



Lincoln-Wilkes Retired Educators Association members presented banners to Lincoln County Elementary and Middle/High School campuses. Placing the banner at LCES were (top photo, l-r) principal Patty Arthur, LWREA representatives Clarice Sanders, Esther Clark, Nellie Kennedy, Coleman Kennedy, and assistant principal Stephanie Goldman. Placing the banner at the middle/high school campus were (l-r) LWREA representatives, Nellie Kennedy and Esther Clark, LCHS Principal Dr. Chris Wolski, and (not pictured) LCMS Principal Tonya Burt.

LWREA presents banners to school district 'heroes'

The Lincoln-Wilkes Retired Educators Association (LWREA) presented inspirational banners to schools in the Lincoln and Wilkes County School Districts. The banners were presented to show LWREA's appreciation to

the many "heroes who work together diligently to promote a quality education for their students."

"These heroes are to be commended for confronting the COVID-19 pandemic and the

many other challenges with wisdom, expertise, and courage," LWREA President Dr. Roger Williams said. "Even though they don't wear capes, real heroes work in the Lincoln and the Wilkes County School Districts."

Reservations required to prospect

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ite, sulfur, variscite, woodhouseite, crandallite, strengite, phosphosiderite, cacozenite, blue quartz, quartz crystals, and more.

"It's amazing to see the stuff that comes off of the mountain," Nor-

man said. "Anything that people find, they get to keep."

Prospectors of the dig are asked to take their own picks, hammers, chisels, buckets, gloves, sifters, shovels, pry bars, and safety glasses with them on the excursion. It is likewise a good idea to wear

shoes or boots with plenty of ankle support for climbing around rock piles.

Although temperatures fluctuate this time of year, it is a good idea to take sunscreen, insect repellent, and water in order to stay hydrated. Some sort of head covering is also advisable.

Participants will be allowed to park in a designated area on the mountain. There will be several vehicles available to transport participants who have trouble walking long distances. Masks will be required during transport.

Graves Mountain is currently owned by Asea Brown Boveri (ABB), a Swiss-Swedish multinational conglomerate based in Zurich, which is one of the largest electrical engineering companies in the world.

For those wishing to try their hand at harvesting minerals at the dig, a list of rules and regulations has been set and must be followed at all times. They are as follows:

- (1) Visitors must first stop at the hospitality tent to sign a liability release.
- (2) Visitors must park in designated areas.
- (3) No one is allowed to drive a vehicle beyond the designated parking areas. To do so, the driver must be accompanied by the caretaker.
- (4) Children under the age of 18 must be supervised by an adult.
- (5) All pets must be kept on a leash or under control.
- (6) Ladders or power tools of any kind are not allowed – hand tools only.
- (7) Visitors are asked to stay away from high walls.
- (8) Rappelling is not allowed.
- (9) The caretaker has the final and absolute say as to where an individual or group may safely work.
- (10) Absolutely no one is allowed on the mountain after dark.

For more information about the expanded dig, contact Norman at 706-401-3173 or 706-359-3862.

Prescription Drug Take-Back Day to be held at Bell's on April 24

The Lincoln County Community Partnership (LCCP) has teamed up with the Lincoln County Sheriff's Office to host a Prescription Drug Take-Back Day to be held from 9 a.m.-noon, on Saturday, April 24, at Bell's Food Market.

"Anything we can do to make a difference is important. It is better to make a difference than to make a case. We are happy to partner with LCCP to provide a safe disposal site for unused or expired prescription medications," Sheriff Paul Reviere said.

Residents should know that any unused or expired prescription medications are a public safety issue, leading to potential accidental poisoning, misuse, and overdose. Proper disposal of unused drugs saves lives and protects the environment.

This service is free and anonymous, no questions asked. Liquids, needles, or sharps cannot be accepted, only pills or patches will be taken. The drop-off site is located at 110 N. Peachtree Street.

DPH reports on COVID-19 cases; register for vaccine at ecphd.com

Lincoln County had its twenty-fourth reported COVID-19 fatality according to the Georgia Department of Public Health's (DPH) website as of Monday, April 5.

The number of confirmed cases of COVID-19 in Lincoln County increased to 504 with twenty-four reported fatalities as of the 3 p.m. posting by the Georgia Department of Public Health on Monday.

Neighboring Wilkes County lists 667 cases and nineteen deaths, McDuffie County reports 1624 cases and 39 deaths, Columbia lists 10,802 cases and 158 deaths, and Richmond County reports 19,298 cases and 391 deaths.

Also reported as of 3 p.m. Monday, 856,340 Georgians had tested positive for COVID-19. Of those patients, 59,103 were hospitalized, and 16,749 deaths have been reported.

To register for the vaccine in Lincoln County, go online to ecphd.com [East Central Public Health District] to register. After going through a questionnaire process, you can choose your county or put in a radius from your location. You can then choose your time and place for a vaccine appointment.

The online system gives people the opportunity to see where appointments are available around them so they can choose their preferred travel options. It also provides for email or text confirmations and reminders. There is no waiting for a callback - pre-screening, date and time are all handled online.

Anyone not meeting the eligibility criteria right now, it will not allow them to make an appointment.

For those without internet access or who are just not computer-savvy, call 706-721-5800.

AAFA offers practical tips, advice to allergy sufferers during high count

As spring begins to bloom the masses begin to pack away their winter wear and venture outdoors. While it's a welcome refresh by most, there are those who find themselves being filled with dread because, you guessed it, that means the pollen is back. As lovely as spring is, it's hard to escape the yellow, seemingly omnipresent dusting that engulfs everything – literally, everything. From your car to your cat, to your clothes to your nose, for many this means the fight has begun on allergy season.

As reported by Pollen.com, Lincoln County has already scored a 10.6 (out of 12) on the pollen index, with medium-high counts predicted for the remainder of this week alone. Pollen counts are generally measured from low to high, low denoting that few people are affected, while a high score means most allergy sufferers will harbor symptoms.

The Asthma and Allergy Foundation of America (AAFA) suggests that people limit outdoor activities when pollen counts are high, because "this will lessen the amount of pollen allergen inhaled and reduce your symptoms."

If an individual must venture outdoors the AAFA also suggests:

- Wearing sunglasses and a hat to help keep pollen out of your eyes and off your hair.

- Keeping track of the pollen count, which is the measure of grains of pollen in a cubic meter of air, is also helpful, if not essential for the allergy sufferer whose symptoms tend to intensify with the increasing count.

- Other combatants that can be applied to your routine are to bathe indoor and outdoor pets regularly, use chemical free cleaners, change air filters, dust regularly, and avoid the urge to 'air out' your house by opening windows.

- It's also best to wash your hands often, bathe every day, and wash your hair – kids included.

- Washing bed linens weekly can help reduce irritation since, pollen can creep into your house, in your hair, and onto your clothes. If you don't shower before getting into bed, all the pollen on your body goes to bed with you.

Other tips include avoiding line drying linens, as pollen will stick to damp threads, and wearing a mask while doing yard work.

If necessary, or a certain severity

occurs, the health department suggests looking into over-the-counter medications, but only after consulting an MD. Some allergy medications can interact with other prescribed medications. If the sufferer is not mindful, poor interactions between allergy medications and other medications could occur and having them cleared by a physician is a safe practice.

For chronic problems, nasal saline spray or nasal irrigation can potentially be helpful, and "for severe allergies, allergy shots as prescribed by an allergist at an ENT's office may help considerably."

Getting creative this season may prove to be a desired relief as pollen continues to be one of the most common triggers of seasonal allergies, according to the AAFA.

Spring, summer, and fall all have fruitful periods when plants begin releasing small pollen grains for the purpose of fertilizing plants of the same species. The pollen released is then carried by the wind in order to reach other plants, the emittance into the air causing allergenic issues.

The AAFA also states that, "most of the pollens that cause allergic reactions come from trees, weeds, and grasses."

Newspaper seeks spring break and Masters photos

With spring break in full swing and Masters Week, observed by the Lincoln County School District April 5-9, The Lincoln Journal, thought it would be fun to document the various places people choose to go and/or the different activities in which they participate during this annual time of rest, relaxation, and for some, recreation.

To accomplish this, the newspaper is asking local residents to send a variety of photos depicting them at their vacation destinations or at home enjoying their spring break.

We are also asking parents attending sporting events whether school related or Little League to send game or practice photos.

Please email photos to journal@nu-z.net and include the names of the people in the picture, left to right, as well as where the photo was taken, what was going on, and a contact number.

We will print as many of the photos as we can in the coming issues of the newspaper.

For more information, call 706-359-3229.



Splash Pad opens to public

The splash pad at the Jesse Gunby Aquatics Facility located at the Lincoln County Recreation Complex and Eddie Fletcher Park officially opened to the public on Monday, April 5, according to recreation director Le'Trellis Glaze.

The splash pad is now open daily from 8 a.m.- 9 p.m. For more information or to reserve the splash pad, call 706-359-2236.



LCHS soccer season winding down

The Lincoln County Red Devil soccer season is winding down with two upcoming scheduled away games for both the girls and boys teams. The first games against Commerce will be held on Thursday, April 15. The girls will take the field at 5:30 p.m. and the boys at 7:30 p.m. The second games against Hart County will be held at 5 and 7 p.m. Friday, April 16.

Lady Devil players include (top photo, front row, l-r) senior Giana Anderson, Melanie Urbina-Ramos, Riley Spurlock, Kaitlyn Raley, Annabell Ratlif, senior Anna Cox, (middle) Kohli Carruth, Reagan Buki, senior Jenna Kinzie, Madison Bufford, Carly Carruth, Ellie Layton, (back) Coach Will Chomskis, Elle McNeese, Riana Wortz, Madison Tankersly, Haley Seals, senior Rachel Jordan, Avery Price, Annaleigh Griffith, Aubrey Gruber, Coach Chris Bundrick

Red Devil boys players include (front row, l-r) Chance Corley, Logan Johnson, Cody Doran, Hagan Ball, (middle) Abraham Crawford, Spencer Davis, Hayden Davis, Wesley Price, Logan Perkins, (back) Coach Will Chomskis, Jacob Wortz, Gavin Heitmann, Jordan Shelton, Brenton Hearst, senior Keonon Lampkin, Quentin Reid, Cameron Miller, senior Jakolbe Reid, Coach Jeremy Walton, and Coach Chris Bundrick.