, compassionate care,

and professional achievements embody Phoebe's mission to improve the health and lives of those the health system serves, Phoebe officials said in a news release.

McDonough joined Phoebe in August 2023 as a Critical Care Intensivist, bringing extensive training and experience from some of the nation's most demanding clinical environments. He was nominated by several

co-workers and praised for his bedside manner and how he handles himself on the job.

“This physician goes way above most physicians,” one nominator said. “He really cares for his patients. He is always helping the nurses pull up and turn patients. He has held the hand of dying patients. He has also fed patients that could not feed themselves. He has one of

See PHOEBE, 2A



Special Photo: Phoebe

Phoebe Putney Health System Advanced Practice Provider of the Year Laura A. Swain, left, accepts her award from Phoebe Physicians President Dr. Estrellita Redmon.

## Terrell County nonprofit trains Georgians in heavy equipment operation through simulator

By Lucille Lannigan  
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DAWSON – Izell Mills spends several hours per day learning how to operate heavy machinery. He does this in the air conditioning, inside a trailer in the backyard of a south Georgia nonprofit.

The 58-year-old is just one of about 90 people who have completed training or gotten certified to operate machinery using a Vortex Simulator at the Golden Triangle RC&D in the year since its installation. For Mills, the simulator presented an opportunity to fulfill a childhood dream and begin a new career path.

“Growing up as a child, I loved big trucks,” he said. “I jumped on this opportunity. I really think it's something I could make a career out of. I don't think it's something I'd ever want to retire from.”

For the folks at the Golden Triangle, a nonprofit that works in conservation, management and community devel-

See SIMULATOR, 2A



Staff Photo: Lucille Lannigan

Kevin Blackburn, left, helps a trainee navigate heavy equipment on the Vortex Simulator.

Periodical — Mail Label

## Renovations keep popular splash pad under wraps



Staff Photo: Alan Mauldin

The Dougherty County Commission is looking to revamp Riverfront Park in conjunction with work being done on the Flint RiverQuarium. The play park was completed in 2003 and is in need of a makeover, as is the popular splash pad that was closed last year.

By Alan Mauldin  
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ALBANY – The downtown Albany Riverfront Park is a work in progress, but progress often requires tearing down the old, the nearby Oglethorpe Bridge project a prime example.

At the park, the renovations meant closing down the popular splash pad last year, so summer 2025 has been the second hot season without a feature that brought people from near and far seeking relief from the southwest Georgia heat.

The rest of the park is showing signs of wear and tear, and Dougherty County, which owns the park, is looking to give it a makeover.

“One of the things the Recreation Committee did over a year ago when we decided to tear down the splash pad was we partnered with the Flint RiverQuarium,” Assistant

County Administrator Barry Brooks said.

The RiverQuarium next door to the park is also looking at renovations, so the county has decided to hold off on its plans until the Artesian Alliance, under which the RiverQuarium operates, has produced a master plan.

The idea is for the county to incorporate its design elements with those of the RiverQuarium to present a uniform appearance.

“We didn't want to put something in that would interfere with the overall project,” Brooks said. “Another consideration is to match those of the RiverQuarium.”

That delay meant again delaying renovations of the splash pad.

Commissioners got a glimpse last week of elements the new play park for kids could have from Dusty Gilbreth, Georgia territo-

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## From 1A SIMULATOR

opment, they say they hope the simulator allows them to fill a critical need for public works staffing and road maintenance in southwest Georgia. Rhonda Gordon, Golden Triangle's executive director, said the nonprofit works to help maintain more than 4,000 miles of dirt roads across its 19-county area, through its Better Back Roads project.

Golden Triangle RC&D began hosting training with the simulator in August 2024 after receiving funding from the office of U.S. Rep. Sanford Bishop's office, D-Ga., from the U.S. Dept. of Labor. Gordon said through a community needs survey Golden Triangle discovered there were

80 job openings in the road crew departments.

"We wanted to be able to help the road departments keep staff because that's a high turnover job in this area," Gordon said. "This lets us train them with the best management practices to keep the roads in order."

The simulator simulates the experience of operating motor graders, excavators, bulldozers, front end loaders and backhoes. It offers a safe and controlled environment for operators to develop their skills. Golden Triangle also provides an emphasis on sustainable practices, ensuring participants are not only proficient in equipment operation but also mindful of environmental impacts.

Users sit in a large chair that moves and replicates the feeling of sitting in or operating

the machinery – even changing to mimic different weights or terrain. Users navigate their equipment throughout terrains presented on large screens. They learn how to maneuver and complete different tasks. Instructors can change the weather or even trigger check-engine lights to test the trainees' response.

The simulator grades trainees as they complete different modules, and an instructor helps guide them through. Normally there are two students at a time in the trailer – one on the simulator and one watching module videos on YouTube.

"It's very, very real," Kevin Blackburn, an instructor, said. "This machine beats you just like a real one does. It's rough. You put '35 tons of dirt' in the back and it throws you around. It's as close as

you can get to the real thing without the real thing."

Blackburn, who has a lifetime of career experience in heavy equipment construction, said he believes the simulator is a gamechanger in heavy equipment training.

"It appeals to the younger generation because they're into that video game mentality, and then they can translate it," he said.

Gordon said the simulator trains people fast.

"People that train on this are 2 1/2 times quicker in grasping it than somebody who comes off the street that's never operated anything," she said. "It puts them light years ahead once they get on the piece of equipment."

The simulator, which is free for trainees through 2026, also breaks barriers.

Gordon said southwest Geor-

gia's small, rural counties often have only one or two pieces of equipment within their public works department, and these are almost constantly being used.

"It's hard for them to find the time to train new people on a piece of equipment," she said.

Mills, who travels to Terrell County from Calhoun County to train on the simulator, said there weren't really any heavy equipment training opportunities where he's located.

"I've looked into it in the past, but some of them are quite expensive to get into," he said. "So this was a great opportunity."

Now Mills is on track to complete all five heavy equipment modules. This normally takes trainees about 60 to 80 hours to complete. Trainees receive an introductory cer-

tificate that tells employers they've completed the simulator training.

Golden Triangle is working with counties to train staff or individuals looking to eventually apply for these jobs. One trainee has completed modules because she was interested in learning how to better operate equipment on her farming property.

Gordon said with the simulator being on a trailer, Golden Triangle hopes to be able to travel around to bring the training opportunities to different counties.

Trainees must be at least 16 years old to sign up for courses. More information can be found at Golden Triangle's site.

## From 1A POWELL

Among his duties, the reinstated captain will oversee the 52-bed shelter, a food pantry, day center and perform twice-weekly church services.

"You see a wide array of people, people who are homeless wondering how they're going to put a shelter over their heads," he said. "Our job is to help them move forward – hopefully, prayerfully, toward housing. It is temporary, emergency housing."

Currently the day center is open 8 a.m.-noon Monday through Friday, but one of Powell's initiatives will be to extend the hours to 5 p.m.

In addition, the Salvation Army office has very limited social service to assist those who need help with utilities and serves a meal at 6 p.m.

Monday through Friday.

The center gives individuals the chance to catch up with loved ones via email or phone. In addition, they can prepare resumes and apply for jobs.

In addition to getting out of the heat in summer and cold during winter, the day center also has a washer and dryer, allowing individuals to do a wash while there.

"One of the biggest things I'm doing right now is trying to continue to reach out and build partnerships in the community to work together on addressing homelessness," Powell said.

Powell said he realizes that the Albany area that he serves has a high poverty rate and a lack of affordable housing, issues that are not limited to southwest Georgia. In addition to Dougherty County, the Albany unit serves Baker, Calhoun, Early, Lee, Miller, Terrell, Turner and Worth counties.

The new Albany captain will

have to hit the ground running as it is time to start preparing for the annual Toys For Tots partnership with local U.S. Marines and the red kettle season for bell ringers at businesses. The latter is one of the Salvation Army's most visible projects.

"That's what most people think, ringing bells, or they see you on disaster sites," Powell said. "That's usually the first two things people mention to me. That's what some people relate to the Army."

The familiar red kettles and bell ringers, some of whom are unhoused individuals hired for the work, is also a major source of funds, with local posts allowed to retain nearly all of the money collected.

Another annual event that brings awareness is National Donut Day, celebrated in honor of the "Donut Lassies" who fried donuts for troops during World War I, helping popularize the treat in the United States

through returning soldiers.

Since many postings are husband-wife duos, Powell said he will depend on his administrative assistant to take up some of the slack. Currently there are five shelter employees, with two more preparing to come onboard to bring staffing up to full capacity.

"Having been there as a couple, we worked very well together," he said of working with his late wife. "I'm just going to have to find my balance just being me."

As he finds his footing, Powell is open to hearing from the public and also encourages the community to assist with the food pantry. Canned goods are an item always in need, particularly canned meat.

Individuals may contact Powell by calling (229) 430-2120.

"I'm just glad to be here and I'm glad to meet the community," he said.



## From 1A SPLASH

ry manager for Dominica Recreation Products.

The company's vision includes 12 swings, six shade structures, 10 benches, seven slides, spring riders, a custom turtle dome climber, sensory climbers and musical elements.

The current park, completed in 2003, is closed periodically for maintenance, has old components that need to be replaced and is no longer viable for restoration, Gilbreth told commissioners.

"We want to impact this community, try to decrease obesity, help with better test scores and keep people in Dougherty County," he said.

The county anticipates hearing from the Flint RiverQuarium on the project within a few weeks.

# Stay Connected This School Year

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## From 1A PHOEBE

the biggest and most caring hearts."

McDonough earned his bachelor's degree in chemistry from Manhattan College, and his Doctor of Medicine degree from Saint George's University School of Medicine, graduating cum laude. He completed an Internal Medicine Residency at St. Joseph's University Medical Center in New Jersey, where he served as associate chief resident and Rapid Response Team simulation supervisor.

Following residency, he completed a Critical Care Medicine Fellowship at Mount Sinai Hospital in New York, working in multidisciplinary intensive care units including surgical, transplant, trauma and medical ICUs. His career also includes training as a general surgery resident at Metropolitan Hospital Center, where he developed expertise in rapid response leadership, surgical intensive care, and both laparoscopic and open surgical procedures.

"Dr. McDonough consistently goes above and beyond for his patients and team," a nominator said. "His exceptional bedside manner, calm demeanor, and willingness to educate make him a standout physician. He never hesitates to help with tasks. He leads by example, treating everyone as equals and always putting patient care first. Truly a team player and an inspiration to all."

APP of the Year Lauren Swain currently serves as a Nurse Practitioner between the Emergency Center and Intensive Care Unit at Phoebe Sumter Medical Center,



**Special Photo: Phoebe** Dr. Aedan P. McDonough was named Phoebe Physicians Physician of the Year at a recent awards ceremony.

where she applies her exceptional clinical skill, leadership, and patient advocacy in high-pressure environments. In every nomination letter, staff talked about how Swain's character and work ethic make her shine.

"Having a strong work ethic is a characteristic that everyone should have in order to be successful," one nominator wrote. "Lauren's work ethic demonstrates respect, responsiveness, caring and compassion. These values support and respect the dignity and universal rights of all people, including patients, colleagues and families. The impact that Lauren has made on this hospital is immeasurable, and I love seeing that in this community."

A Leesburg native, Swain earned an associate of science in Nursing degree from Darton College in 2010 and a master's degree from Georgia Southwestern State University in 2017. Her early professional experience as a personal assistant strengthened her organizational and communication skills, qualities she now brings to emergency and critical care nursing.

"Lauren is very dedicated to

her patients, and the staff she works with," another nominator wrote. "She goes above and beyond to provide fast and compassionate care to our patients, and her experience that she brings elevates the entire department and hospital to top tier status.

"I've had many patients report to me that our patients will travel from other counties to come here because of the kind of care and service PSMC provides, and it's people like Lauren Swain that keep our patients coming back. She deserves the recognition, and I am proud to have the opportunity to make this special nomination."

Phoebe Physicians includes more than 350 physicians and advanced practice providers who care for patients at four hospital campuses and around 50 primary care, urgent care and specialty care clinics throughout southwest Georgia. Award recipients are expected to exemplify clinical excellence, compassion, and innovation and bring advanced skills, personal dedication, and a passion for patient-centered care to their work.

"Both Lauren and Aedan have demonstrated extraordinary dedication to their patients and peers," Phoebe Physicians President Dr. Estrellita Redmon said. "We are grateful for their leadership and proud to honor their achievements."

The Physician of the Year and APP of the Year Awards were presented at a Phoebe Physicians banquet at Resora. Any physician or advanced practice provider employed by Phoebe Physicians is eligible to be nominated by patients or colleagues. All nominees are de-identified and reviewed by an awards committee.

## Horoscopes

Keep an open dialogue this year, and progress will unfold. It's up to you to bring about change and volunteer your help and services to the organizations you want to support. A give-and-take attitude will encourage partnerships that are trustworthy and forward-thinking. Your ability to present and promote what you can do to make a difference will be well-received.

**LEO (July 23-Aug. 22)** -- Refuse to let change hurt you financially. Generosity is your downfall. Focus on learning and engaging in discussions that offer options and unique ways to do some good at a price you can afford.

**VIRGO (Aug. 23-Sept. 22)** -- Who you associate with matters. Engage in open conversations and connect with individuals who have something valuable to offer in return. Consider costs, break down time restraints and map out an itinerary that ensures success.

**LIBRA (Sept. 23-Oct. 23)** -- Put your emotions on the sidelines before you engage in a contentious discussion. Make honesty and equality a necessary part of all your business and personal relationships.

**SCORPIO (Oct. 24-Nov. 22)** -- Explore, expand and extrapolate what's most likely to help you get ahead. Networking and reconnecting with allies, old friends or former partners will encourage closure and pave the way for new beginnings.

**SAGITTARIUS (Nov. 23-Dec. 21)** -- Don't feel you have to pay for others when saving for a rainy day will put your mind at ease. Speak up, be the one to

make a difference and choose to live life your way.

**CAPRICORN (Dec. 22-Jan. 19)** -- Indecisiveness will play a role in how your day progresses. When in doubt, take a closer look at what others are choosing to do, and it will help you avoid making mistakes or missing out on opportunities.

**AQUARIUS (Jan. 20-Feb. 19)** -- Stop dreaming and start initiating your plans. A moneymaking idea will pay off if you put muscle into turning your ideas into a reality. Take control of negotiations.

**PISCES (Feb. 20 - March 20)** -- Concentrate on what's best for you. Give others the same opportunity you want for yourself. Love, romance and the chance to build a life that brings you happiness are within reach.

**ARIES (March 21-April 19)** -- Take the creative path. Using your imagination will help you grow and nurture your desires. Too much, too fast will be your downfall. Slow down, wait and watch.

**TAURUS (April 20-May 20)** -- It's what you do that makes a difference. Talk is cheap, and misinformation will face opposition. Rethink your plans and follow your heart: Your life, your terms, your way.

**GEMINI (May 21-June 20)** -- Live, learn and replace what is no longer working for you. Act on what moves you visually, not on what others say or do. Work independently of those trying to upend your plans or control the outcome.

**CANCER (June 21-July 22)** -- Honesty will be crucial if you want to make better choices. Protect against insult, injury and interference.

## DO JUST ONE THING

by Danny Seo

Does your home have a septic tank? If so, it's important to check it periodically to make sure that it's working efficiently. Have the tank pumped and inspected every two to three years. Checking regularly to make sure it's in good working order will ensure that it isn't leaking pollutants into the ground and waterways. And every septic tank owner should know: Never flush dental floss, diapers, cigarette butts, paper towels, paint or harsh cleaning products down the drain.

## Today in History

Today is the 231st day of 2025 and the 61st day of summer.

### TODAY'S HISTORY:

**In 1839**, details of Louis Daguerre's pioneering photographic process were first released in Paris.

**In 1934**, a German plebiscite voted to grant then-Chancellor Adolf Hitler the additional office of president.

**In 1960**, captured American U-2 spy plane pilot Francis Gary Powers was sentenced in Moscow to three years imprisonment and seven years of hard labor for espionage.

**In 2010**, Operation Iraqi Freedom officially ended as the last U.S. combat troops crossed the border into Kuwait.

**TODAY'S BIRTHDAYS:** Orville Wright (1871-1948), aviation pioneer; Coco Chanel (1883-1971), fashion designer; Ogden Nash (1902-1971), poet/author; Malcolm Forbes (1919-1990), publisher; Gene Roddenberry (1921-1991), Star Trek creator; Bill Shoemaker (1931-2003), jockey; Bill Clinton (1946-), 42nd U.S. presi-

dent; John Stamos (1963-), actor; Kyra Sedgwick (1965-), actress; Nate Dogg (1969-2011), rapper; Matthew Perry (1969-2023), actor; Clay Walker (1969-), singer-songwriter; Veronica Roth (1988-), author.

**TODAY'S FACT:** Gene Roddenberry was the first television writer to get a star on the Hollywood Walk of Fame.

**TODAY'S SPORTS:** In 1909, Austrian engineer Louis Schweitzer won the first race at Indianapolis Motor Speedway, with an average speed of 57.4 mph. One driver, two mechanics and two spectators died in related accidents.

**TODAY'S QUOTE:** "Parents were invented to make children happy by giving them something to ignore." -- Ogden Nash

**TODAY'S NUMBER:** 11 -- Triple Crown horse races won by thoroughbred jockey Bill Shoemaker. He never won all three jewels in the Triple Crown in the same year.

**TODAY'S MOON:** Between last quarter moon (Aug. 15) and new moon (Aug. 22).

## QUOTE OF THE DAY

"In real life, unlike in Shakespeare, the sweetness of the rose depends upon the name it bears. Things are not only what they are. They are, in very important respects, what they seem to be."

**Hubert H. Humphrey**,  
U.S. vice president (1911-1978)

## CORRECTION

This newspaper is committed to publishing fair and accurate information. Errors should be brought to the attention of Editor Carlton Fletcher at (229) 888-9300. Corrections or clarifications will appear in this space.

## SQUAWKBOX

squawkbox@albanyherald.com

The loud smooching sound you hear coming from the Alaska direction is Trump kissing Putin's rear end.

Ignorant squawker, what rock have you been hiding under? Inflation is far worse than ever, and the tariffs haven't even kicked in good.

They didn't believe Hitler's message. He gave them promises of economic recovery and stability, preached nationalism and resentment toward other countries, created growing anti-Semitism and the blaming of scapegoats, and he made appeals for unity against the elites of the country. Now what are Trump's messages? The Germans realized too late.

Come on, Fletcher, why deny it? If you're not on the Trump Train, you are a Democrat. Embrace it.

I see many nonprofit organizations are worried about having to shut down due to government grants being cut off. If they are really NGO, non-government organizations, they should not be getting taxpayers dollars in forms of grants to begin with. Nonprofits are totally out of control. I read of new college graduates' goal to start a nonprofit or become a preacher, which is the same thing.

Will I live long enough to see an editorial written by a woman in The Albany Herald?

The squawker who worships the "real president" mentioned that when orange boy said his positive ratings were at 77%, it must be true because Trump said it. True Believer thinks that Trump always tells the truth. That is demonstrably not the case. When this lady was young, I wonder how much of her time she spent pregnant?

Great job on the high school football magazine section. The stories were well-done, and the design was exceptional. These kinds of productions will never get old.

I find it difficult to understand, Democrat or Republican, why a city would object to troops helping the local police to enforce the law. You would think Washington has been invaded by Russia. It seems the mayors of LA and Washington do not want to curb the crime in their cities. Very strange, not to want law and order and citizens safe.

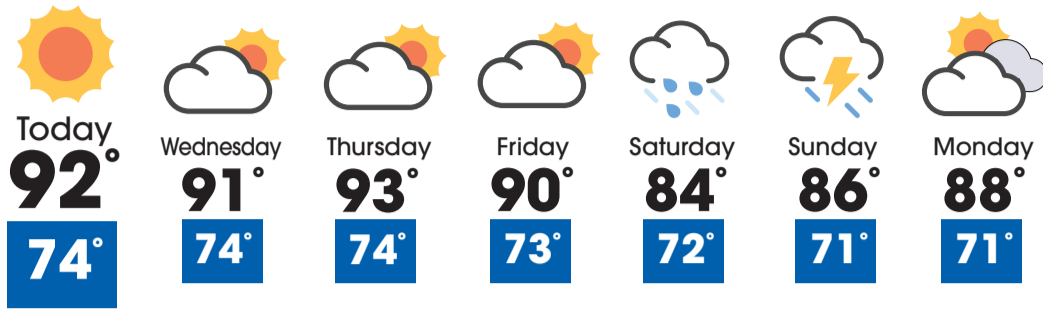
Fletcher, here's what you're missing: If you don't worship Trump, believe all his many lies and aren't happy that he's bastardizing our Constitution, you're a Democrat. It's simple.

So Trump didn't have the authority to deploy the National Guard on Jan. 6, 2021, but now he suddenly has the authority? And yet those who voted for him three times either see no contradiction or they don't care, nor do they fear what he's doing. They'll support him no matter what he does, and if they ever see the light, it will likely be too late. That Man Without a Family

The True President promised to bring down inflation I guess it's another promise not fulfilled.

These suing TV lawyers have no soul. Their ads talk of their own doctors "that understand soft-tissue injury," which does not show up on x-rays. They talk of 18-wheelers having more insurance so the pay-out is higher if you are in a wreck with one of those trucks. They just do not have a soul.

## Weather Forecast



BRIDGE ■ PHILLIP ALDER

## READ THE LEAD TO MAKE THE CONTRACT

Mark Twain said, "A person who won't read has no advantage over one who can't read."

That can also apply to bridge. The player who does not pay any attention to the opening lead has no advantage over the player who sees it but fails to work out what information it imparts.

Sometimes declarer can work out what to do just by analyzing the opening lead.

In this example, how should South play in three no-trump after West leads a fourth-highest spade five?

This is surely the most common two-bid auction. It is true that on this deal, three no-trump can be defeated if West is inspired enough to lead a heart, and five diamonds can

always be made with a good guess in the trump suit. But if you try to get to five of a minor with two balanced hands opposite each other, you will be a big loser in the long run. Go for the nine-trick game unless you are sure it cannot make.

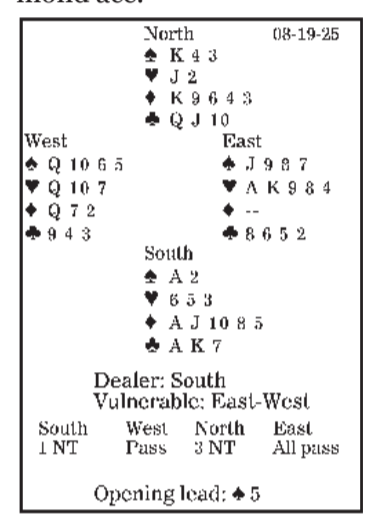
South starts with seven top tricks: two spades, two diamonds and three clubs. And if the diamonds run, there is an overtrick waiting in the wings. But if the diamonds are 3-0, who has the tripleton?

Read West's lead. How many spades did he start with?

Since South can see the two, three and four, West must have led from exactly a four-card suit. And if he is void in diamonds, he must have at least five hearts or five clubs

and surely would have led from that suit -- length rules in no-trump. So only East can be void in diamonds.

Declarer should take the first trick and cash the diamond ace.



ADVICE COLUMNIST ■ ERIC THOMAS

## Friend always runs off at the end of meals

**Dear Eric:** My friend has a particularly troubling habit.

When we go out to eat with someone else, after we finish eating and are just sitting around talking, she, without fail, will suddenly announce she's got to go and jumps up and leaves almost immediately.

When it's just the two of us out to eat together, this never happens. Not once.

This is rude, right? It's certainly unsettling. Or am I being controlling to be bothered by it? I'm dumbfounded. Would it be appropriate for me to address this habit with her? If yes, how should I go about it?

Perhaps I could just give her a copy of my question and your response to her and confess I'm the one who wrote the letter to you?

— Dumbfounded

**Dear Dumbfounded:** Before you give her the question, try asking a question or two about the habit, because that will come across as more neutral and will hopefully get a better result. Try to use this as an opportunity to learn more rather than correct.

Start by asking her, "Have you noticed this pattern?" If so, ask for more information about why she does it. Are there certain triggers or other factors at play? Is there a reason it doesn't happen with you? Leading with curiosity will help the conversation stay unguarded and friendly. There are plenty of possible explanations: boredom, anxiety, physical discomfort. Asking for more information will give you context. And, who knows, there may be something that both of you can adjust in the future so that these kinds of

meals are fun from beginning to end, whenever that end comes.

**Dear Eric:** I separated from my ex-wife in 2021, and we divorced not long after. We don't communicate often but when we do, I try to be respectful and decent. Our values no longer aligned and ending a 20-year relationship was the right thing to do.

I try very hard not to be in her business. But she has confided in me a few times that her new partner is abusive. I wouldn't want any stranger on the street to experience that, so I do the things I can. It's a tough balance with an ex, and I've admittedly been too involved in this. The last time I basically told her she's way too independent and she needs to get away from this (and provided the domestic abuse hotline, resources, et cetera). I'm always going to be the safe person. But it's ugly for me to be in this.

Tonight, she told me she kicked him out and gave me details. Every detail she told me was something she did to me. He read her private journals. He angrily, drunkenly picked fights. I did not respond great. I care about any domestic violence victims being safe. I told her to take precautions and gave some unsolicited advice. I told her to not care about being the last word in and to not escalate and provoke anything worse.

Then I got ugly. She said I was not out of line for this advice. I was a little bit feeling "the audacity of asking for sympathy for all the things you did to me" and a little bit just generally angry. I pride myself on my values, but I was

mean. I am not proud of it, but I'm also not feeling sufficiently guilty about it and I'm just exhausted. Should I keep self-flagellating?

— Ex Argument

**Dear Ex:** This relationship needs a reset, and it needs some distance. Start by acknowledging to yourself that there are some parts of your 20-year marriage that still need processing. Talk with a therapist or reach out to the domestic violence support hotline yourself to learn more about emotional abuse resources.

Also, reach out to her to apologize for your part in escalating things. Remind her that you are concerned for her but acknowledge you may not be the best person right now to help keep her safe.

You have a self-awareness about this relationship that's important. Your heart may be in the right place -- and you know that people experiencing domestic violence need safe people they can trust and turn to -- but your history and the trauma that you experienced is complicating everything. You've pulled yourself back in and so every conflict is not just about her relationship with her partner, but also about her relationship with you. This isn't healthy for either of you.

Ask her if she needs help finding resources or reaching out to others and then listen to what she says without offering advice. It's possible for our concern to turn into something less than helpful, something that looks like control. When that happens, we have to check in with ourselves and respect other people's boundaries.

Send questions to R. Eric Thomas at [eric@askingeric.com](mailto:eric@askingeric.com) or P.O. Box 22474, Philadelphia, Pa. 19110. Follow him on Instagram and sign up for his weekly newsletter at [rericthomas.com](http://rericthomas.com).

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# PERSPECTIVES

## The Albany Herald

Carlton Fletcher, Editor

albanyherald.com  
Georgia Trust for Local News

COLUMNIST ■ KYLE DOMINY

### Mining for nose gold: An inconvenient truth

Let's talk candidly for a minute or two. Parenting, while one of the most rewarding things a person can do in life, for the most part can be a boring job.

The task is very clerical, keeping up with schedules, medical history, grades, meal preferences and what all can drive a body mad. And we can't forget about the downright gross aspects of the role. Mothers and fathers spend countless hours cleaning unspeakable messes and correcting behavior and habits that are unseemly at best and, at worst, unsanitary and crude.

Now I, being the humble individual that I am, feel like I'm doing a pretty good job at this being a dad thing. I've always been well-organized and, thankfully, I've made it past the stage of most of the unspeakable messes. But as my wards begin to grow, mature and step out on their own a little, I'm neck deep in the correcting behaviors and habits phase and constantly giving little reminders about how one should behave in public. In short, I'm becoming a bit of a nag.

At times I feel like I'm too hard on my children. Stand up straight, brush your hair, look people in the eyes when they talk to you. All common refrains throughout our days. I'm growing accustomed to eye rolls and disdainful groans, the chorus to the verse of correction.

The other day, while standing in line at a store, I saw a guy picking his nose. I mean he was really getting in there, like he lost something up in his nasal cavity. I

looked away, embarrassed of the situation and thankful I didn't have to conduct business with him or shake his hand. Then, coincidentally, I came across an article checking the science headlines, because I'm a well-rounded individual (not to mention humble), explaining a link in nose-picking to Alzheimer's disease.

Apparently, a 2022 study, and why it's just getting circulated is beyond me, suggests that tissue damage, caused by wayward fingers, allows bacteria to creep up into the brain. This bacterium presents as cognitive decline and has been discovered in the head organ of late-onset dementia patients.

The researchers conducted some studies on mice, though I'm not sure mice pick their noses or how they convinced them to start and found enough evidence to line up human testing. The article then suggested that up to nine out of 10 people, hopefully discreetly, indulge in a little nose mining, and thus ended the cautionary tale.

If that statistic is correct, we could all use a little more nagging from the people who love us, especially if it keeps our minds a little sharper. That fella in the store certainly needed some, or he is the most confident person I've ever seen. So I'm going to embrace my nagging phase. You never know what bad habit is going to be linked to some disease or condition.

And don't forget to wash after shaking hands.



DOMINY

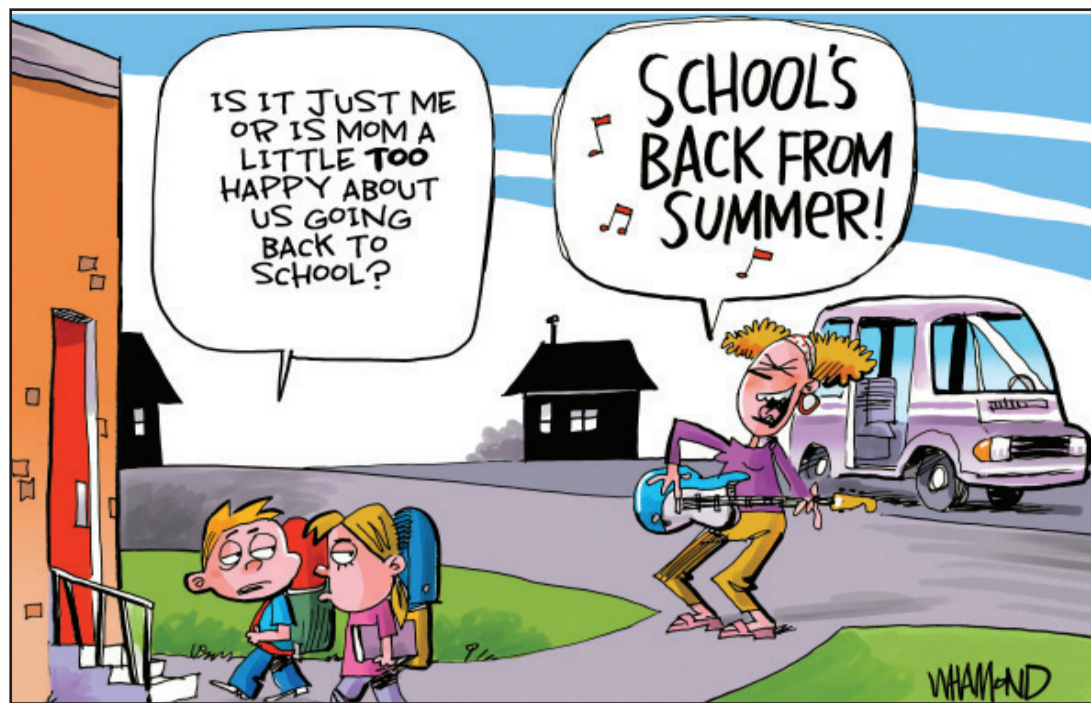
Kyle Dominy is a columnist for the Georgia Trust for Local News. Reach him at [k.l.dorminy@gmail.com](mailto:k.l.dorminy@gmail.com)

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"Consider the ravens: for they neither sow nor reap; which neither have storehouse nor barn; and God feedeth them: how much more are ye better than the fowls?"

—Luke 12:24



COLUMNIST ■ WAYNE FOWLER

### Live a nice life ... and let others live theirs

As a friend, I would like you to have a nice life. That's why I invite you to invest a few minutes here.

I have two suggestions, which come from personal experience. First, a story.

The religious leaders were quite powerful in Jesus' day. He knew that, yet He didn't allow them to obstruct His mission or change His message.

One time, they asked Jesus a question about keeping religious traditions. He asked, "Why do you transgress the commandment of God for the sake of your tradition?" He went further and called them out as hypocrites. Later His disciples asked, "Do You know that the Pharisees were offended?"

He replied, "Let them alone; they are blind guides of the blind." (Matt. 15)

The point of this story is a call to internalize the truth of God and reconsider any conflicting religious traditions. But here we also find the root of my two suggestions for you. They are about favor and control.

Jesus was admired by some, but popularity was not more important to Him than truth. Nor did he try to control those who disagreed. He left the blind guides to their own free will.

There's nothing wrong with being liked. In fact, people who have love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Gal. 5:22-23) are generally likeable.

But to place a high value on someone lik-

ing you is to risk angst if he doesn't. Being a "people-pleaser" is a common temptation. My suggestion is to accept that not everyone will like you or what you stand for, so stop trying so hard to earn favor. Otherwise, you risk violating your values or betraying a trust.

Some roles in life require control. The problem is trying to control people you can't or shouldn't. We have words for that: nagging, manipulation, "control freak." It happens when we have information or perspectives that we believe

are true and good for someone, but they won't hear it.

To place a high value on that person changing her mind or behavior is to risk angst if she doesn't.

My suggestion is to accept that people have free will. You need to know if someone is willing to listen to you. Otherwise, you waste your life plotting new strategies.

Here's a suggestion that applies to both favor and control. Speak the truth kindly and let the chips fall where they may.

"Let your speech always be with grace, as though seasoned with salt, so that you will know how you should respond to each person." (Col. 4:6)

God can use graceful words spoken in the right way and time. To place high value on pleasing or controlling people is to erect unnecessary obstacles to well-being and tranquility.

As a friend, I wish for you to have a nice life. Shalom.



FOWLER

Wayne Fowler has been a pastor and columnist in Georgia since 1996. Email [mountain-christian@brmemc.net](mailto:mountain-christian@brmemc.net).

The Albany Herald encourages letters to the editor on topics of general interest, but reserves the right to edit them for content and length. Letters should be no longer than 400 words and must include the writer's name, address and daytime phone number for verification purposes.

COLUMNIST ■ YONATAN HAMBOURGER

### We're closer to God than we think

Once saw a woman pull her car over on a rainy highway — not because she had car trouble, but because someone else did. She grabbed an umbrella, stepped into traffic, and helped a stranger whose hazard lights were blinking and whose shoulders slumped as she stared at her stalled engine. She didn't just feel compassion — she acted.

That moment, to me, was faith in motion: love that moves the feet, not just the heart.

That small act of help — costly, unnoticed, inconvenient — stayed with me far longer than most sermons. It left me thinking: What does it really mean to be close to God? We often imagine that kind of closeness happening in a quiet room, during prayer or study, or in the sanctuary surrounded by candles and song. But that rainy roadside moment suggested something else entirely: that God sometimes meets us precisely where someone else is struggling.

I've seen it again and again. In a hospital room, where a friend sat for hours so no one would be alone. In a food pantry where a retired couple stocked

shelves with quiet reverence. These were not grand gestures. But they carried a kind of holiness that filled the room. It's not that these people forgot about God. It's that they brought Him with them, into someone else's pain.

It's not always convenient to step up for someone else. Life is busy. Our calendars are packed. And the people who need us rarely show up when we've penciled in free time.

So why do we do it? Why does something as simple as checking in on a lonely neighbor or offering a word of encouragement to a stranger feel so right, even when it costs us time or comfort?

I believe it's because when we reach outward, something inside us lights up. When we act in love, not as a feeling, but as a choice, we create a kind of sacredness that rituals alone can't always reach.

There's a story in my tradition that brings this idea to life. On the holiest night of the year, a great rabbi was leading his congregation in prayer. The



HAMBOURGER

room was full, the air thick with devotion. And then, in the middle of the service, he suddenly removed his prayer shawl and walked out. No explanation, no fanfare.

He walked through the cold to the edge of town, to a drafty cottage where a young mother sat alone with her newborn. She was exhausted and shivering. The rabbi

chopped wood, lit a fire, and made her soup. Only when he was sure she and her child were safe and warm did he return to the synagogue.

He could have sent someone else. He could have stayed immersed in his prayers. But he understood something vital: that true closeness to God isn't found only in sacred words, but in sacred deeds.

The teaching behind that story is ancient, but timeless: "Love your neighbor as yourself." It's one of those verses that sounds simple, until we try to live it. In Jewish tradition, it's not just a moral guideline; it's a spiritual measuring stick.

One of our sages said, "Anyone with whom his fellowmen are pleased, God is pleased with." In other words: if your actions draw people closer to you, they're probably drawing you closer to God, too.

This isn't unique to one faith or tradition. We see it in community service days, in the meals dropped off to a grieving family, in the quiet forgiveness offered around a kitchen table. These aren't just gestures. They're glimpses of holiness in ordinary life.

So if you ever find yourself wondering how to draw closer to God, remember: Sometimes, the most direct path is the one that leads to someone else's door. Each act of kindness, each moment of selfless love, is a prayer in motion, a living testament that the heart of faith is found not just in words, but in deeds.

May we all find new ways, big and small, to serve each other with open hands and open hearts. In doing so, we strengthen our own souls and, together, draw nearer to the One who made us all.

Yonatan Hamburger is a rabbi and writer dedicated to serving spiritual seekers of all backgrounds on behalf of Chabad of Rural Georgia. Contact him at [y@tasteoftorah.org](mailto:y@tasteoftorah.org).

# What to watch

## TUESDAY

August 19, 2025

All times Eastern. Start times can vary based on cable/satellite provider. Confirm times on your on-screen guide.

### Sister Boniface Mysteries

BritBox ■ **Season Premiere**

The wine-making, moped-riding titular nun (Lorna Watson) is back to investigate more ugly deeds in beautiful surroundings in this British mystery series. It's the mid 1960s in the quaint Cotswold village of Great Slaughter, but strange things are afoot. A killer scarecrow stalks the streets, all the women call a general strike and the police embark upon something called "team building."

### America's Team: The Gambler and His Cowboys

Netflix ■ **New Series**

This docuseries looks to offer the definitive story of the Dallas Cowboys and team owner Jerry Jones' impact on NFL history. What began as a daring purchase led to the assembly of an iconic '90s team — a decade-plus journey, led by Jones' business moves, that revolutionized global sports and resulted in three NFL titles. Through firsthand interviews and never-before-seen footage, *America's Team* unravels the dramatic twists and turns on the road to the Cowboys becoming the most valuable sports franchise in the world.



TOM GRISCOM, FOX

### America's Got Talent

NBC, 8 p.m. Live

This season's live shows begin with the first of four quarterfinal rounds featuring a total of 44 acts. Tonight, 11 acts take the stage, and a live show Golden Buzzer will send one act directly to the finals. Viewers can vote for their three favorite acts to advance to the semifinals by using the *AGT* app or by going to nbc.com. The live results show will air tomorrow night (Aug. 20).

### The 1% Club

FOX, 8 p.m.

A real estate agent, a woman who raises rare chickens and a mother-son duo are among the 100 contestants competing for the chance to win up to \$100,000 in the new episode "You're My Favorite Kicker!" Joel McHale hosts.

### The Snake

FOX, 9 p.m.

In the new episode "Shocking Behavior," an electrifying challenge creates a two-headed snake, forcing two players to decide their next move on the snake chain. Jim Jefferies hosts.

### Renovation Resort Showdown

HGTV, 9 p.m.

Scott McGillivray and Bryan Baeumler challenge the teams to create a second-floor space that will accommodate the most family fun in the new episode "Heads in Beds." Spoiler alert: bunk beds and flex spaces for the win.

### Songs & Stories With Kelly Clarkson

NBC, 10 p.m. ■ **New Serie**

This programming event inspired by the "Songs & Stories" episodes of *The Kelly Clarkson Show* consists of four hourlong specials that showcase and take introspective looks at various musical artists — Jonas Brothers (tonight), Gloria Estefan (Aug. 26), Teddy Swims (Sept. 2) and Lizzo (Sept. 9) — offering a forum for heartfelt storytelling through unfiltered conversations with host Clarkson about their music and their personal lives, and performances in an intimate, unplugged setting.

## MOVIES YOU'LL LOVE



'Ocean's Eight'

BARRY WETCHER

**Ocean's Eight** (2018, Comedy) Sandra Bullock, Cate Blanchett **TNT, 5 p.m.**

**A Model Murder** (2024, Suspense) Sara Ball, Austin Valli **LMN, 6 p.m.**

**Guess Who** (2005, Comedy) Bernie Mac, Ashton Kutcher **BET, 6 p.m.**

**Hats Off to Love** (2025, Romance-comedy) Ginna Claire Mason, John Clarence Stewart **Hallmark, 6 p.m.**

**Murder, She Wrote: South by Southwest** (1997, Mystery) Angela Lansbury, Mel Harris **Hallmark Mystery, 6 p.m.**

**Wanted** (2008, Action) James McAvoy, Morgan Freeman **SYFY, 6:30 p.m.**

**Hotel Transylvania** (2012, Children) Adam Sandler, Andy Samberg **Freeform, 7 p.m.**

**If I Can't Have You** (2023, Suspense) Jackée Harry, Bailey Kai **LMN, 8 p.m.**

**Jack Reacher** (2012, Action) Tom Cruise, Rosamund Pike **Paramount, 8 p.m.**

**Smokey and the Bandit II** (1980, Comedy) Burt Reynolds, Jackie Gleason **BBC America, 8:30 p.m.**

**The Bourne Legacy** (2012, Action) Jeremy Renner, Rachel Weisz **SYFY, 9 p.m.**

**Beavis and Butt-head Do America** (1996, Comedy) Mike Judge, Bruce Willis **VH1, 9:30 p.m.**

From the editors of **weekly tv**  
TV Weekly and tvinsider.com

## CATCH A CLASSIC

### 2025 Summer Under the Stars: Hedy Lamarr

TCM, beginning at 6 a.m.

Austrian American star Hedwig Eva Maria Kiesler, better known as Hedy Lamarr, had a mind every bit as beautiful as her face, spending some of her downtime from making films by coming up with ideas for inventions. That creative brilliance was certainly translated to her performances, which you can see when the actress is celebrated with 12 films during Summer Under the Stars today.

Highlights include **Algiers** (1938), the romantic drama that marked her Hollywood debut and made her a star alongside Best Actor Oscar nominee Charles Boyer; **Boom Town** (pictured), a 1940 Western also featuring Clark Gable, Spencer Tracy and Claudette Colbert; **Comrade X** (1940), a comedic spy film re-teaming Gable and Lamarr; **I Take This Woman** (1940); **The Heavenly Body** (1944), a romantic comedy also led by William Powell; **The Conspirators** (1944), a film noir/wartime spy thriller costarring Paul Henreid, Sydney Greenstreet and Peter Lorre; **The Strange Woman** (1946), a historical melodrama also featuring George Sanders; **Samson and Delilah** (1949), director Cecil B.



TURNER ENTERTAINMENT CO.

DeMille's biblical epic led by Lamarr as Delilah alongside Victor Mature's Samson; and **The Female Animal** (1958), a drama also starring Jane Powell and Jan Sterling, which marked Lamarr's final film. — Jeff Pfeiffer



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MOVIES  
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# What to watch

## WEDNESDAY

August 20, 2025

All times Eastern. Start times can vary based on cable/satellite provider. Confirm times on your on-screen guide.

### Family Law

The CW, 8 p.m.

In the new episode "PG Rating," Abby (Jewel Staite) and Daniel (Zach Smadu) represent a single mother who is being sued for parental liability after her daughter crashes their neighbors' car; Harry (Victor Garber) helps an entitled client challenge a will in which his deceased aunt left her estate to her cat.

### MasterChef: Dynamic Duos

FOX, 8 p.m.

The three duos from last week's losing team are challenged to create a three-course meal that replicates an appetizer from Joe Bastianich's restaurant, an entree from Tiffany Derry's restaurant and a dessert from Gordon Ramsay's restaurant. The duo who fails to meet the standards is eliminated in the new episode "Divide & Conquer."

### Bargain Block

HGTV, 8 p.m.

In the new episode "The London House," Keith Bynum and Evan Thomas revitalize a Detroit home with the chic style of London. Incorporating brass, blacks and a pop of red via the iconic telephone booths, they resurrect a dilapidated home filled with more trash than treasure.

### America's Got Talent

NBC, 8 p.m. Live

America's votes will reveal which three acts from last night's show will move on to the semifinals, and one act that advances straight to the finals with the new live show Golden Buzzer. The episode will also feature a guest performance by rock band Def Leppard.

### Expedition X

Discovery Channel, 9 p.m. ■ **Season Premiere**

Adventurer Josh Gates, paranormal researcher Heather Amaro and scientist Phil Torres are back to explore more of the world's most spine-tingling mysteries and legends. In the two-part season premiere (beginning tonight and concluding next Wednesday, Aug. 27), Josh and Heather venture to Spike Island, once Ireland's most infamous and brutal prison, to investigate claims of frightening paranormal activity.



'Gordon Ramsay's Secret Service'

GREG GAYNE, FOX

### Gordon Ramsay's Secret Service

FOX, 9 p.m.

Boston's Savin Bar & Kitchen is short-staffed, overworked and undersupplied. In this new episode, Chef Gordon Ramsay tries to reconnect the absent owners and exhausted staff to develop a cohesive restaurant identity.

### American Pickers

History, 9 p.m. ■ **Season Finale**

The season wraps up with "Two-Wheeled Treasures," which finds Mike nailing a double deal at an epic Utah motorcycle museum, and Robbie and Jersey scouring a shuttered family museum that hasn't been touched in decades.

### Inside the Worlds of Epic Universe

NBC, 9 p.m.

This special goes inside the five themed "worlds" within the recently opened Universal Epic Universe theme park at Universal Orlando: Celestial Park, a gateway to the four other worlds; Dark Universe, the home of Universal Monster legends like Dracula, the Wolf Man and more; How to Train Your Dragon — Isle of Berk, based on the hit animated films and featuring characters including flying dragons; Super Nintendo World, where guests can jump into popular video games; and The Wizarding World of Harry Potter — Ministry of Magic, Universal Orlando's third area dedicated to the blockbuster book and film franchise.

## MOVIES YOU'LL LOVE



'Alien: Romulus'

20TH CENTURY STUDIOS

**Girls Trip** (2017, Comedy) Regina Hall, Queen Latifah **BET, 6 p.m.**

**The Bourne Legacy** (2012, Action) Jeremy Renner, Rachel Weisz **SYFY, 6 p.m.**

**Alien: Romulus** (2024, Science fiction) Cailee Spaeny, David Jonsson **FX, 6:30 p.m.**

**Guardians of the Galaxy Vol. 2** (2017, Science fiction) Chris Pratt, Zoe Saldana **TNT, 8 p.m.**

**I, Robot** (2004, Science fiction) Will Smith, Bridget Moynahan **Paramount, 8 p.m.**

**Murder, She Wrote: The Celtic Riddle** (2003, Mystery) Angela Lansbury, Fionnula Flanagan **Hallmark Mystery, 8 p.m.**

**National Treasure** (2004, Adventure) Nicolas Cage, Diane Kruger **USA, 8 p.m.**

**Tombstone** (1993, Western) Kurt Russell, Val Kilmer **AMC, 8 p.m.**

**Total Recall** (1990, Science fiction) Arnold Schwarzenegger, Rachel Ticotin **VH1, 8 p.m.**

**Jumanji** (1995, Family) Robin Williams, Bonnie Hunt **SYFY, 9 p.m.**

**Avengers: Age of Ultron** (2015, Action) Robert Downey Jr., Chris Hemsworth **FX, 9:30 p.m.**

**The Girl With the Dragon Tattoo** (2011, Suspense) Daniel Craig, Rooney Mara **VH1, 10:30 p.m.**

From the editors of **weekly tv**  
TV Weekly and tvinsider.com

## CATCH A CLASSIC

### 2025 Summer Under the Stars: James Cagney

TCM, beginning at 6 a.m.

Beloved actor and dancer James Cagney is celebrated today in Turner Classic Movies' Summer Under the Stars. Director Orson Welles described Cagney as "maybe the greatest actor who ever appeared in front of a camera," and you'll see what Welles was talking about with this day of 14 films starring Cagney that span a variety of genres. Some of the movies, of course, are in the crime/gangster genre with which the actor still remains most identified, including **The Doorway to Hell** (1930), Cagney's second film, **Lady Killer** (1933), **He Was Her Man** (1934) and 1935's **G Men**



WARNER BROS.

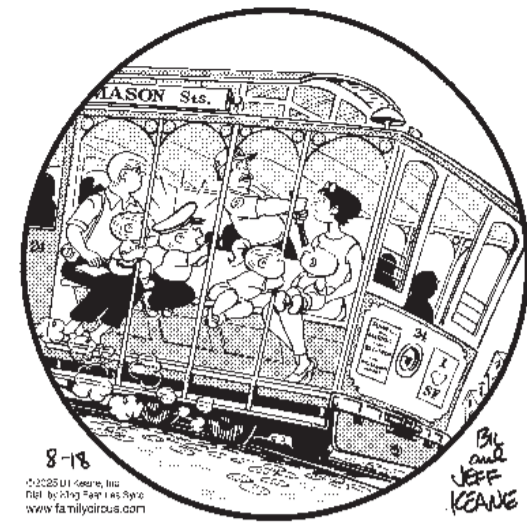
(pictured). But you'll also see the star in his Best Actor Oscar-nominated role in the Doris Day-led romantic musical biography **Love Me or Leave Me** (1955); uttering his famous (and oft-imitated) phrase "That dirty, double-crossin' rat!" in the pre-Code romantic comedy/drama **Blonde Crazy** (1931); playing alongside Bette Davis in the screwball comedy **The Bride Came C.O.D.** (1941); and leading director Robert Wise's Western **Tribute to a Bad Man** (1956), among other titles. The day will conclude with the 1992 documentary **James Cagney: Top of the World**. — Jeff Pfeiffer

**CLOSE TO HOME** John McPherson



"Rickie is training to be one of those gondola operators in Venice."

**THE FAMILY CIRCUS** Bill Keane



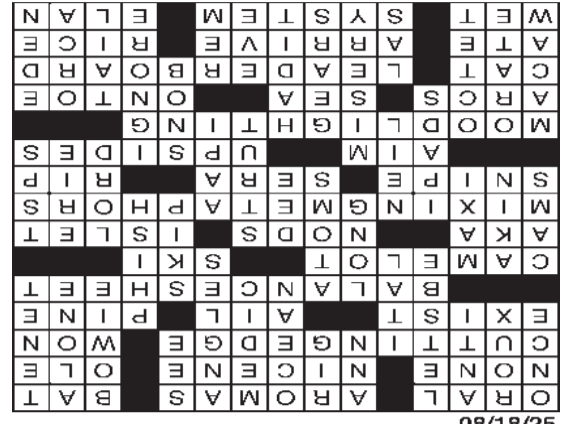
"We'll never get up any speed if that guy doesn't stop pulling on the brake!"

**Los Angeles Times Daily Crossword Puzzle**

Edited by Patti Varol

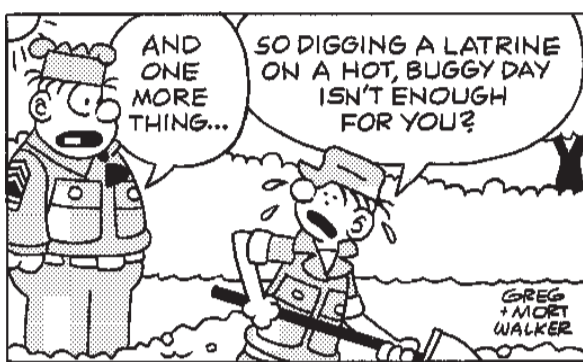
- ACROSS**
- 1 Like some histories
  - 5 Scents such as freshly baked bread and clean laundry
  - 11 Cave mammal
  - 14 Zilch
  - 15 \_\_\_ Creed: Mass recitation
  - 16 Flamenco cry
  - 17 Avant-garde
  - 19 Was victorious
  - 20 Live and breathe
  - 21 Feel under the weather
  - 22 Cabin timber
  - 23 Assets and liabilities statement
  - 27 King Arthur's realm
  - 30 Compete in a slalom
  - 31 Alias letters
  - 32 Dozes (off)
  - 35 Archipelago unit
  - 39 Stylistic faux pas that puts an editor between a rock and a black sheep?
  - 43 Take potshots (at)
  - 44 Repeated word in a Doris Day classic
  - 45 Tear (apart)
  - 46 Archer's asset
  - 48 Positives
  - 51 Illumination that sets a tone
  - 56 Storylines
  - 57 Salty expanse
  - 58 Pirouetting, say
  - 62 Tabby
  - 63 List of top-scoring players, and what the start of 17-, 23-, 39-, or 51-Across could be called?
  - 66 Feasted on
  - 67 Achieve fame
  - 68 Arancini ingredient
  - 69 Sopping
  - 70 Organized workflow
  - 71 Flair
- DOWN**
- 1 \_\_\_ upon a time
  - 2 Gumbo thickener
  - 3 Against lake
  - 4 Doesn't disturb
  - 5 Rashida's "Parks and Recreation" role
  - 6 Fix, as a fight
  - 7 Atlantic, for one
  - 8 Soldier trained in first aid
  - 9 "I teach geometry, so I know all the \_\_\_": math professor's quip
  - 10 Observe
  - 11 "Starman" singer David
  - 12 Unaccompanied
  - 13 Core belief
  - 18 Lang. of Rome
  - 22 Run an email scam
  - 24 \_\_\_ division
  - 25 Molecule makeup
  - 26 Pass over
  - 27 Zoom devices, familiarly
  - 28 Related (to)
  - 29 Ankle-length skirt
  - 33 Hollywood ending?
  - 34 Confident stride
  - 36 "Bridgerton" title
  - 37 Cleveland's lake
  - 38 Baking amts.
  - 40 Apple tablets
  - 41 Singer Diamond
  - 42 Heritage celebrated in May, for short
  - 47 Great suffering
  - 49 Hoity-toity type
  - 50 Send to voicemail, perhaps
  - 51 Colorful parrot
  - 52 Deliver a speech
  - 53 Chamber music configuration
  - 54 Bike parts
  - 55 "You've never \_\_\_ so good"
  - 59 Follow covertly
  - 60 Marine apex predator
  - 61 Idyllic place
  - 63 \_\_\_ Vegas Aces
  - 64 Night before
  - 65 "Shiny Happy People" band

**TODAY'S SOLUTION:**

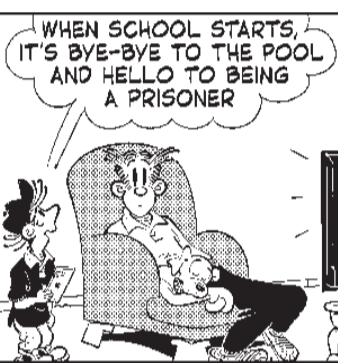


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**BEETLE BAILEY** Mort & Greg Walker



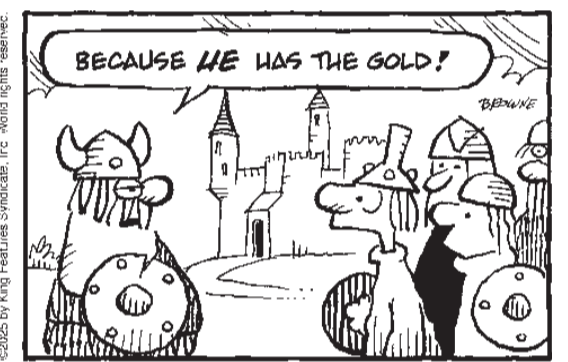
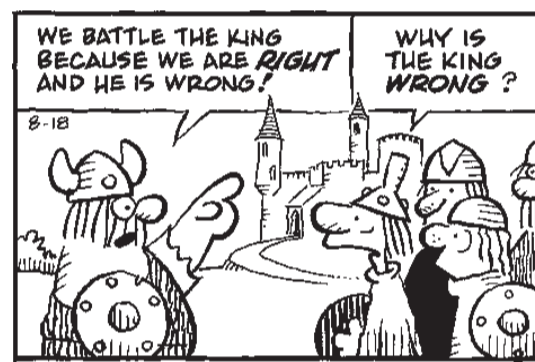
**BLONDIE** Dean Young & John Marshall



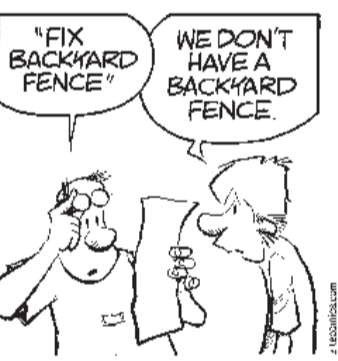
**THE BORN LOSER** Art & Chip Sansom



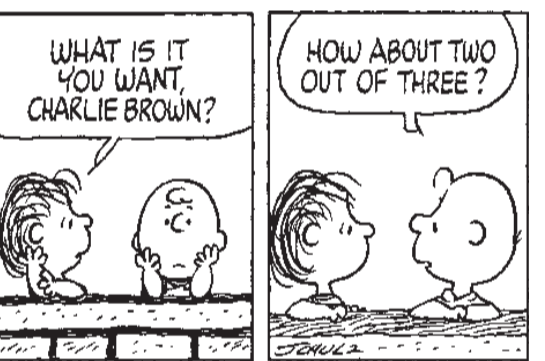
**HAGAR THE HORRIBLE** Chris Browne



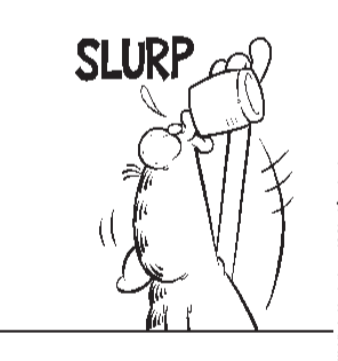
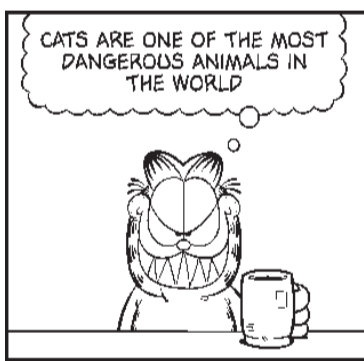
**ZITS** Jim Borgman & Jerry Scott



**PEANUTS** Charles M. Schulz



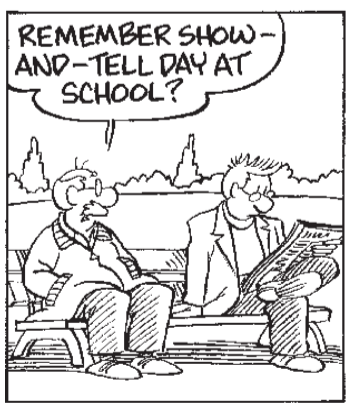
**GARFIELD** Jim Davis



**POOCH CAFE** Paul Gilligan



**PICKLES** Brian Crane



**SUDOKU**

DIFFICULTY RATING: ★☆☆☆☆

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

**SUDOKU INSTRUCTIONS:** Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

**TODAY'S SUDOKU SOLUTION:**

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

**WHATZIT?**

Find the familiar phrase, saying or name in this arrangement of letters.

**N F O E**

**SUDOKU INSTRUCTIONS:** Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

**TODAY'S SUDOKU SOLUTION:**

**TODAY'S WHATZIT SOLUTION:**

Encircled by the enemy

**WONDERWORD** By DAVID OUELLET

**HOW TO PLAY:** All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

**SUMMERTIME CLASSICS** Solution: 6 letters

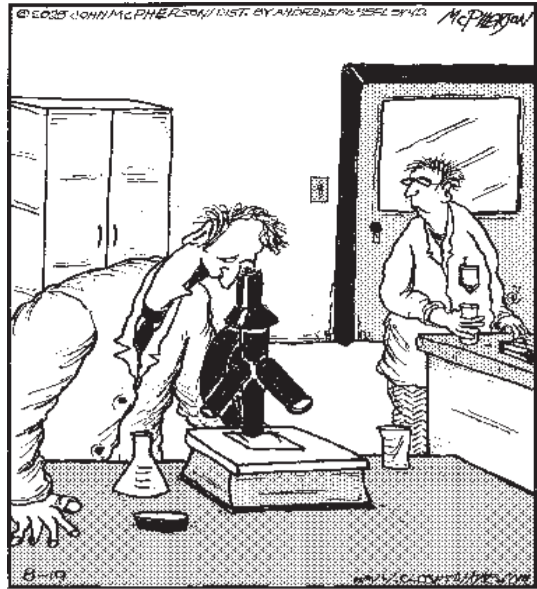
E K R O L L E R C O A S T E R  
 C L C M A E R C E C I N C I P  
 F O T O B E E U C E B R A B U  
 L S T S M S L O G B O O K S M  
 I P I T A M N C N E H E U T B  
 P R Y V A C A T I O N N K R R  
 F I O L E G D H P S G U O A E  
 L N U R I A E N M L P T J W L  
 O K T L E M O N A D E O A B L  
 P L S E G E A S C S R B P E A  
 S E I W R S S F Y O G A A R H  
 W R D O A E T U N O C O C R T  
 I S E T S M E M O R I E S I C  
 N S O L S T I C E S M O R E S  
 G F I R E W O R K S P L A S H

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Barbecue, Books, Camping, Coconut, Concert, Cottage, Crab, Family, Fireworks, Flip-flops, Frisbee, Games, Grass, Hammock, Heat, Ice Cream, June, Lake, Lemonade, Memories, Outside, Picnic, Popsicle, Roller Coaster, Sandcastle, S'mores, Solstice, Splash, Sprinkler, Strawberries, Sunglasses, Swing, Towel, Umbrella, Vacation, Yoga

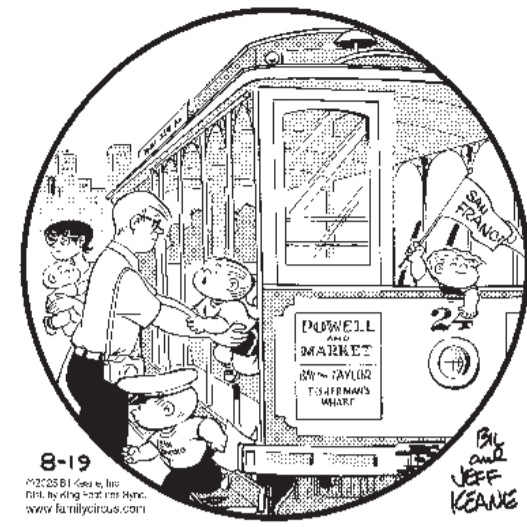
**TODAY'S ANSWER:** Shorts

**CLOSE TO HOME** John McPherson



"Hey, Doug, check this out. There's a paramerium here that looks just like Dave Bigler down in Finance."

**THE FAMILY CIRCUS** Bill Keane



"Why do they call it a cable car? I didn't see any TV."

**BEETLE BAILEY** Mort & Greg Walker



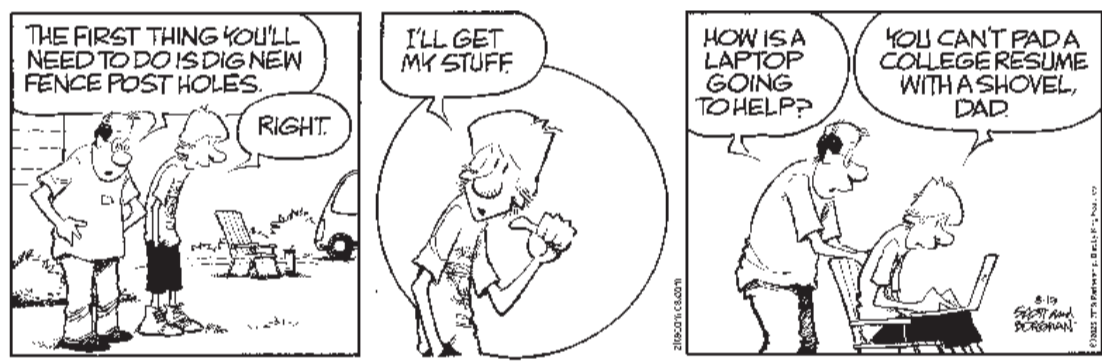
**BLONDIE** Dean Young & John Marshall



**THE BORN LOSER** Art & Chip Sanson



**ZITS** Jim Borgman & Jerry Scott



**GARFIELD** Jim Davis



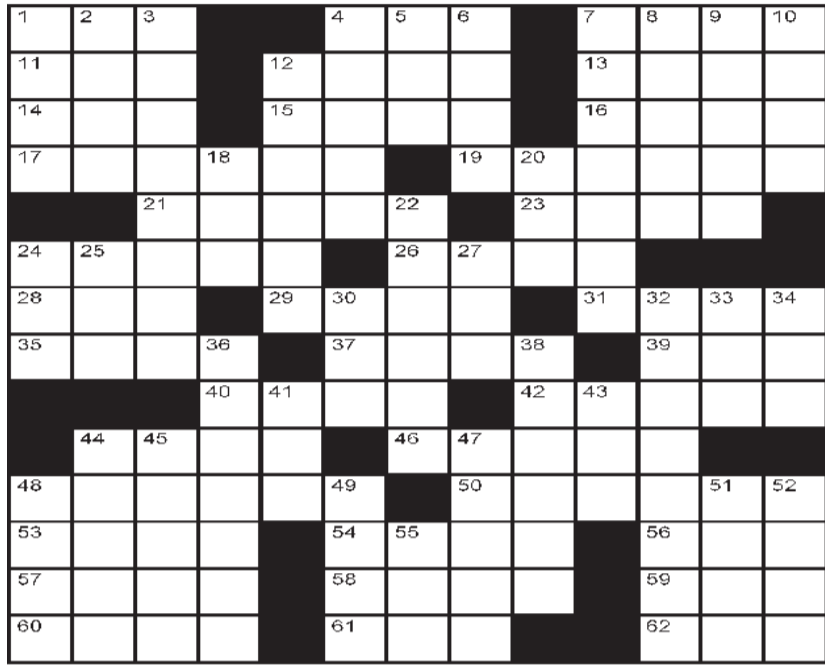
**PICKLES** Brian Crane



**CROSSWORD**

**ACROSS**  
 1 The Beatles' "— Loves You"  
 4 Snooze  
 7 Identical  
 11 — Vegas  
 12 Verdi opera  
 13 Malevolent  
 14 Common abbr.  
 15 Barge  
 16 Traffic barrier  
 17 Opulence  
 19 Observe  
 21 Reduced  
 23 Broad  
 24 Stage play  
 26 Part of A.D.  
 28 "Wynken, Blynken and —"  
 29 Unlikely tale  
 31 Tidings  
 35 Aid and —  
 37 Distort  
 39 Eau de —  
 40 Lariat

**DOWN**  
 1 Huge number  
 2 Detest  
 3 Caper  
 4 Hollow in a wall  
 5 "Much — About Nothing"  
 6 Chess piece  
 7 Piece of orange  
 8 Eschew  
 9 Chop finely  
 10 Gen. Robert —  
 12 Off the beaten path  
 18 On the — (fleeing)  
 20 Possess  
 22 Grow dim  
 24 Genetics letters  
 25 Steal from  
 27 Opposite of SSW  
 30 Legless creature  
 32 Acts of avoidance  
 33 Humor  
 34 Perceive  
 36 Walked with effort  
 38 Napa business  
 41 Mineral  
 43 One curl  
 44 The Pentateuch  
 45 "And — grow on!"  
 47 Perfect  
 48 Supervisor  
 49 — processing  
 51 Cut short  
 52 "So long!" (Hyph.)  
 55 Quid — quo

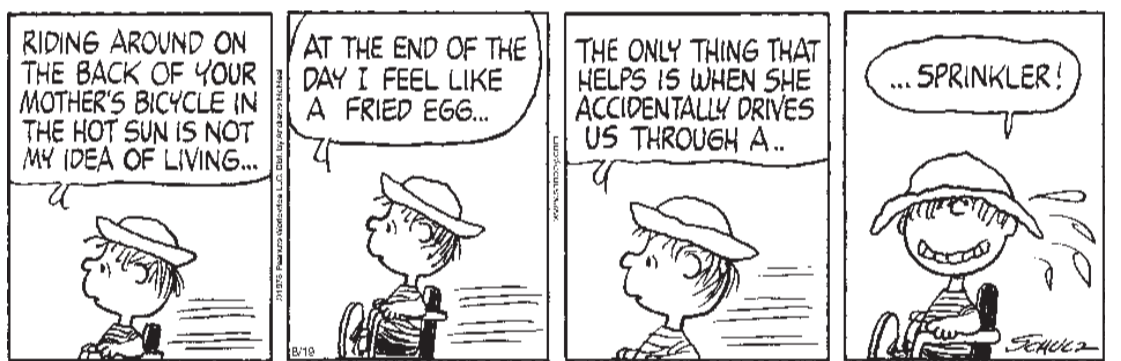


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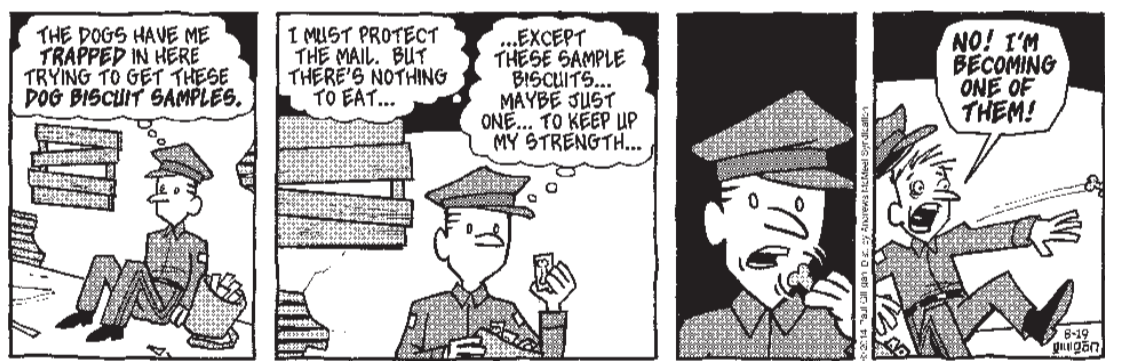
**HAGAR THE HORRIBLE** Chris Browne



**PEANUTS** Charles M. Schulz



**POOCH CAFE** Paul Gilligan



**WONDERWORD**

By DAVID OUELLET

**HOW TO PLAY:** All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD**.

**VITAMIN SEA** Solution: 8 letters

K S A M M S O F F L O W A T E R  
 G U I O S R A M L A C A R E S  
 C N I Z G K G L S E L C S U M  
 D S I A G N I H T O O S R U I  
 T H N H I C O N M S C F I O S  
 R I Y L T R D U S I W C D E T  
 C N A G E A I I R A L I T K S  
 U E S P R S E C V A N A M A E  
 H N A L E E U R C E N D I O R  
 S I E N A L N L B E A C H S O  
 R M G N A R E E V I V E R L T  
 S A N T U A E U H E I K I E O  
 M P I O N M J N I T R O G E N  
 N O I S R E M M I A A U N P I  
 N D E D R I N I P M G B P S N

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Bath, Beach, Breathing, Calcium, Calm, Care, Circulation, Cleanse, Dips, Dive, Dopamine, Energy, Flow, Healing, Immersion, Immune, Iodine, Ions, Iron, Magnesium, Mask, Mind, Minerals, Mist, Moist, Muscles, Nitrogen, Organic, Park, Pure, Rejuvenate, Repair, Revive, Salt, Sand, Serotonin, Shore, Skin, Sleep, Soak, Soothing, Sunshine, Surf, Swim, Water, Zinc

**TODAY'S ANSWER:** Cruising

**SUDOKU**

DIFFICULTY RATING: ★★★★★

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

**WHATZIT?**

Find the familiar phrase, saying or name in this arrangement of letters.



**SUDOKU INSTRUCTIONS:** Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

**TODAY'S SUDOKU SOLUTION:**

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

**TODAY'S WHATZIT SOLUTION:**

Mind over matter

# GSW fraternity wins national excellence award

## Staff Reports

news@albanyherald.com

**AMERICUS** — Georgia Southwestern State University's Delta Pi Chapter of the Chi Phi Fraternity brought home top honors from the 159th Special Bicentennial Congress in Washington, D.C., earning three national awards, including the fraternity's most prestigious honor, the Thomas Gehring Award for Chapter Excellence.

The Gehring Award, established in 1980, recognizes Chi Phi's most outstanding chapter each year for exemplifying the fraternity's values and setting the standard for excellence. Out of nearly 50 chapters nationwide, GSW's Delta Pi Chapter was the sole recipient this year.

"This was quite an achievement and honor to say the least," Chi Phi Alumni Advisor Tripp Larkey said. "The events from that weekend were truly

historic for both the national Chi Phi Fraternity as well as our chapter at GSW. Our fraternity is the first to celebrate 200 years of continual existence, and we were a part of that celebration.

"The Delta Pi Chapter from GSW won three awards on the national level against more than 50 chapters across various other colleges, universities and Ivy League schools. I am proud to be a graduate of GSW, an alumnus of Chi Phi, as well as the active alumni advisor for our chapter."

The chapter also received the Outstanding Community Service Award for contributing a collective 1,300 service hours over the past year — averaging 53 hours per brother — and the Outstanding Communication/Public Relations Award for excellence in promoting Chi Phi's values through social media, public engagement

and service promotion.

Chapter President Chris Hickman reflected on the experience, saying, "The weekend was filled with meaningful moments, new adventures in places we had never seen and unforgettable memories we will carry for a lifetime."

In addition to attending the ceremonies, brothers Franklin Harris, Braden Bell, Hickman and Larkey toured national monuments, visited the U.S. Capitol and connected with

Chi Phi members from across the country. Also present were friends of the chapter Edwin F. Sammons, a GSW alumnus and founder of the Chi Phi Scholarship at GSW, and Isabelle Larkey, a GSW alumna.

The Bicentennial Congress celebrated Chi Phi's distinction as the first men's social fraternity to reach 200 years of continuous existence. The event was hosted at the historic Willard Hotel.



From Left, Chi Phi brothers Franklin Harris of Leesburg, Braden Bell of Leesburg and Chris Hickman of Albany stand in front of the White House in Washington, D.C.

# Southern Regional Tech announces promotions

## Staff Reports

news@albanyherald.com

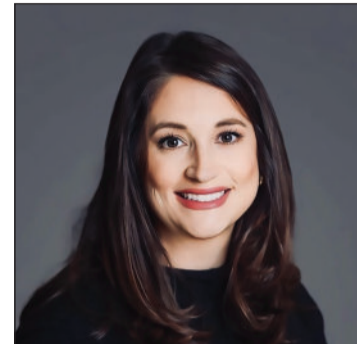
**THOMASVILLE** — Southern Regional Technical College has announced the promotion of two key leaders to executive positions within the college. Brittany Bryant of Thomasville has been promoted to Executive Director of Marketing and Public Relations, and Christina Reneau of Thomasville has been promoted to Executive Director of Institutional Advancement.

"It gives me great pleasure to announce these well-deserved promotions," SRTC President Jim Glass said in a news release. "Christina and Brittany have proven themselves to be outstanding employees, exceptional people, and huge advocates for our students. Christina's positivity, creativity and attention to detail will no doubt lead our foundation to new heights, while Brittany's great work ethic, ability to think outside the box, and commitment to our faculty, staff and students will certainly be magnified in this expanded leadership position."

Bryant brings more than 15 years of marketing, communications, fundraising and management experience in post-secondary education to her executive position. She has served as director of Marketing and Public Relations at SRTC since October 2018, where she develops, maintains, and executes ongoing strategic internal and external marketing plans and introduced the successful GimmeFive enrollment campaign that resulted in a 27.3% annual enrollment increase from AY22 to AY25 and nine consecutive semesters of growth through summer 2025.

Before her current role, Bryant served as director of Resource Development at SRTC from March 2015 to October 2018. She began her career at SRTC in January 2014 as a marketing specialist.

Bryant holds a master of business administration degree from Georgia Southwestern State University and a bachelor of business administration degree in Marketing and Distribution with a Professional Selling emphasis from the



Brittany Bryant



Christina Reneau

University of Georgia. She is a graduate of the Technical College System of Georgia Senior Leadership Academy (2024), South Georgia Leads (2023), Leadership Thomas Class 37 (2020), Georgia Academy of Economic Development -- Region 10 (2018), and Georgia Forward Young Gamechangers (2018).

Reneau brings more than 14 years of experience in marketing, public relations, development, event management, and nonprofit operations to her new executive role. She has served as director of Institutional Advancement at SRTC since May 2021, where she has led strategic oversight and administration of the foundation's scholarship initiatives, cultivated and maintained strategic donor relationships, increased faculty and staff giving by 149% since 2021, and established the Comedy for a Cause fundraiser that has raised more than \$100,000 since the inaugural event in 2022.

Prior to her current tenure at SRTC, Reneau served as the director of Marketing and Public Relations at the Thom-

asville-Thomas County Chamber of Commerce from 2013 to 2020, where she led comprehensive marketing strategies and high-profile special events. Reneau previously worked as a marketing specialist at SRTC from 2011 to 2013, providing her with institutional knowledge and understanding of the college's mission.

Reneau holds a master of business administration degree from Georgia Southwestern State University and a bachelor of business administration degree in Marketing from Valdosta State University. She is a graduate of South Georgia Leads (2024), Leadership Thomas (2014), and the Georgia Academy of Economic Development -- Region 10 (2014).

Southern Regional Technical College offers over 150 degree, diploma, and certificate programs that are designed to get students quickly into their desired careers, and 38 general education courses that transfer to the University System of Georgia institutions and 19 private colleges and universities in Georgia.

# Pebble Hill to take part in Great Southeast Pollinator Census



Special Photo: Pebble Hill Plantation-Pebble Hill Plantation will host the Great Southeast Pollinator Census

**THOMASVILLE** — Pebble Hill Plantation will host the Great Southeast Pollinator Census on Friday and Saturday from 10 a.m. to 1 p.m. This free, family-friendly event invites participants of all ages to join a region-wide citizen science project dedicated to protecting pollinators.

Visitors can take part in the official census while enjoying pollinator-themed activities and arts and crafts for children. The event is part of a coordinated effort organized by UGA Extension, engaging citizens across Georgia, South Carolina, and North Carolina to help monitor pollinator populations and their habitats.

Key aspects of the census:  
 - Citizen Science: Volunteers help collect data, making it a collaborative community effort.  
 - Pollinator Conservation: The project's primary goal is to understand and protect pollinator species, which are essential for healthy ecosystems and food production.  
 - Educational Opportunities: Participants can learn about pollinators, their importance, and ways to support them in home gardens and public spaces.  
 - Data Collection: Participants count the number and types of pollinating insects visiting specific plants during a set observation period.

Participation is simple: Drop in anytime between 10 a.m. and 1 p.m. on either day, count pollinators for a short period, and record your findings. No prior experience is necessary — materials and guidance will be provided on-site.

For more information about Pebble Hill Plantation, visit pebblehill.com.

**THE GREATEST CHALLENGES OF OUR TIME**  
**— AN EVENING WITH PRESIDENT —**  
**LECH WALES**  
 USA & CANADA LECTURE TOUR | AUGUST 31 – OCTOBER 30, 2025

Meet the Nobel Peace Prize winner and one of the world's greatest leaders. Lech Walesa will take you behind the scenes of one of history's greatest turning points - and into the future we must build together.

**REGISTER NOW: www.HistoryExplorer.com**

NOTICE						
The Calhoun County Board of Commissioners does hereby announce that the millage rate will be set at a meeting to be held at the Commissioners' Office, 28007 Main St., Morgan, GA on August 27, 2025 at 1:00 p.m. and pursuant to the requirements of O.C.G.A. § 48-5-32 does hereby publish the following presentation of the current year's tax digest and levy, along with the history of the tax digest and levy for the past five years.						
CURRENT 2025 PROPERTY TAX DIGEST AND 5 YEAR HISTORY OF LEVY						
UNINCORPORATED	2020					
	Real & Personal	138,044,737	141,421,228	146,469,700	150,394,674	152,345,449
Motor Vehicles	1,893,600	1,517,620	1,411,550	1,598,650	1,449,860	1,497,690
Mobile Homes	737,002	861,107	959,559	946,530	994,807	1,064,236
Timber - 100%	1,721,518	1,438,829	1,500,878	7,540,152	2,466,399	915,314
Heavy Duty Equipment	0	0	0	0	0	0
Gross Digest						
Less Exemptions	53,230,993	50,982,285	49,690,406	48,957,720	47,118,463	45,850,554
NET DIGEST VALUE						
Gross Maintenance & Operation Millage	19.7030	18.5630	18.1240	17.4010	17.7870	17.9060
Less Rollbacks (Local Option Sales Tax & Insurance Premium)	3.0670	2.9780	2.7770	2.1110	2.5030	2.6310
NET M&O MILLAGE RATE						
TAX	NET M&O TAXES LEVIED					
INCORPORATED	2020					
	Real & Personal	33,580,527	33,972,905	36,229,846	38,190,639	38,478,273
Motor Vehicles	1,964,240	1,121,310	751,530	752,200	638,500	564,220
Mobile Homes	591,974	674,542	793,137	735,407	746,758	779,429
Timber - 100%	0	48,039	111,752	0	0	16,364
Heavy Duty Equipment	0	0	0	0	0	0
Gross Digest						
Less Exemptions	2,491,803	3,340,470	2,488,240	2,542,333	2,528,457	2,724,488
NET DIGEST VALUE						
Gross Maintenance & Operation Millage	19.7030	18.5630	18.1240	17.4010	17.7870	17.9060
Less Rollback (Local Option Sales Tax)	2.1600	2.0630	2.3290	1.9940	2.4040	2.5300
NET M&O MILLAGE RATE						
TAX	NET M&O TAXES LEVIED					
TOTAL COUNTY						
TOTAL DIGEST VALUE	2020	2021	2022	2023	2024	2025
TOTAL M&O TAXES LEVIED						
Net Tax \$ Increase	(\$148,587)	(\$68,750)			(\$19,653)	(\$24,192)
Net Tax % Increase	-6.69%					

NOTICE							
The Edison, Georgia City Council does hereby announce that the millage rate will be set at a meeting to be held at the 19433 Hartford St. on August 28th, 2025 at 6:30 PM and pursuant to the requirements of O.C.G.A. § 48-5-32 does hereby publish the following presentation of the current year's tax digest and levy, along with the history of the tax digest and levy for the past five years.							
CURRENT 2025 PROPERTY TAX DIGEST AND 5 YEAR HISTORY OF LEVY							
CITY WIDE AREA	2020						
	Real & Personal	10,304,418	11,291,254	12,232,944	13,058,597	13,566,088	13,591,366
Motor Vehicles	297,900	254,020	209,870	221,460	174,980	155,250	
Mobile Homes	207,468	234,364	252,933	188,819	196,707	208,984	
Timber - 100%	0	0	0	0	0	16,364	
Heavy Duty Equipment	0	0	0	0	0	0	
Gross Digest	10,809,786	11,779,638	12,695,747	13,468,876	13,937,775	13,971,964	
Less Exemptions	381,158	422,153	452,264	451,169	457,473	513,449	
NET DIGEST VALUE	10,428,628	11,357,485	12,243,483	13,017,707	13,480,302	13,458,515	
Gross Maintenance & Operation Millage	28.2700	27.9800	26.9000	32.6030	28.5390	28.6610	
Less Rollback (Local Option Sales Tax)	8.3600	8.0700	6.9900	7.0690	3.0570	3.1920	
NET M&O MILLAGE RATE	19.9100	19.9100	19.9100	25.5340	25.4820	25.4690	
TOTAL M&O TAXES LEVIED	\$207,634	\$226,128	\$243,768	\$332,394	\$343,505	\$342,775	
Net Tax \$ Increase		\$18,494	\$17,640	\$88,626	\$11,111	(\$730)	
Net Tax % Increase		8.91%	7.80%	36.36%	3.34%	-0.21%	

## Jurickson Profar's late homer helps Braves complete sweep of Guardians

Field Level Media

Jurickson Profar belted a go-ahead two-run home run in the sixth inning on Sunday to help the visiting Atlanta Braves post a 5-4 victory and record a three-game sweep of the Cleveland Guardians.

Profar, Ozzie Albies and Nick Allen each tallied a pair of hits for Atlanta, which won its season-high fifth straight game and its ninth in the last 11. Erick Fedde started for the Braves, allowing four runs on six hits in four innings, striking out five and walking three. Aaron Bummer (3-2) threw two scoreless innings in relief to record the victory.

Logan Allen started for Cleveland, allowing three runs (one earned) on five hits in 4 2/3 innings, striking out six and walking three. Bo Naylor went 4-for-5 with an RBI for the Guardians, who have

dropped four of their last five.

After Nacho Alvarez Jr. doubled to begin the sixth, Profar belted his seventh homer of the season off reliever Nic Enright (2-1) to give the Braves a 5-4 edge.

Cleveland threatened in the bottom of the eighth, as Pierce Johnson walked Nolan Jones and Angel Martinez to begin the inning. Steven Kwan then bunted into a popout, before Daniel Schneemann's groundout and Kyle Manzardo's flyout preserved Atlanta's 5-4 lead.

Atlanta closer Raisel Iglesias allowed Naylor's leadoff single in the ninth, but struck out Brayan Rocchio, retired Gabriel Arias and then struck out Jones to record his 19th save of the season.

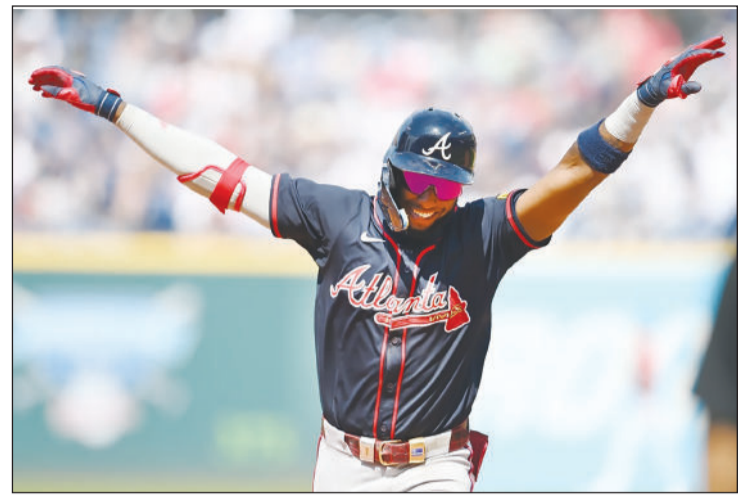
Atlanta struck first in the second, as Michael Harris II and Albies singled before Sean Murphy's walk loaded the bases with one out. Alvarez's run-scoring groundout

then gave the Braves a 1-0 edge.

Kwan began the third with a single for Cleveland, before advancing to third on Schneemann's ground-rule double. After Fedde struck out Jose Ramirez, Profar had Kyle Manzardo's fly ball fall out of his glove, allowing Kwan to score the tying run. Naylor then doubled in Schneemann to give Cleveland a 2-1 lead.

In the fourth, Jones and Kwan singled, before Schneemann's two-run triple extended the Guardians' advantage to 4-1.

Allen's leadoff single in the fifth was followed by Ronald Acuna Jr. and Marcell Ozuna's walk to load the bases with one out. Allen then scored on Martinez's throwing error, chasing Logan Allen from the game. Albies then drove in Acuna with a single off Enright, who allowed two runs on four hits over 1 1/3 innings, to pull the Braves within one.



Specil Photo: Ken Blaze-Imagn Images

Atlanta Braves outfielder Jurickson Profar smiles as he rounds the bases after hitting a sixth-inning home run that gave the Braves a 5-4 win and helped them complete a three-game sweep of the Gaurdians in Cleveland.



Staff Photo: Joe Whitfield

Deerfield-Windsor wide receiver Gabe Daniel tries to elude Southland's Peyton Sellers, left, and Jamarcus Walker on the Knights' first offensive play in Friday night's game at Addison Field on the campus of Deerfield-Windsor.

## Deerfield-Windsor blows past Southland Academy, 35-13

By Joe Whitfield  
Sports Editor

ALBANY — Rivalry games aren't supposed to be decided in the opening quarter, but Deerfield-Windsor made sure Friday night's showdown with Southland Academy was over almost as soon as it began.

The defending GIAA Class AAA state champions scored touchdowns on their first three possessions, forced an early turnover and roared to a 21-0 lead less than eight minutes into the game. By the time it was over, the Knights had

secured a convincing 35-13 win to start their repeat quest.

"We took a very business-like approach against a good rival," head coach Jake McCrae said. "I'm proud of how we handled our emotions and played a clean game on both sides of the ball."

### Sceals leads first-quarter blitz

Quarterback Lane Sceals wasted no time setting the tone. On the Knights' first offensive play, he found Gabe Daniel open near the sideline. Daniel made

the catch, slipped a tackle and sprinted across the field to the opposite sideline, finally being knocked out at the 14-yard line. Two snaps later, Sceals went back to the air and connected with David Hutchins, who broke free and tip-toed across the goal line. Less than a minute was off the clock, and the Knights were up 7-0.

After forcing a punt, Deerfield-Windsor struck again. Taking over at the Raider 37, the Knights faced a fourth-and-14

See **DEERFIELD-WINDSOR**, 10A



Staff Photo: Joe Whitfield

Westover linebacker Jordan Lassiter closes in on Early County quarterback Evan Grist during the second half of Friday night's game at Hugh Mills Stadium. Lassiter made the sack on this play, but Grist connected for two second-half touchdowns for the Bobcats.

## Westover runs by Early County, 24-20

By Joe Whitfield  
Sports Editor

ALBANY — Westover knows how to turn setbacks into sparks. When senior Saylor Edwards went down with an injury before the season, the Patriots didn't flinch. Instead, three running backs shared the spotlight — and the touchdowns — to carry Westover past No.7-ranked Early County 24-20 Friday night at Hugh Mills Stadium.

It wasn't always pretty. Penalty flags flew, tempers boiled over, and one Patriot was sent to the locker room early. But when Jordan Joyner, Malik Young, and Randy McAfee found space, the Patriots found life. Each reached the end zone, enough to send the alumni weekend crowd home smiling.

"We hate that Saylor Edwards went down," head coach Corey Joyner said. "But Malik and Randy are very good, speedy backs that play great together. The offensive line dominated the trenches and our defense played good even though we had three starters out."

See **WESTOVER**, 10A

## High school football roundup

### Calvary Christian 48, Terrell County 6

DAWSON — Calvary Christian Knights proved too much for the enthusiastic Terrell County Greenwave team during their season opener, resulting in a 48-6 home loss. The Knights came to win after their last meeting with the Greenwave resulted in a 12-3 loss.

Terrell County scored their only TD of the game after a successful drive resulting in a TD run by Ramarian Thomas from 4 yards out.

Terrell County head Coach Marco Kirk stated that the Greenwaves made a lot of mistakes and they have a lot to work to do this week. There were some good moments including a 52 yard interception returned by Kaleb White. White also broke up several passes in the endzone to stop the Knights from scoring.

Calvary Christian put the first points on the board with a TD pass by Knights quarterback Braxton Wilkinson to Sawyer Talbott on their second possession, 6-0. The Greenwaves stopped their two-point conversion attempt. The Knights got their momentum and never looked back putting 26 points on the scoreboard by halftime including a successful 2 point conversion. The Knights added a TD on a punt return by Jamar Williams, two more passing TDs by Jaikari Harris and King Hinton an two good 2 point conversions before the end of the game.

Terrell County will face the Calhoun County Cougars next Friday at 7:30 p.m.

in Dawson.

### ++No. 2 Worth County 42, Turner County 0

SYLVESTER — Second-ranked Worth County opened its season with a convincing 42-0 win over Turner County on Friday night, looking every bit the part of a state contender in Class A Division I.

Quarterback Lyndon Worthy paced the Rams' balanced attack, completing 13 of 22 passes for 186 yards and two touchdowns. On the ground, Kaden Chester needed just six carries to rack up 145 yards and two scores, while Treshaun Jones added 118 yards and a touchdown on nine carries.

Worth County (1-0) will face an early-season test next Friday when it hosts No. 7 Irwin County in a top-10 showdown in Sylvester.

### No. 5 Lee County 45, No. 9 Warner Robins 7

WARNER ROBINS — Fifth-ranked Lee County continued its mastery of Warner Robins, smothering the ninth-ranked Demons 45-7 on Friday night for its fourth straight win in the series. The margin marked Warner Robins' worst defeat since the 2017 state championship game.

The Trojans (1-0) built a 17-0 halftime lead before Montravious Clay electrified the crowd with a 99-yard kickoff return to start the second half. Junior tight end Carter Blackwell and junior running

back Dominique Ball each scored twice, while Canton Williams added a 51-yard touchdown run.

On defense, Maurice Briggs set the tone with 10 tackles and two sacks as Lee County pulled ahead 45-7 by the end of the third quarter. The fourth quarter was played with a running clock as the Trojans extended their state-best season-opening win streak to 16 years.

Lee County will host Hapeville Charter in its home opener next Friday night.

### No. 4 Thomas County Central 56, Monroe 7

THOMASVILLE — Monroe had no answers for Class 6A power Thomas County Central on Friday night, falling 56-7 on the road. The fourth-ranked Yellow Jackets stormed to a 56-0 lead before Monroe finally broke through with a fourth-quarter touchdown when quarterback Keyon Thomas hit Jaciune King with a 25-yard touchdown pass.

"For us, it's a lot of newness," said Monroe Head Coach Lacey Herring, "We're trying to gel and find our footing with the added pieces. These first three games will challenge our will and toughness, for sure, but as coaches, they'll also show us who we can count on when region hits."

"Jordan Shorter played well and had a great impact at the tight end position Friday night," the coach continued. "For me, I have to be more creative in play designs to get him more involved in the offense. This is a steep learning curve



Staff Photo: Sonja Stroyls

Terrell County Greenwave Kaleb White runs back a 52 yard interception as he breaks tackles from Calvary Christian Knight, Nate Osborne.

for us, but I believe it will pay off in the long run."

The Golden Tornadoes (0-1) face another tall task next Friday when they travel to Moultrie to take on No. 7 Colquitt County.

### No. 7 Colquitt County 27, No. 1 Benedictine 24

MOULTRIE — In one of the state's marquee season openers, Colquitt County knocked off top-ranked and defending

Class AAA champion Benedictine 27-24 on a last-second field goal.

With the score tied at 24, Josh Scroggins drilled a 35-yard kick as the buzzer sounded to give the Packers the win. Benedictine had drawn even on a field goal with under five minutes to play and appeared poised to steal momentum after recovering a Colquitt fumble with just over two minutes left. But

See **ROUNDUP**, 10A

# Lee County wins one, loses one in Saturday softball doubleheader



Staff Photo: Joe Whitfield

Lee County catcher Porter Burler waits for a throw at home plate as a Tift County runner prepares to slide in. The throw was a second late and the runner scored. Tift beat the Lady Trojans 6-2 in the day's first game, but Lee County edged Lanier County 5-4 in the final game of the day.

By Joe Whitfield  
Sports Editor

**LEESBURG** — It was a day of highs and lows for Lee County softball on Saturday. The Lady Trojans (5-2) dropped their opener 6-2 to Tift County

in a game that featured a scary moment and a defensive gem, then bounced back in game two to edge Lanier County 5-4 on a late wild pitch, after another scary incident happened earlier.

“It was not a bad day at the plate,” said Head Coach Dwatne Sugges. “We had 14 hits in both games, combined. We just couldn’t seem to get the timely hits we needed to score a few more runs. Our defense played great in both games and our pitchers worked out of situations that are only going to make them better. Hopefully, this tough seven-game schedule we have just played has prepared us for region play. We begin that Tuesday.”

Game 1: Tift County 6, Lee County 2

The opener against Tift County turned tense in the third inning when Lee County catcher Porter Butler tried to throw out a runner at first and the ball struck a Lady Blue Devil hard between the shoulders as she stepped into the baseline. After a brief delay with the trainer, the Tift player returned to the batter’s box — and later scored.

From there, the Blue Devils took control. Ella Bruce singled home two runs to put Tift on the board, and pitcher Lily Robinson kept the Lady Trojans in check. Robinson went the distance, scattering eight hits and allowing two runs (one earned) with seven strikeouts and no walks.

Lee County’s best chance came in the sixth inning. Christina Benton ripped a line drive to the fence and moved to third on a two-out single by Butler. Makinley Duke nearly tied the game with a deep shot down the line that sailed just foul, and moments later Tift right fielder Jaylin McCant made a diving catch to end the threat.

Duke took the loss in the circle, allowing four runs in five innings, while Butler and Isabella Evans each collected two hits. Duke and Evans drove in the Lady Trojans’ two runs.

Bruce and Robinson each finished with two RBIs for

Tift, which drew seven walks and leaned on patience at the plate to extend its lead.

Game 2: Lee County 5, Lanier County 4

Lee County responded with resilience in the second game, outlasting Lanier County 5-4 thanks to a wild pitch in the bottom of the sixth that scored the go-ahead run.

The game was a back-and-forth affair from the start. Lanier struck first with two runs in the opening inning before the Lady Trojans answered in the bottom half. Butler grounded out to score one, Jaylyn Purvis and Kennedy Patrick added RBI singles, and McKenzie Davis pushed across another on a fielder’s choice for a 3-2 lead.

Lanier tied it again in the second with a solo home run from KK Trejo and an RBI single by Shelby McKettrick. After trading runs, the game stood at 4-4 in the sixth until a wild pitch allowed the win-

ning run to cross the plate.

Christina Benton earned the win for Lee County, going the distance while allowing 10 hits and four runs with three strikeouts. Butler went 2-for-3 at the plate to lead the Lady Trojans, while Patrick, Purvis, Butler and Davis each drove in a run. Lee County also stole five bases and played error-free defense behind Benton.

Lanier had 10 hits, with Kenlyn Taylor, Trejo, and McKettrick each finishing with two apiece.

A Lanier County athlete was injured during the game and treated by Lee County trainers and aided by the Lee County Fire and Rescue and EMTs.

What’s next

Lee County will hit the road Tuesday for a key Region 3-5A matchup at defending region champion Houston County.

## Sherwood Christian hosts ‘Around the Cross Invitational’ to open cross country season

By Joe Whitfield  
Sports Editor

**ALBANY** — Bright sunshine and a soft summer breeze spilled across Legacy Park on Saturday morning as 28 teams launched the cross country season at Sherwood Christian Academy’s Run Around the Cross Invitational. On a rolling, tree-lined course, Grace Christian’s Walker Elrod and Southland Academy’s Isabel Kelley claimed individual titles, while host Sherwood Christian showcased its depth and promise for 2025.

### Team spotlight: Sherwood girls dominate

Sherwood Christian’s girls picked up right where they left off last fall, when they finished as runner-up in the GIAA state finals. Returning all of their top runners, the Lady Eagles showed both depth and experience, capturing the team championship with 34 points.

Sophomore Kaylee Hatcher led the way with a fourth-place finish in 22:57.12, while teammates Jordyn Ban (ninth), Sarah Postlewaite (11th), Sydney Dampler (14th) and Savannah Postlewaite (19th) all placed in the top 20.

“I was pretty nervous to start, but got in a groove,” Hatcher said. “We will only get better as we get more consistent with training individually and collectively.”

Ban echoed her teammate’s optimism: “I was pretty nervous at first, too. After my fin-

ish and our team’s finish, we are excited about the season.”

Head coach James Byrd praised the program’s strong debut.

“I am proud of our runners today. We had a fantastic day as a program,” Byrd said. “The first meet of the season is always a difficult challenge, and you aren’t always sure exactly what, as an athlete, you’ll be capable of under the pressure of competition. But our runners looked strong and confident, and the results showed a lot of success and promise for the season.”

Thomas County Central finished second with 45 points, while Furlow Charter was third with 56.

### Individual standouts: Kelley’s late kick, Elrod’s fast start

Kelley, a Southland senior, spent much of the girls’ race trailing Lucy Brooks of the Trailblazers Cross Country Club, who set a strong early pace. On the back stretch, away from the fans, Kelley surged to the front and never let go, powering through the final several hundred yards to finish in 21:05.62. Brooks held on for second in 21:46.30, followed by Marigrace Garcia-Simmons of Southwest Georgia Academy in third at 22:36. Terrell Academy’s Anna Kate Miller rounded out the top five.

On the boys’ side, Elrod took control early and pulled away, finishing in 17:15.93. Sherwood’s Nati Russell, the

later, he broke free again — same side, same speed — and this one counted. The 50-yard score pushed Westover ahead 24-6.

### Bobcats battle back

Early County refused to fold. Quarterback Evan Grist needed only two plays to respond, finding Kobe Lingo across the middle. Lingo outran everyone for an 80-yard touchdown, trimming the lead. The Bobcats added another score as the game wound down, but the gap was too wide.

“A win is a win,” Joyner said. “It was a great team effort.”

### Looking ahead

Westover (1-0) heads to Hinesville next Friday to face Bradwell Institute (0-1), which lost 21-20 to crosstown rival Liberty County in its opener. No.7-ranked Early County (0-1) will play its home opener in Blakely against No. 4-ranked LaGrange, a 27-7 winner over Cass.



Staff Photo: Joe Whitfield

Sherwood Christian’s Kaylee Hatcher led the Lady Eagles to a first-place team finish Saturday in the “Around the Cross Invitational” that opened the Cross Country season in the Albany area. Hatcher finished fourth overall, but the Lady Eagles put five runners in the top 20 finishers to take the top spot.

Eagles’ top runner last season, looked even stronger in his sophomore debut, placing second in 18:22.20. Bampton’s Anthony Escalante was third in 18:29.41.

Thomas County Central claimed the boys’ team title with five runners inside the top 16, totaling 53 points. Furlow Charter (74) and Trailblazers (85) finished second and third, with Westover (90) fourth and host Sherwood (111) fifth.

Local standouts included Westover’s Zion Johnson (11th), Westover’s Bryce Garrett (12th) and Sherwood’s Sam Moorhead (20th).

### Looking ahead: Program pride and promise

Sherwood athletic director Jay Flynt said the meet provided both an early test and an encouraging sign for the Eagles’ season.

“I echo Coach Byrd,” Flynt said. “When you come in second and third in the state last year, it’s hard to top. This tournament is always a really good test, an early gauge to see where our runners are, and it’s exciting to know we’ve got good days ahead with some strong young runners. The cross country teams look to compete for state championships again this season after finishing second and third, respectively last year. Led by Kaylee Hatcher for the girls and Nati Russell for the boys, they look to compete with excellence.

“On the tournament side, it’s always good to host a meet in our area. We appreciate all the coaches, teams, and parents — plus all of our volunteers — who make the Run Around the Cross a success and a win for our school.”

From 9A

## DEERFIELD-WINDSOR

but didn’t blink. Sceals hit Brantley Michlig to keep the drive alive, and a few plays later Cross Mitchell barreled into the end zone for a 14-0 lead.

Southland fumbled on its very next snap, and the Knights pounced. Set up at the Raider 20, Sceals went to Luke Ivey on a screen pass down to the 10, then returned to Daniel, who hauled in his first touchdown of the season. With Witt Rushton perfect on his third extra point of the night, the scoreboard read 21-0 with still 4:13 left in the first quarter.

### Simmons punishes former team

The Knights weren’t done. Early in the second quarter,

junior running back Turner Simmons, a transfer from Southland, finished off another crisp drive by powering eight yards up the middle for a touchdown. Rushton’s kick made it 28-0, and the outcome was no longer in doubt.

From there, McCrae rested his starters. Sceals, who played only the first half, finished 12-of-14 for 193 yards and three touchdowns, his lone incompletaion a dropped ball.

### Looking ahead

With the rivalry win in hand, Deerfield-Windsor (1-0) now heads to Macon in Week 2 to face Mount de Sales. The Cavaliers (0-1) dropped their opener to Loganville Christian, 28-26.



Special Photo: Submitted

Deerfield-Windsor’s Whatley Fountain shows off his medal for taking first place at the Patriot Pride Invitational at Wilcox County High School. It was his first win as a high school runner and the second-fastest time of his career.

## Whatley Fountain wins Patriot Pride Invitational

By Joe Whitfield  
Sports Editor

**ROCHELLE** — On a Saturday dominated by Bleckley County’s depth, Deerfield-Windsor’s Whatley Fountain made his own kind of statement.

The sophomore crossed the line first at the Patriot Pride Invitational at Wilcox County High School, finishing in 16:39.65 — five seconds clear of Bleckley’s Ryder Garrett. It was Fountain’s first career high school win and a 30-second improvement from his opener last fall.

“It’s the second-best time of his career,” coach Jake Clawson said. “I actually thought the course was a little slower today, but that is his first win as a high schooler. He beat some really fast kids from Bleckley County who beat him in track last spring, so it’s a step in the right direction.”

Bleckley County, the defending state champion, flexed its depth and swept the team titles in a field that featured 30 schools. The Deerfield-Windsor boys finished third behind Fountain’s win, with Jack Moore (16th), Daniel Roland (17th), Drew Dowdy (23rd) and Mills Cothren (31st) rounding out the Knights’ scoring.

On the girls’ side, Bleckley left little doubt, placing nine runners among the top 11. Deerfield-Windsor placed fifth, led by Sophie Logan in 23rd, followed closely by Maggie Collins. Sydney Daniel (31st), Lauren Johnson (39th) and Ann Margret Barrow (40th) completed the scoring.

Next up for the Knights is a trip north on August 23 to the Bob Blastov Invitational in metro Atlanta, one of the season’s marquee regular-season meets.

From 9A

## ROUNDUP

the Colquitt defense stiffened, using timeouts to get the ball back and set up Scroggins’ game-winner.

It was a defensive struggle throughout, as the Packers managed only 243 yards of total offense. Quarterback Cohen Lawson completed 10 of 20 passes for 134 yards with one touchdown and one interception. Antwan Lockett led the receivers with three catches for 72 yards and a touchdown. Georgia commit Jae Lamar was limited to three carries for 36 yards and one catch

for minus one yard.

Other scores:  
Sumter County 23 Crisp County 15  
Calvary Christian 48 Terrell County 0  
Montgomery County 20 Bampton Charter 0  
Mitchell County 28 Lanier County 14  
Fitzgerald 48 Irwin County 0  
Columbus 35 Miller County 17  
Southwest Georgia 36 Terrell Academy 14  
Westwood 30 John Hancock Academy 0  
David Emanuel Academy 50 Baker County 30  
Windsor Academy 32 Pataula Charter 8

From 9A

## WESTOVER

### Big runs, bigger answers

Joyner opened the scoring with a 40-yard run in the first half. Westover later pieced together a 70-yard drive that ended with a short touchdown plunge and a 16-6 lead.

Early County nearly stole momentum before halftime, moving to the 5-yard line with the help of three Westover penalties. But the Bobcats stalled, and the Patriots jogged to the locker room still in front.

The third quarter offered little progress until the Bobcats fumbled deep in their own territory. Westover recovered at the 27, and McAfee sprinted to the 10 before being turned away. On the next possession, the Patriots delivered.

Young bolted 50 yards for what looked like a touchdown, only to see the run erased by a holding penalty. Two plays



By Harriette Cole

## SENSE & SENSITIVITY

# REMOTE WORKER CONSIDERS LOOKING FOR HYBRID POSITION

**DEAR HARRIETTE:** I work remotely, and while I've enjoyed the flexibility and freedom it provides, I've started to feel increasingly isolated and unmotivated. At first, it felt like a dream: no commute, more control over my schedule and the comfort of home. Lately, I've noticed that I'm missing the daily interactions, spontaneous conversations and overall sense of community that comes from being in a physical workspace. Most of my communication with co-workers is confined to emails or scheduled video calls, which makes it hard to feel connected to the team. I find myself feeling drained and uninspired, even though I still like the actual work I do. Some days, I barely speak to anyone at all, and I've started to worry that this lack of connection is taking a toll on my mental health and productivity.

I've been thinking about looking for a hybrid position, something that would offer a better balance between remote work and in-person interaction, but I'm not sure if that's the right move or if I need to

adjust my current routine. How can I stay connected, motivated and productive in a remote setting, or is it time to consider a change?  
-- *Isolated*

**DEAR ISOLATED:** Working remotely does not work for everyone, as you are seeing. Yes, it is smart to look for another job that is better balanced for your needs. Meanwhile, schedule after-work activities that put you in the company of other people. Join a book club that meets in person. Volunteer at a local museum or retirement home. Take an art class. Don't sit at home alone. Put yourself out there with others.

**DEAR HARRIETTE:** My boyfriend and I have been together for about four years now, and we finally decided to move in together about a month ago. Unfortunately, my partner smokes cigarettes at night. He insists that it's the only thing that helps him sleep. I've encouraged him to try melatonin, different teas and even therapy, but he chooses to stick with his cigarettes. I've always known this about him, but now that we live together, it bothers me more than in the past; I had never actually seen him

smoke a cigarette until now. It rubs me the wrong way for a number of reasons, and I don't know what to do about it, seeing as I've let it go on for so long. Can I demand that he quit a habit I've been sort of complicit in for the past four years?  
-- *Smoking Habit*

**DEAR SMOKING HABIT:** Smoking is an addiction, so it's not a simple thing to get someone to quit. What you may be able to do is to put some boundaries around this behavior. You can request no smoking inside the house so that your home does not smell like smoke. You can also request that he brush his teeth and wash his face after smoking so that the residue of smoke doesn't end up in your bed. In the end, if it really is too much for you to handle, this could be a deal-breaker for your relationship -- or at least for the two of you to live together.

*Harriette Cole is a lifestyle and founder of DREAM-LEAPERS, an initiative to help people access and activate their dreams. You can send questions to askharriette@harriettecole.com or c/o Andrews McMeel Syndication, 1130 Walnut St., Kansas City, MO 64106.*

## NEWS OF THE WEIRD

By the Editors at Andrews McMeel Syndication

### The Passing Parade

The South China Morning Post reported on Aug. 5 that adults in China are turning to pacifiers to ease their stress, improve sleep and stop smoking. The adult binkies are larger than the infant models and come in different colors, and shops say they're selling more than 2,000 each month. "It's high quality, soft, and I feel comfortable sucking it," said one buyer. "It does not impede my breathing." But Chengdu dentist Tang Caomin isn't a fan: "By sucking the dummy for more than three hours a day, the position of your teeth might change after a year."

### Nope

-- Talk about rodents of unusual size. A giant rat -- perhaps the biggest ever caught in the United Kingdom -- was recently captured in North Yorkshire, reported The Independent on Aug. 5. The rodent, removed by exterminators from a home in the Greater Eston area, measured 22 inches long and was described as "almost the size of a small cat." (For reference, rats in the U.K. usually stay under 11 inches, on average.) Some local leaders say pest issues have dramatically worsened since the end of free services for residents in the area. Eston ward councilor David Taylor said the rodents were becoming "brazen," adding, "The longer this is ignored, the worse it will get."

-- In Fort Collins, Colorado, residents have reported seeing rabbits with black, tentacle-like protrusions on their heads, KUSA-TV reported. Colorado Parks and Wildlife said the horny growths are caused by a virus that is not dangerous to humans or pets, but warned people not to touch them just the same. The "Frankenstein rabbits" are not in pain, CPW said, unless the spines grow on sensitive areas like the eyes. There is no known cure.

### Recent Alarming Headlines

-- Dan Burton, owner of Urban Trapping Wildlife Control in Salinas, California, alerted

officials of Monterey County and the California Department of Fish and Wildlife to a discovery he made while trapping wild pigs in early August. The Los Angeles Times reported that when Burton cut into one of the animals, he discovered that the flesh was ... off-color. "I'm not talking about a little blue," he said. "I'm talking about neon blue, blueberry blue." Fish and wildlife officials say the blue flesh is probably caused by exposure to a poison popularly used by farmers to control rats, mice, squirrels and other rodents. They are warning trappers and hunters not to consume the blue flesh, and some of the poison traps have been pulled from the fields because of pigs seeking them out.

-- The Missouri Department of Health and Human Services is warning visitors to the Lake of the Ozarks about a rare "brain-eating" infection called Naegleria fowleri, KSHB-TV reported on Aug. 13. A man who had been water skiing in the lake is now being treated in intensive care at a Missouri hospital, officials said. The infection enters the human body through the nose, then travels into the brain.

### 132 Days Until Christmas

Three Deutsche Post volunteers -- or elves, you might call them -- left St. Nikolaus, Germany, on Aug. 9 and started cycling toward Santa Claus Village in Finland, the Associated Press reported. The trio are carrying more than 30,000 letters and Christmas wish lists that have been delivered to the German village and are expected to arrive in roughly two weeks. The traditional journey dates back to 1967.

### Unclear on the Concept

In reference to what seems like an obvious enough policy, Starbucks Korea has posted signs in all its shops across the country, warning customers that they may no longer bring desktop computers and printers to the locations to work. United Press International reported on Aug. 11 that Starbucks has also banned setting up large partitions and leaving valuables at a table for long periods of time. The targeted customers are known as "cagongjok," which combines the

Korean words for "cafe," "study" and "tribe." Starbucks made the policy change after other customers complained about cafe squatters taking up too much space; laptops will still be welcomed.

### Crime Report

Everyone should be trying to move to East Greenbush, New York, where police have been busy chasing down the community's hardened criminals, WNYT-TV reported on Aug. 11. Officers have received multiple reports of juveniles playing "ding-dong-ditch" during overnight hours, they said. They called such aberrant behavior disruptive and a violation of state law. Police said if the kids are caught, their antics could lead to charges of harassment, trespassing and disorderly conduct. Zillow, here we come!

### The Neighbors

Gary Boyadzhyan of Van Nuys, California, told KTLA-TV on Aug. 13 that he has a mysterious long-running grievance with the Los Angeles Police Department, and that's why he's been blasting home alarms and a train horn from his house for months. "He does this periodically several times during the day," said neighbor Bob Donovan. "It has a range of 3.5 miles. It's an actual train horn." Boyadzhyan says the horns are his way of getting LAPD's attention. "I do sincerely apologize to my neighbors," he said, "but I don't know what else to do." Neighbors are unclear about what kind of help the man needs to solve his problem, but they're at wits' end about the noise. But maybe a solution is on the way: Boyadzhyan was arrested on Aug. 13 on unknown charges.

### Bright Idea

There's something in the water at Loch Ness in Scotland ... but it's not the famed monster. The Daily Record reported on Aug. 13 that Domino's Pizza has launched a delivery submarine that can reach speeds of 45mph and leap 5 meters out of the water. Pizza Delivery Innovation spokesperson Izzy Gardener said the company is "always looking for new and unexpected ways to deliver to our customers." Loch Ness seemed like a "perfect place to test the waters," Gardener said.

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**CELEBRITY CIPHER**  
by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" H A R Z H R W R X T S N H X J N K B B R X O  
A V Y H O S K G R . V T E G X T P , S N R  
E X H W R M O R N K O K I H W H X R B Z K X . "  
- Z K X K I R Z M R V

Previous Solution: "Follow your instincts and do not let other people's opinion of you become your opinion of yourself." -- Sarah Jessica Parker

TODAY'S CLUE: M s e n t a b e d

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**7 LITTLE WORDS**

Find the 7 words to match the 7 clues. The numbers in parentheses represent the number of letters in each solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

CLUES	SOLUTIONS
1 slight change (10)	_____
2 "well-dressed" polar birds (8)	_____
3 not reliable (5)	_____
4 formal "yes" (11)	_____
5 pressurized, in a way (9)	_____
6 miniature monkey (8)	_____
7 hybrid punctuation (9)	_____

MARM	GUI	AD	KY	MENT
PEN	ESSF	NS	IRM	STR
FLA	OSET	ATI	JUST	MICO
SE	LON	UL	VE	AFF

Monday's Answers: 1. ISLAND 2. CATASTROPHE 3. TOGETHER 4. NORMALLY 5. ALEXANDER 6. OBLITERATES 7. ROBBIE 8/19

# CROSSWORD

**ACROSS**

- Dining room fixture
- QB's successes
- Sassy letter-shaped gesture
- Scrub hard, as a pot
- Cards, on scoreboards
- "Leave it to me"
- Connected to an outlet
- Spotted bean or horse
- Gas in bright signs
- "Nice work!"
- Kindergarten recitation
- Bygone automaker from South Korea
- Loaf with seeds
- Leave at the altar
- The "L" of MLK
- Swiss peak
- Great Salt Lake state
- Beethoven's Third
- South Beach neighbor
- Sign at a packed B-way theater
- McDonald's arches et al.
- Fly or flea
- Citrus with an unappealing name
- Birthday party topper
- End section of an Italian sonnet, e.g.
- Burrito kin
- Historical period
- Pocketful in a nursery rhyme
- QB's errors
- Neverland boy who befriends the Darling children
- Hue
- Ooze, as charm
- "We're not on the same page"
- Buffalo \_\_\_
- \_\_\_ de plume
- "Copy that"
- Doesn't leave
- Early afternoon
- Tim Gunn's area of expertise

**DOWN**

- Kitchen qty.
- Knee surgery target, for short
- Potential basketball assist that hits the floor
- Some Winter Olympics sleds
- Cogito, \_\_\_ sum
- Smidge
- Fast-food pickup location
- Muscle fiber
- "Quiet!"
- Big gulp
- El \_\_\_: climate pattern
- Voice below soprano
- Trudge
- Break up
- Auditioner's goal
- One of the Three Musketeers
- Author credit
- Word of woe
- Kitchen gadget often used on oranges
- As well
- Like some protein-rich snacks, or what can be found in 3-, 7-, 9-, and 28-Down?
- Nature photography, perhaps
- Jah worshippers
- Ran into
- Fairy tale baddie
- Camaro roof option
- Endures
- Miracle worker, perhaps
- Gold bar
- Congregants' benches
- Red sign above a door
- Sushi fish
- Fairy tale baddie
- Boathouse collection
- "Seems to me," online
- Sushi fish
- Poetic "before"

ANSWER TO TODAY'S PUZZLE:

E	T	A	L	S	O	M	L	S	A	V	L	S	
H	E	O	H	W	O	N	S	O	N	I	M		
E	H	O	V	S	I	D	I	E	O	N	X	E	
		E	N	O	L	N	V	D	E	I	E	D	
S	L	N	I	S	E	I	S	O	D				
V	H	d	V	W	L	E	L	S	E	S			
L	V	H	I	T	E	N	L	O	E	S	N	I	
S	O	O	T	O	H	S	I	W	V	I	W		
V	O	I	O	H	V	L	I	n	d	L	V		
H	E	H	L	n	T	L	T	I	r	E	A	V	
				O	O	M	E	V	D	S	O	B	V
O	O	O	G	A	H	E	L	N	O	E	N		
O	L	N	I	d	N	I	D	E	O	E	N	L	d
L	T	I	M	I	I	H	V	H	N	O	O	S	
d	V	N	S	Z	S	D	L	E	T	H	V	L	

By Kyle Dolan  
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Special Photo:  
Albany Museum  
of Art

Schools in Southwest Georgia can schedule free field trips during the 2025-26 school year at the Albany Museum of Art.



## Albany Museum of Art offers free school field trips

### Staff Reports

news@albanyherald.com

**ALBANY** -- With new exhibitions opening on Sept. 4, the Albany Museum of Art reminds educators that they can schedule free field trips to the museum.

"Art inspires, and the positive experience of it is essential to life," AMA Executive Director Andrew Wulf, said in a news release. "Young children learn how to communicate and express themselves using art. Art fosters critical-thinking skills and challenges us to consider new ideas and different perspectives, and it is an essential component of a well-rounded education. We hope schools will take advantage of this opportunity to enrich their students' education."

This fall, the field trips will incorporate one or more of three exhibitions: "Echoes of the Past," with African art spanning three galleries; "A Legacy Built with Nature: Menaboni at 130," featuring

works by renowned bird and nature artist Athos Menaboni, and "Framing Time," featuring photography from the AMA's permanent collection.

The free field trips, funded through donations made during the Wayne & Alicia Gregory Family Foundation Paddle Raise at the AMA's annual Art Ball, are a cost-effective way for schools to provide students with art experiences in a time when their budgets are continually being squeezed.

Based on data collected from 2001 to 2018, a National Endowment for the Arts report earlier this year titled Snapshots of Arts Education in Childhood and Adolescence: Access and Outcomes found that:

At-home arts engagement of toddlers, preschoolers, and kindergartners was positively correlated with a variety of social-emotional attributes and cognitive outcomes.

Participation in out-of-school arts activities was positively

correlated with many social-emotional attributes and academic outcomes for children from kindergarten through 5th grade.

Among high schoolers, arts participation was positively correlated with social-emotional attributes during 9th grade, while arts course completion was linked with greater academic achievement, high school graduation, and post-graduation outcomes.

"The benefits that exposure to visual art and other arts have are clear," Director of Education and Public Programming Annie Van Oteghem said. "It helps children and youth perform better in school and helps prepare them for their futures in whatever careers they pursue."

Van Oteghem said schools are already scheduling visits for their classes.

"We have had an outstanding amount of interest, and quite a few dates are locked in," she said. "The calendar is filling up pretty quickly."

School officials and teachers can schedule field trips at the AMA by visiting [www.albanymuseum.com/learn/educator-resources/](http://www.albanymuseum.com/learn/educator-resources/) and using the link under "Schedule Online."

"The AMA webpage also has resource information such as things you need to know before your visit, chaperone guidelines, and answers to frequently asked questions," Van Oteghem said. "Teachers can also download the field trip packet."

Field trips at the AMA are conducted Tuesdays through Fridays and include a gallery tour, discussion and an art project. The visit typically is two hours long. The earliest start time is 10 a.m. (with students' arrival at 9:45 a.m.) and the latest start time is 2:30 p.m.

Teachers or school officials with questions can contact Van Oteghem at [annie.vanoteghem@albanymuseum.com](mailto:annie.vanoteghem@albanymuseum.com) or call her at (229) 439-8400.

## Dougherty Commissioner Anthony Jones attends NACo conference

### Staff Reports

news@albanyherald.com

**ALBANY** -- The recent National Conference of Counties annual Conference & Exposition was a chance for Dougherty County Commissioner Anthony Jones to use some of the skills he acquired during his nearly three decades of instructing 4-H students.

Jones interacted with some of the 386 newly elected county commissioners from all over the country during NACo's 90th annual conference held recently in Philadelphia.

"I taught a class," Jones said. "We wanted to ask them: 'What's your why? Why do you want to serve in a county commissioner role?' We also asked those folks what they were hoping to get out of the conference."

The Dougherty County commissioner, elected in 2014, has been involved with the national organization for several years, and has served on several committees, including its Membership Committee.

"My responsibilities there are to work with the counties to recruit new members and to encourage all of the counties throughout the United States to have 100% participation with NACo," Jones said. "We're promoting NACo and the services that NACo provides to counties. This year I also served again as an ambassador for first-time attendees."

"I also encouraged them to attend regular NACo meetings and to join a committee that is suit-

able to their desires and what's going to benefit their county."

In his role as ambassador, the commissioner advised the first-time attendees to make sure to take something to their boards back home that would benefit constituents in their county.

"I encouraged them to go back into their counties and get to know the constituents who you represent, get to know your state (government) delegation, get to know your school board members, and most of all get to know the county administrator and staff who

work for you," Jones said. "The reason I say for these folks to get to know these people is it's all about relationships built and for you to know the key players in your community."

"If you're not at the table with these folks, then you're on the menu."

And, perhaps the most valuable advice Jones said he offered, was that the elected county commissioners should strive to leave their district and county better off than it was, and not to settle at being an average elected official.

"To be a great commissioner, you have to step outside of the box and do more than what's expected of you," he said. "I always remind them of one thing: A legacy is not what you do while you're there; a legacy is what you leave behind while you were there. Collaborate with other members to provide the best possible quality of life you can for the citizens."



ANTHONY JONES

## SW Health District earns Breastfeeding Award of Excellence for third time

### Staff Reports

news@albanyherald.com

**ALBANY** -- The Southwest Health District's Women, Infants, and Children Program has once again been recognized nationally for its outstanding breastfeeding support, earning the WIC Breastfeeding Award of Excellence from the U.S. Department of Agriculture.

The award, presented on-site by state officials, honors local agencies that go above and

beyond to promote and support breastfeeding among WIC participants. This marks the third time the Southwest Health District WIC program has received this recognition, previously earning the award in 2016 and 2021.

The designation is valid for four years and highlights innovative programs, strong community partnerships, and best practices that can serve as a model for other agencies nationwide.

Some of the award-winning initiatives and best practices in the Southwest

Health District include:

- Peer Counseling Program -- Offers one-on-one peer support, including during non-traditional hours, with counselors trained through USDA's standard curriculum and ongoing continuing education.
  - Buddy Program -- Matches WIC participants to support one another based on shared experiences, increasing confidence, motivation, and breastfeeding duration.
  - District Breast Pump Program -- Provides breast pumps to eligible WIC participants across 14 clinics.
  - Breastfeeding-Friendly Clinics -- Comfortable, welcoming spaces with positive imagery, educational materials, and private rooms for nursing or support.
- The Dougherty County Clinic, the largest in the 14 counties, features an updated breastfeeding room for



Southwest Health District

- group sessions or individual support.
  - Staff Training -- All WIC staff receive role-specific breastfeeding training, with certified lactation counselors, peer counselors, and International Board-Certified Lactation Consultants on staff.
  - Community Partnerships -- Collaborations with local hospitals and coalitions, including the District's Perinatal Health Partnership Program, Phoebe Putney, Archbold, and Colquitt Regional hospitals, to ensure continuity of care for breastfeeding mothers.
- For more information about the Southwest Health District's WIC Program and breastfeeding support services, visit [www.SWHealthDistrict.org](http://www.SWHealthDistrict.org) or contact a local WIC office.



## City of Warner Robins

# FOOD TRUCK ROUNDUP

LIVE MUSIC | KIDS ZONE | FOOD TRUCKS

FREE EVENT!

Thursday, August 21, 2025

5:00pm - 9:00pm

Perkins Field,

105 Mulberry St.

