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Community Calendar

Masons to meet

The Lincolnton Masonic Lodge 354 holds its regular meeting on the third Thursday of every month. Dinner is served at 6:30 with the meeting starting at 7:30.

AA meeting

There is an Alcoholics Anonymous/Al Anon meeting being held each Tuesday - Saturday at 7:00 p.m. at Dunn's Chapel Methodist Church located at 6563 Ridge Road in Appling, Georgia.

Mass schedule

St. Joseph's Catholic Church, 1015 N. Bypass W., Hwy 78, Washington, Georgia, is holding Sunday Mass at 8:30 a.m. and services on Thursdays at noon. For more information call 706-678-2110.

Queen of Angels Catholic Church, 1326 Washington Rd., Thomson, hosts regular services Mondays at 9 a.m., Wednesdays at 6 p.m., Saturday vigils at 5 p.m. and Sunday Mass at 11 a.m. For more information call 706-595-2913.

Substance abuse class

Parks Grove FBH Church is holding a substance abuse class every Monday night from 8-9 p.m. It's open to men and women who are struggling with any type of addiction.

Bible study Tuesdays

Rev. Dr. Anthoni D. McElrath, senior pastor of Green Grove Missionary Baptist Church, Augusta, will host a weekly bible study on Tuesday nights, 6:30-7:30 p.m. at the Lincoln County Public Library.

Library hours

The Lincoln County Public Library is open Monday, Tuesday, and Thursday from 9 a.m. - 6 p.m., Wednesday and Friday from 9 a.m. - 5 p.m., and Saturday from 9 a.m. - noon. Computer labs are shut down 15 minutes before closing.

Jones fund at FSB

A fund to benefit Derek Jones has been established at Farmers State Bank to help with medical expenses. For more information, contact Teresa Jones at 706-359-5920 or 401-0434.

Silver Lining anniv.

As we approach the sixth anniversary of the Silver Lining Foundation of Newberry Missionary Baptist Church we would like to thank you for your past support. As we continue to help those going thru cancer treatment, we hope that we can depend on your generosity this year.

The Silver Lining Foundation is a foundation that provides financial

assistance to help cover travel and meals for patients that are being treated for cancer, is in need of financial support. Please consider making a pledge of \$2 - \$5 per month or any other amount will be greatly appreciated. Please make checks payable to Silver Lining Cancer Foundation, c/o Newberry Missionary Baptist Church, P.O. Box 173, Lincolnton, GA 30817.

Midway cookbook

Midway UMC's "Midway to Heaven" cookbook is now available from Tommie Henderson (Henderson Logging); Brenda Danner McGahee (tag office); in Washington from Betty Sue Bunch (REA) or Linda Anthony (706-678-7616).

In addition to recipes group photos from 1930, 1950's, 1964, 1999 and church history data are included. Makes a wonderful gift. \$15.

AA/Al Anon meeting

Freedom Group meets at 7 p.m. on Wednesday nights at Faith Community Church Fellowship Hall located at the Thomson Hwy. (Hwy. 43) and Leathersville Rd., Lincolnton, Ga. The sign will read, "The Good Shepard Home."

Join Lincoln County 4-H

Lincoln County 4-H would like to reach out to private school or home school students in grades 5th-12th who are interested in joining Lincoln County 4-H. Please stop by our 4-H office at 2080 Rowland York Rd, Lincolnton or call our office at 706-359-3233.

Foster care agency seeks families

Neighbor To Family Inc. is a sibling foster care agency with a unique approach to foster care. We provide sibling groups with a nurturing foster home that enables brothers and sisters to stay together while in care. We are always looking for Foster Parents. Find out how to become a foster parent and change the world one sibling group at a time.

For more information, please contact Tamala Thompson at 706-284-3267 or tamala.thompson@ntf.org.

Divorce care group

Are you separated or divorced and still have bitterness or pain? Faith Community Church is offering DivorceCare online starting August 16th.

We will meet online every Monday from 7pm-8pm. This will last for 12 weeks and you can join at any time.

Please register by going to DivorceCare.org, putting in zip code 30817, and then select Faith Community Church. There is no charge for the class but you will need to order the workbook for \$20 when you register.

If you have questions please send an email to Mrs.Leescounseling@gmail.com.

Pantry distribution

The Lincoln County Food Pantry has returned to inside distribution.

LCFP will adhere to CDC Guidelines of wearing mask!

Distribution dates are September 9 and 23,, at the Fire Tower Road location.

Sunday services

Blessed Hope Bible Baptist meets at the Presbyterian Church on Sundays at 11 a.m. and Wednesdays at 7 p.m. for prayer meeting. Come join us. For more information call 706-359-6759.



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Seagraves takes top honors in Perry

Brooklyn Seagraves (right), took top honors winning Breed Champion with her heifer in the Low % Simmental Division at the Georgia Young Farmers Livestock show in Perry, Georgia.

Seagraves an eighth grader at Lincoln County Middle School represented the LCMS 4-H.

She is the daughter of Jason and Tara Seagraves. Pictured with Brooklyn is her "Papa D", Mr. Darrell Seagraves.

Carr warns Georgians about fake change-of-address sites

Attorney General Chris Carr is cautioning Georgians who are planning a move to look out for fake change-of-address websites.

"This is another example of a government imposter scheme where bad actors are trying to trick consumers into paying large fees for free or low-cost government services," says Attorney General Carr.

With the change-of-address scam, fraudsters have created websites that look very similar to the legitimate U.S. Postal Service (USPS) website. Even more insidious, they have purchased ads on Google linking to their sites, which appear at the top of a search listing when you enter a phrase such as "forward mail to new address" or "USPS change of address." When consumers click on these links, they often do not realize that they are not on the actual USPS website, which is USPS.com. Not only are

these fraudsters getting consumers to provide sensitive information, which could be used for identity theft, they are charging consumers excessive fees for the change-of-address service — often \$70-\$90 or more, when the actual cost to change your address through the USPS is only \$1.05. Often, they do not divulge the actual cost of their services, so consumers don't realize until they get their credit card bill how much they have been charged. On top of all that, the crooks typically take your money without even changing your address.

To avoid this scam, make sure you are going to the legitimate USPS website when you are requesting a change-of-address — either USPS.com or USPS.com/move. In addition, always use a credit card for online purchases so that if the business is fraudulent, you can dispute the transaction and request a chargeback.

Health eating habits, routines essential for student success

By LESLIE MATOS for CAES News

We've all heard it before, "Breakfast is the most important meal of the day." But what really happens when students skip meals?

In a study by the U.S. Centers for Disease Control and Prevention (CDC), researchers found that 82.4% of children and adolescents aged 2-19 consumed breakfast, and that breakfast consumption declined with age. Only 72.9% of adolescents aged 12-19 reported that they eat breakfast.

With schools returning to in-person instruction, it's important for students to establish healthy eating habits and routines. Staci Belcher, a registered dietician and research professional in the University of Georgia's Department of Nutritional Sciences, said that skipping meals makes it challenging for students to meet their daily nutritional needs.

"Breakfast can be particularly challenging to prioritize, especially if students have early classes. If a student's morning schedule is busy, the first available time they may be able to eat is lunch — by then they could be ravenous," said Belcher.

Skipping meals, especially breakfast, can lead to the inability to focus in class, headache or fatigue, and possibly overeating once the time comes for a meal or snack.

"Children who do eat breakfast have improved attention and better school scores," said Diane Bales, UGA Cooperative Extension human development specialist.

It's important for students to have healthy eating routines to help students feel their best.

"The body thrives when it is fed balanced meals and snacks in a predictable way," Belcher said. "When we go too long without eating, our brain and body sends signals to get food, and quickly," a state called primal hunger. In this state we experience intrusive thoughts of food, intense hunger (or a disappearance of hunger), cravings for specific foods and/or a sense of urgency to eat.

"This can feel physically uncomfortable and sets the stage to eat past comfortable fullness, to eat meals that lack balance, or to miss out on key food groups like fruits or vegetables," Belcher added. "Eating in a rhythmic way supports our overall health and metabolism."

With school and extracurricular activities ramping back up, students of all ages will need to consciously prioritize healthy eating habits.

"For many, remote learning meant working at home with relatively easy access to meals, snacks and beverages. As we transition back to in-person classes, it may take time to adjust back to scheduling in meals, preparing food ahead of time or packing snacks for long days on campus," Belcher said.

Some key questions Belcher recommends considering when planning are: When do I have time for meals and snacks? Do I need to pack food, or can I get to a dining hall? Will I have time to prepare meals, or should I plan to purchase them?

To establish a healthy eating routine, Belcher encourages everyone to listen to their bodies as "healthy eating patterns look different for everyone."

"Most bodies tend to get hungry every three to five hours, but tuning in to hunger cues can help guide specific eating times," she said, recommending eating a well-rounded meal or snack every three to five hours with plenty of water throughout the day. More specifically, Belcher said students should vary their meals and snacks among three to five food groups, including protein, carbohydrates, fruits or vegetables, a fat source and/or a dairy or calcium source. This helps ensure that vitamin and mineral needs are met and that meals are satisfying.

For resources on teaching young children healthy nutrition habits, see the "Eat Healthy, Be Active" series at extension.uga.edu.

Leslie Matos is a UGA public relations major and student writer for the CAES Office of Marketing and Communications.



Lincoln County Board of Elections Public Hearing

The Lincoln County Board of Elections will conduct two Public Hearings for the purpose of considering the matter listed below. The Public Hearings will be held Tuesday, September 21, and Tuesday, September 28, 2021. Both hearings will be at 6:00 pm in the Lincoln Center at 160 May Avenue, Lincolnton, Georgia.

The goal of the Board of Elections is to solicit input from the voters and through discussion establish a plan to make changes to the voting process for all future elections in Lincoln County which include all Primaries, Runoffs, Special and General elections.

The Elections Board is considering the following to help make all voting in the county easier and more accessible to all voters and eliminate errors and build more confidence in the county's voting process. Below are the actions to be considered:

1. Establish a centralized voting center where all voters who prefer to vote in person either during the "early voting period" or on election day. Having all voting at one location will reduce the administrative functions, logistical support, personnel requirements (pole workers), and costs of conducting an election. Instead of having voting at seven separate sites all voting would be conducted at one location.
2. Along with conducting each election held in the county at one location, the storing and transporting voting equipment support items to seven different locations would be eliminated by storing the support equipment in proximity to the actual voting area.
3. Having one voting center for the entire county, "voting by mail" would not change much from the present procedure. When the voter completes the absentee ballot, they will still have the option to drop the completed ballot in the United States Postal Service mailbox. If they elect to take the ballot to the Elections Office at 160 May Avenue, Lincolnton, they can still drop the ballot in the Elections Office drop box or give the ballot to the Elections Office, Director, or the Administrative Assistant.
4. Under the current Georgia Election Code, the two Saturday voting days will be much easier to manage by having only one voting location.

All individuals with concerns, please submit your issues in writing by September 13, 2021 to the Lincoln County Elections Office, 160 May Ave., Lincolnton, Georgia. If you have any questions, please call the Elections Office Director, Mrs. Livvender Bolton, at (706) 359-6126.