

The Houston Home Journal

Houston County’s most trusted news source since 1870 • EDIMGIAFAD

\$1.00 • Volume 155, No. 97 hhjonline.com Weekend, November 15, 2025

‘Freedom was fought for’

City of Warner Robins honors veterans, military at Tuesday ceremony

By BRIEANNA SMITH
HHJ Managing Editor
brieanna@hhjonline.com

WARNER ROBINS — “We need to always remember that freedom is not free. Freedom was fought for, blood was shed and we deserve every piece of freedom that we get, but it also must continue to be fought for.” That powerful statement came from Warner Robins Mayor LaRhonda Patrick at a Veterans Day ceremony hosted by the city on Nov. 11.

armband dedication. She mentioned military personnel who are prisoners of war or missing in action, and encouraged the public to remember them as well. “If you get an opportunity, tell your friends, tell everybody to keep these veterans who are still missing to this very day. Remember them, say their names, find out who they are, so that we will not let [their] families down,” Jones said. Lamar Pounds, Georgia Veterans of Foreign Wars Ninth District Commander, was the ceremony’s keynote speaker. He served in the Army for 28 years and retired as a Sergeant Major. His career took him to deployments in Germany and several Warsaw Pact states, where the Army trained soldiers and non-commissioned officers



The Warner Robins Police and Fire Department Joint Honor Guard presents the colors during a singing of the National Anthem at a Veterans Day ceremony on Tuesday, Nov. 11.

‘It’s going to bless our community’
Couple hopes to spread God’s word with public Bible reading

By SANDRA HERNANDEZ
HHJ Staff Writer
sandra@hhjonline.com

WARNER ROBINS — The first-ever Bible Reading Marathon will start this Friday at the steps of the Houston County Annex. The event will run for a week, concluding with a closing ceremony on Nov. 20 at 5 p.m. Attendees will read the Bible from Genesis 1 to Revelation 22. The opening ceremony will be on Friday, Nov. 14, at 6 p.m. Following the ceremony, readers will start at 7 p.m. and continue until midnight. On Saturday, Nov. 15, the reading will take place from 7 a.m. to 11 p.m. Then on Sunday, Nov. 16, the reading will begin at 2 p.m. and continue until midnight. The following week, readers



The Bible Reading Marathon will be a week-long event at the Houston County Annex.

ers will begin at 7 a.m. to midnight. Finally, on the event’s last day, the reading will begin from 9 a.m. to 5 p.m., followed by a closing ceremony. Speakers will include Houston County Commissioner Chairman Dan Perdue, Sheriff Matt

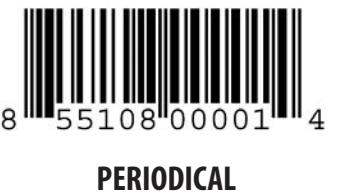
Moulton and Commissioner Shane Gottwalls. Organizers B.C. Smith and Karol Matthews described the event as a

historic experience. “We felt like the Lord was telling us that it was a community event that needed to involve a lot of different churches and organizations, not just one particular church,” she said. As Smith explained, the reading is divided into 360 segments, each taking 15 minutes to read. So far, 200 readers have signed up to read a segment, but he hopes more will participate. “We will do whatever we need to do to make this a complete, public Bible reading marathon,” he said. The couple heard about the event while attending a doctor’s appointment. One of the nurses told them about a 22-year annual event in Cochran. They discovered the event has been held around the world, but not in Houston County.

Police respond to Monday afternoon shooting in WR

By BRIEANNA SMITH
HHJ Managing Editor
brieanna@hhjonline.com

WARNER ROBINS — The Warner Robins Police Department is investigating a shooting that took place on Monday afternoon. According to a press release, on Nov. 10, around 4 p.m., officers responded to an apartment complex at the 100 block of Latham Drive. There, police found a 34-year-old male victim with a gunshot wound on the hip. He was transported via EMS to Emory Healthcare, then to Atrium Navicent in Macon for further treatment. He was reported in stable condition. Police believe the suspect is a male in his 30’s. Investigation indicated the victim and suspect knew each other and the shooting was not a random act of violence. Anyone with more information is encouraged to contact Det. Thompson at (478) 302-5380 or Macon Regional CrimeStoppers: 1-877-68CRIME.



PERIODICAL

Superintendent speaks on E-SPLST results, Board approves zoning proposal

By OWEN JONES
HHJ Staff Writer
owen@hhjonline.com

PERRY — With Veterans Day a district holiday, the Houston County Board of Education met on Monday, Nov. 10, instead. Superintendent of Schools Dr. Richard Rodgers expressed appreciation for the renewal of the Education Special Local Option Sales

Tax (E-SPLST). “This vote ensures that our district can continue to update facilities, increase security and give our students and staff the resources they need without the entire tax burden going solely to our property owners,” Rodgers said. “It is truly an honor to serve this community that values

See BOARD page 7A



Superintendent of Schools, Dr. Richard Rodgers (fourth from left), speaks on the passing of the E-SPLST.

Rations for the Realm: Local comic book shop concludes fifth annual food drive

By OWEN JONES
HHJ Staff Writer
owen@hhjonline.com

WARNER ROBINS — This week, Heroes and Villains Comics and Games finished up their fifth annual Rations for the Realm food drive. According to their Facebook post, their community donated 6,576 items to the Warner Robins First United Methodist Church Food Bank. Manager Mallory Moss said they initially started the canned food drive as a raffle coinciding with the popular card game, Magic: The Gathering. Customers can bring in canned food for a chance to win prizes. This

See RATIONS page 7A



Heroes and Villains Comics and Games donated over 6,000 items in their annual Rations for the Realm food drive.

Word of the Day

These things I have spoken to you, that My joy may remain in you, and that your joy may be full. — John 15:11 (NKJV)

Inside

- Opinion, 4A
•Viewpoints
•Jim Balletto

- Lifestyle & Faith, 5A
•Billy Powell
•Don Moncrief

- Entertainment, 6A
•Comics
•Puzzle

- Classifieds, 7A
Business, A8
Sports, A9-A10

THE INSIDE

JWS Contracting hard at work on Sam Nunn Blvd.



JWS LLC. General Contractor paves the way for more room for new business in Perry, as they demolish the old Chick-Fil-A building on Sam Nunn Boulevard. Left to right: Lamar Howard, William Alford, Robby Howard, Massey Mullis, Chris Neal.



In Georgia’s digital gold rush, data centers are the new frontier

By EVELYN DAVIDSON
Georgia Trust for Local News

A new “gold rush” is on in the U.S., experts say, and the Peach State is at the top of the mining efforts.

This time, the mines are rural land — areas that are ripe for the development of data centers. These vast warehouses, which store everything from emails, digital photos and Netflix hits, are needed in this digital age and especially as the popularity of artificial intelligence services increase, said Kempley Lingelbach, an information systems security professor at Middle Georgia State University in Macon.

Property developers are on the hunt for “gold” — fresh acreage — across the nation, she said, a prospect that excites officials hungry for economic development wins. On the other hand, some residents — horrified after hearing tales of environmental woes linked to these operations — shiver at the thought of data centers.

Lingelbach said warehouses storing electronic data aren’t a new innovation, but they’re receiving more attention due to ramped-up building efforts. Companies once housed data in on-premise server rooms, she said, but consolidated data storage — a centralized location for multiple data sources — became the norm as organizations moved to cloud-based storage.

The professor, who worked in a data center at Robins Air Force Base in Houston County for 30 years, said cloud-based storage isn’t somewhere high above our heads; rather, it’s located in data centers like the one recently pitched in Twiggs County. In September, officials there approved rezoning nearly 300 acres of land for such a center. Eagle Rock Partners, based in North Carolina, is the project’s developer.

The data center, which comes with a multibillion-dollar price tag, will be built in the county’s Dry Branch community. Representatives from the developer — and the county — have promised the project will bring 600 jobs to the rural area, but residents are skeptical of the center’s promised benefits, higher electricity bills and environmental impacts, a subsequent loss of farmland, and the county government’s perceived rush to approve the build.

The environmental concerns can be traced to stories coming from areas like Mansfield, Georgia, located in the northcentral portion of the state. Meta, the social media giant, is building a massive data center there, and con-

struction site neighbors have complained of adverse effects like murky well water.

Mansfield resident Beverly Morris said in a BBC interview that she is afraid of drinking her water since the Meta project started construction. Meta, for its part, commissioned a study to check if construction had caused groundwater contamination. The study said the construction had caused no adverse effects to the area’s water.

After Twiggs County officials approved that data center project, some county residents — including Lingelbach — banded together and sued the commission. Their lawsuit alleges that county officials failed to follow their own rezoning procedures while also skipping out on a state survey of the center’s multi-county impact.

Lingelbach said technological innovations — recent AI advancements, the growth of cloud storage services and the rise of cryptocurrency, a form of decentralized virtual money — are behind the push to develop “hyperscale” data centers, or warehouses that are massive in size, efficient in scope and have mostly automated operations.

She said she knows these innovations require support — including infrastructure to power them — but added that regulation of those bases are needed.

“You don’t want to lock things down so that you can’t be innovative, but you do have to regulate them,” she said.

To develop those regulations, policymakers need to zoom out and look at the long-term impacts of data centers, said Adaline Buerck, an assistant professor of environmental engineering at Mercer University in Macon.

She said she teaches her students about the triple bottom line, a business framework that measures impacts in three areas — people, planet and prosperity. In her opinion, sustainable developments should enhance the social, environmental and economic aspects of a community.

Buerck said local officials should press data center developers on sustainability details. Policymakers need to know where developers plan to build and why they picked that location, if they choose to use abandoned buildings or occupy green spaces, the proximity of the project to other buildings, and what types of energy will power the data center, she said.

If officials fail to ask those questions — or take the answers seriously — Buerck warned new data centers could upset the balance

between a community’s social, environmental and economic well-being.

The economic benefits associated with new data centers outweigh possible negative impacts, said Chris Clark, CEO of the Georgia Chamber of Commerce.

The head of the state’s economic development agency said data center companies invested \$40 billion in the state in 2025, making Georgia the nation’s No. 2 destination for data center investment, behind Virginia.

He predicts the Peach State will remain as one of the nation’s Top 5 data center host states.

“These data centers wouldn’t be here if there wasn’t consumer demand,” he said.

Clark said that, if Georgians and Americans in general turn away data centers, they will have to rely on overseas operations. He said data centers are “not huge job creators,” but they do generate some high-paying jobs in fields like engineering while also boosting property tax revenues.

He said he believes data centers have minimal impacts on roads and bridges — especially when compared to an industrial site or shopping center — and that concerns about rising electricity bills have been addressed.

Clark said officials have made it clear that data centers must shoulder their own energy bills, which is another concern aired by residents throughout the state.

“They have to pay their own way now in Georgia. That’s a very, very important point that seems to get lost out there,” he said.

He predicts other concerns — including environmental impacts — will lessen as data center developers become better stewards of their resources and more involved community partners.

Joshua Wilson contributed to this report. Wilson and reporter Evelyn Davidson are employees of the Georgia Trust for Local News. This report was originally published in the Georgia Trust’s Macon publication, *The Macon Melody*.

Editor’s note: Professor Kempley Lingelbach, who is among the plaintiffs in a lawsuit against Twiggs County related to the proposed data center, was interviewed for this story only to provide regional context and background on data center operations. She had no editorial role or influence in this publication’s reporting on the lawsuit.



The Meta-owned Stanton Springs Data Center in Walton County, near Social Circle in Middle Georgia, is shown on Sept. 3, 2025.

Don't Miss...



MISTLETOE
Market

November 21, 22 & 23
Friday • 9 am – 6 pm
Saturday • 9 am – 6 pm
Sunday • 11 am – 4 pm
Pictures with Santa • Sunday 11 – 3 only

GA National Fairgrounds • Perry (I-75 Exit 135)

Daily Admission \$10
(children 12 and under free)
Purchase tickets in advance online for quick entry or pay cash at door. All proceeds go to Central Georgia charities.

Scan to purchase
Daily Admission
tickets



Follow us on Facebook & Instagram: Mistletoe Market Perry



BILL'S PRODUCE **LOCAL HONEY**



FALL CROP OF FRESH SHELLED PEAS & BUTTERBEANS ARE IN!

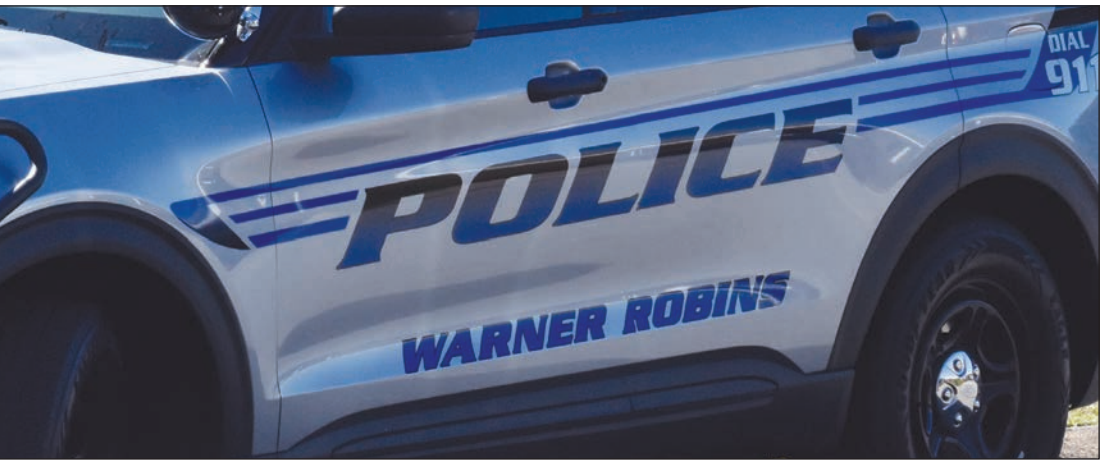
FRESH SHELLED PECANS, COLORFUL WINTER PANSIES

HOMEMADE CAKES BOILED PEANUTS FIREWOOD

Carrying small batch products locally grown / produced in Georgia!

401 S. Houston Lake Rd.-Next to Lowe Toyota

CALENDAR



Warner Robins Police Department to host Operation Lay It Down

Special to The Journal
WARNER ROBINS — Operation Lay It Down is a proactive initiative aimed at reducing gun violence in Houston County. Spearheaded by the Warner Robins Police Department in collaboration with community partners, the program acknowledges the devastating impact that gun violence has on victims, families, and neighborhoods.

This year's event once again provides heads of households, parents, and responsible adults with an anonymous opportunity to turn in unwanted or found firearms that should not remain in their homes. Recognizing the challenges individuals may face when discovering such

weapons, Operation Lay It Down ensures that community members can safely surrender firearms without fear of legal consequences.

“By offering a safe space for our residents to turn in unwanted firearms, we are working to prevent potential tragedies and reduce the number of stolen weapons that can contribute to crime,” said Warner Robins Police Chief Wayne Fisher. “Our mission is to promote safety and awareness while continuing to respect the rights of responsible gun owners.”

Mayor LaRhonda Patrick reaffirmed the city's commitment to community safety, stating, “Operation Lay It Down represents a vital step in protecting our residents. When we come together to

Local plumbing business shares tips on protecting pipes during freezing temps

By SANDRA HERNANDEZ
HHJ Staff Writer
sandra@hhjonline.com

PERRY – Earlier this week, a freeze warning was in effect in middle Georgia, with temperatures dropping to the 20s. With more chances for freezing temperatures during the winter, it is essential to protect often-overlooked water pipes.

Affordable Plumbing Solutions has been serving Houston County for over a decade, and broken pipe calls vary, according to manager Bridgette Howard.

She said that a few years ago, there was a freeze the week of Christmas. The day after the holiday, the business received over 100 calls related to burst pipes.

Earlier this year, it snowed in Houston County, but Affordable Plumbing wasn't as busy with 70 to 80 calls. She believes calm winds didn't severely affect the pipes.

Recently, the business did not receive any calls related to pipe ruptures, a favorable outcome, according to Howard. She said temperatures were warm enough during the day, which prevented water from freezing at night.

“We didn't have to deal with it this go around, but it is something that happens,” she said.

Water is constantly flowing in pipes, even when the faucet isn't on. Howard said overnight freezes typically aren't a big deal, but freezing temperatures that last for several days cause the ground and water to freeze.

Howard said frozen pipes are the first warning sign of an issue that could escalate. When water freezes, it causes



pipes and fixtures to expand, resulting in a buildup of pressure that can lead to a rupture.

When a pipe breaks, the water is often initially frozen. When temperatures rise and water starts flowing, it escapes into the home, leading to water damage. If not correctly addressed, leaks could also lead to mold, Howard explained.

Thankfully, the plumbing company doesn't have to deal with bursting pipes frequently, since many homes in the area are well-insulated, Howard said.

“It's not a huge issue but it is something that can happen when we have a long-run of freezing temperatures,” she said.

Howard advises any pipes exposed to elements outside of homes be insulated. Basic insulation can be purchased at Ace Hardware or Lowe's and wrapped around the pipe to help protect it from the wind.

Howard also advised against leaking outside fixtures, such as a hose bibb or spigot, since the water is connected to the inside of the home.

During freezes, Howard

address gun violence directly, we create lasting change and strengthen the safety of our neighborhoods.”

The Warner Robins Police Department will host the anonymous firearm collection event on Saturday, November 15, 2025, from 10:00 AM to 3:00 PM at Perkins Park in Warner Robins. Law enforcement officials will ensure all surrendered firearms are handled securely, with the added goal of returning any stolen weapons to their rightful owners.

For more information about Operation Lay It Down, please contact Lt. Allen with the Warner Robins Police Department at 478-302-5378 or pallen@wrga.gov also at https://youtu.be/jCnbPzvzBmc?si=bCP9cQQ4B-V0JjG_.

All Saints ECW Marketplace

Houston County NAACP Freedom Fund Banquet

Bible Reading Marathon

The Episcopal Church Women (ECW) of All Saints Episcopal Church, located at 1708 Watson Blvd, Warner Robins, GA 31093, are having their Annual ECW Marketplace on November 15, 2025, from 9:00AM - 2:00PM.

This event is our major fund raiser for our many Outreach Projects. We have over fifty vendors selling handcrafted items, antiques, a bake sale, and lunch is available for purchase. Please come and support our mission to continue our Community Outreach Projects.

Shiloh Baptist Church Anniversary

Shiloh Baptist Church and Pastor Roosevelt McWilliams will celebrate our 133rd Church Anniversary.

We are located at 205 Second Street, Elko, Georgia.

Date: Sunday, November 16th at 1:30 p.m.

Speaker: Dr. Jeffrey Lawrence of Sandridge Baptist Church, Hawkinsville, Georgia
All are welcome to attend.

Yard Sale Fundraiser

Byron Heritage Church is hosting a Yard Sale Fundraiser on Saturday, November 22nd from 8:00 am until 4:00 pm at 103 W. Heritage Blvd in Byron. All proceeds go to support our March 2026 Red Bird Mission Trip.

Come join us for an evening of celebration and empowerment as we honor the legacy of civil rights leaders and recognize the achievements of our community members. This in-person event will feature inspiring speakers, recognition of outstanding citizens, and a delicious dinner.

Don't miss this opportunity to connect with fellow advocates for justice and equality. Let's come together to continue the fight for a more inclusive and equitable society. See you there!

Tickets can be purchased at eventbrite.com/e/lift-ever-voice-a-night-of-music-legacy-naacp-freedom-fund-banquet-tickets-1640689720119

The banquet will take place November 15, starting at 6 p.m., at 104 Borders Way, suite 1000, Warner Robins.

Community Calendar

Email your information to: brianna@hhjonline.com

Houston Home Journal
478-987-1823
1210 Washington St.
Perry, GA 31069

STOP CRIME NOW
742-2330

BENNETT, SONNY WANTED BY THE HOUSTON COUNTY SHERIFF'S OFFICE FOR GIVING FALSE NAME, DOB, ADDRESS TO OFFICER ST. CT VOP/THEFT BY TAKING.	BROOKS, DEWEY WANTED BY THE HOUSTON COUNTY SHERIFF'S OFFICE FOR VIOLATION OF FAMILY VIOLENCE ORDER.	BROWN, SHANNON WANTED BY THE HOUSTON COUNTY SHERIFF'S FOR DRIVING WHILE LICENSE/SUSPENDED OR REVOKED (MISD)/ WILLFUL OBSTRUCTION OF LAW/ ENFORCEMENT OFFICER.	COLEMAN, RANDY WANTED BY THE HOUSTON COUNTY SHERIFF'S OFFICE FOR SALE METHAMPHETAMINE/ VIOLATION OF STREET GANG TERRORISM AND PREVENTION ACT.
DUMAS, BILLY WANTED BY THE HOUSTON COUNTY SHERIFF'S OFFICE FOR CFINANCIAL IDENTITY FRAUD.	CROSS, KENNETH WANTED BY THE HOUSTON COUNTY SHERIFF'S OFFICE FOR BATTERY FAMILY VIOLENCE/CRIMINAL TRESPASS /DAMAGE/ VIOLATION OF FAMILY VIOLENCE ORDER.	GRANT, JOHN WANTED BY THE HOUSTON COUNTY SHERIFF'S OFFICE FOR ILLEGAL ATTEMPT TO OBTAIN DRUGS/SUP. CT. VOP.	GRAY, ARCHIE WANTED BY THE HOUSTON COUNTY SHERIFF'S OFFICE FOR BENCH WARRANT/ FAILURE TO REPORT/ SIMPLE BATTERY.
HANNA, JOSEPH WANTED BY THE HOUSTON COUNTY SHERIFF'S OFFICE FOR AGGRAVATED ASSAULT - FELONY/CRUELTY TO CHILDREN - 3RD DEGREE/ SIMPLE BATTERY - FAMILY VIOLENCE	HARDEE, ASHLEE WANTED BY THE HOUSTON COUNTY SHERIFF'S OFFICE FOR CRUELTY TO CHILDREN/ FAILURE TO REPORT/SUP. CT. VOP.	HARRIS, STEVEN JR. WANTED BY THE HOUSTON COUNTY SHERIFF'S OFFICE FOR AENTERING AUTO/ FAILURE TO REPORT/ SUP. CT. VOP.	MCCOY, JUSTIN WANTED BY THE HOUSTON COUNTY SHERIFF'S OFFICE FOR HARASSING COMMUNICATIONS - MISDEMEANOR/ TERRORISTIC THREATS AND ACTS - FELONY.
SERBAN, ALONDRA WANTED BY THE HOUSTON COUNTY SHERIFF'S OFFICE FOR 3 COUNTS - FELONY THEFT BY SHOPLIFTING.	SMITH, PHILLIP WANTED BY THE HOUSTON COUNTY SHERIFF'S OFFICE FOR POSSESSION OF MARIJUANA W/INT. TO DISTRIBUTE/SALE MARIJUANA (PARTY TO CRIME)/SALE OF ECSTASY (MDMA) (PARTY TO CRIME)/ VIOLATION OF STREET GANG TERRORISM AND PREVENTION ACT.	THOMPSON, JACOB WANTED BY THE HOUSTON COUNTY SHERIFF'S OFFICE FOR BATTERY FAMILY VIOLENCE/CRIMINAL TRESPASS /DAMAGE/ CRUELTY TO CHILDREN - 3RD DEGREE	WILSON, CEDRIC WANTED BY THE HOUSTON COUNTY SHERIFF'S OFFICE FOR POSSESSION OF FIREARM DURING COMM. OF A FELONY/SALE MARIJUANA (PARTY TO CRIME)/ SALE OF MARIJUANA/VIOLATION OF STREET GANG TERRORISM AND PREVENTION ACT.

WORKING WITH THE COMMUNITY TO PULL CRIMINALS OFF OUR STREETS! Macon Regional Crimestoppers is a local non-profit serving the Bibb, Baldwin, Houston, Jones, Twiggs, Crawford, Monroe, and Peach regional areas. Through our deployed systems as well as the cooperation local law enforcement agencies and the 911 Center, citizens in our community have a safe, secure, and confidential means to report crimes. IF A "TIP" RESULTS IN AN ARREST – A REWARD WILL BE PAID TO YOU CONFIDENTIALLY AND ANONYMOUSLY!!

If You Have Information On The Whereabouts Of An Above Shown Individual, Call Our Tip Line at 478-742-2330 or 1-877-68CRIME

38397-44

VETERANS

From page 1A

in unlearning Soviet Union methodology and becoming better leaders.

His role never felt like a job because of the service he was providing.

“I kind of joke sometimes, I never worked a day in my life for the 28 years I've spent in the Army, because I didn't. Every day I went to work, even though it may have been hard, I was able to enjoy the fact that I was doing something that made my heart larger,” Pounds said.

Pounds said the only way to maintain peace is by keep-

ing a robust military presence.

“Hopefully we fought the last war there will be to fight, but that's just a hope. The only way we will continue to make sure that does stay true is by maintaining the strong military force that we have,” Pounds said.

Pounds also mentioned military families and thanked them for their service, highlighting the sacrifices they make when a military member is deployed.

“We would have never been able to go wherever our nation sent us and been able to accomplish the missions that we were able to accomplish, without knowing that

you and our children that we left behind ... whatever family that [we] left behind, that they were cared for, that they knew what to do,” Pounds said.

Finally, Pounds thanked veterans service organizations, sharing the power behind their vote and promoting civic engagement.

“The more service organizations we all support, the better Congress listens to us. We all know Congress listens real well, but they do listen to votes. ... our elected politicians respect the fact that we vote and military veterans do vote. Continue to do so. Stay engaged,” Pounds said.

VIEWPOINTS

“One voice can make a difference”

The Houston Home Journal

See us online at
www.hhjonline.com

A division of the Georgia Trust for Local News

DuBose Porter
Executive Director

Pam Burney
General Manager

Don Moncrief
Publisher
publisher@hhjonline.com

Brieanna Smith
Managing Editor
brieanna@hhjonline.com

Anna Carter
Diana Busby
Legals, Classifieds & Circulation
anna@hhjonline.com

Lori Kovarovic
Advertising Director/Sales
lori@hhjonline.com

Clay Brown
Sports Editor
clay@hhjonline.com

Our Goal

The Houston Home Journal is published for the citizens of Houston and surrounding counties by a division of The Georgia Trust for Local News. Our goal is to produce quality, profitable, community-oriented newspapers that you, our readers, are proud of. We will reach that goal though hard work, teamwork, loyalty and a strong dedication towards printing the truth.
The Houston Home Journal is a periodical, mailed (ISSN 471) in Perry and is published Wednesday and Saturday by Houston Home Journal P.O. Box 1910, Perry, GA 31069; 478-987-1823
POSTMASTER: Send address changes to: P.O. Box 1910, Perry, GA 31069.

Subscription Rates:

In county - \$88
Senior Citizen (60) - \$78
Out of County or State - \$98
Online Access only - \$58

Share Your Viewpoint

There are three ways to submit a Letter to the Editor: Email it to brieanna@hhjonline.com, mail it to Houston Home Journal at 1210 Washington St., Perry, GA 31069, or drop it off at the same location between 8:30 a.m. and 5 p.m. Monday-Friday. Letters must include the writer's name, address and telephone number (the last two not to be printed). The newspaper reserves the right to edit or reject letters for reasons of grammar, punctuation, taste and brevity.

P.O. Box 1910

1210 Washington Street, Perry, GA 31069

478-987-1823

Voting chuckles

COLUMNIST

KELLY BURKE



The Athens based B-52's immortal song, "Love Shack," mentions "cruising down the Atlanta Highway." In Athens, that is the name given to U.S. Route 78. However, living on the Atlanta Highway doesn't let one vote in Atlanta elections. Seriously. Last week's city elections brought me great amusement. Not from the election results, per se, but from reading the online postings of my fellow citizens.

I have done a statistical analysis of my readers, and they are in the Top 10 percent of the smartest, most charitable, kindest, most caring people in the U.S. So no, I'm not talking about you, this column is about your neighbor.

I've studied elections since my early teens, when my parents went to vote EVERY time. I paid attention in high school civics class, but apparently civics is no longer mandatory, because some of the masses are absolutely clueless. It's not their fault that the education system failed them, but the fact that they vote on educational issues means we will not get any better. Many would argue that was the master plan, but that's not my issue today.

One citizen's post complained that they were tired of paying city AND county taxes, so that needs to change! Hello! If you own the home you live in, and it's in a city, you pay both city and county taxes. It may be that they have only paid rent up to now, so they didn't know their landlord paid the taxes. But they still got to vote in county elections AND city elections.

Now which county can get

confusing. The city of Byron is mostly in Peach County but partly in Houston County. Warner Robins is mostly in Houston but partly in Peach. So if one lives in Warner Robins over by the new BJ's Wholesale Club, they get to vote for WR mayor but, since that's Peach County, the DA of that patch of land is based out of Macon. So they couldn't have voted for the incredibly talented Kelly Burke for DA back in the day, because that amazing guy was the Houston Judicial Circuit DA.

One voter complained that it is confusing as to where you vote, it's not, really. It matters not who provides your utilities or garbage pickup, because governments cut deals on that, sometimes. The post office has nothing to do with it either. Your mail might say Kathleen, or Bonaire, or Byron, but if you live in the city limits of WR, you get to vote in city elections.

One post complained that their business was in WR and the mayor has a lot to do with the business atmosphere, so why can't they vote for mayor? True! But meaningless since you vote where you live.

One person said they live on Feagin Mill Road and should be able to vote in Warner Robins elections since other people on Feagin Mill get to vote in city elections, I'm not kidding. Hence my opening paragraph about "Love Shack."

If you move into a new

home out in the county, but never notify the election office, can you vote in the city election where you prior home sits? Let me think.... NO! That's election fraud. Maybe you don't get caught. Unless a former neighbor sees you in line and rats you out. I wonder if maybe that happened while I was DA. Hmmm.

I estimate 90 percent of us know all this. Social media exposes the 10 percent. But they know stuff I don't know, so there's that.

Kelly Burke was born in Knoxville where he spent his younger years, followed by high school years in Atlanta where he graduated from Georgia Tech, and Mercer Law School. He has been in private practice, a magistrate judge, and an elected district attorney. He writes about the law, politics, music, and Ireland. He and his wife enjoy gardening, playing with their Lagotto Ramanolo named George Harrison, and spending time with their grandchildren. To see this column or Kelly's archives, visit www.kellyrburke.com. You can email Kelly at dakellyburke@gmail.com.

Public Service Commission race was about pocketbooks, not politics

I am getting mail giving me credit for the defeat of the two incumbent Republican members of the Georgia Public Service Commission this past week. I am getting mail blaming me for the defeat of the two incumbent members of the Georgia Public Service Commission this past week. To quote Mark Twain when he read a report he had died: "The report of my death was an exaggeration." So was my influence on the outcome of the PSC elections.

If I had that kind of influence, nobody would dare think of drilling in our Okefenokee National Wildlife Refuge for titanium dioxide in order that the world never run out of toothpaste whitener. I have expressed righteous indignation on the subject numerous times yet my sources tell me the issue is still very much a possibility, thanks to an unholy alliance of powerful timber barons, disingenuous politicians, and sneaky chemical companies. More on that subject later. Today, we are talking about why the two incumbent commissioners, Tim Echols and Fitz Johnson, were given the heave-ho by the voters.

According to the Atlanta Journal-Constitution, nearly 1.5 million Georgians voted in the PSC race. Democrats Alicia Johnson and Peter Hubbard won their seats on the commission by roughly 25 points. Not even close.

Looking back, the defeat of Echols and Johnson was no surprise to me. I got the feeling early on that there was a real possibility the two incumbents were in trouble when I kept reading and hearing that the election was all about Republicans versus Democrats. If Democrats won, Georgia would become "another California." Windmills and solar panels and transgender operations for prisoners. Except to the voters it wasn't about party loyalty or California. It was about our utility bills.

I think the reason the

COLUMNIST

DICK YARBROUGH



political consultants made the PSC races about party loyalty was that selling the performance of Echols and Johnson as effective utility regulators was not an option. No one wanted to talk about six rate increases in the last three years (Note: Commissioner Echols told me that six increases was not correct. There were only three. One increase was phased in over three years. I will leave it to you to decide if you want to count that as one hit to your pocketbook, or three.)

How do you tiptoe past voters the fact that the average Georgia Power residential customer's bill has increased about \$43 per month or over \$500 annually? You raise the specter of Georgia becoming the land of Fruits and Nuts and for good measure you throw in transgender operations for prisoners as an additional idiotic reason.

The Georgia Public Service Commission is seen by many as being too cozy with Georgia Power. To voters, perception became reality. As I wrote earlier, the PSC has allowed Georgia Power to charge ratepayers for \$7.5 billion of the \$10 billion in costs overruns at the Vogtle nuclear power plant, instead of making Southern Company shareholders pay. Georgia Power is a Southern Company subsidiary. As information, Southern Company reported 2024 earnings of \$4.4 billion, a \$400 million or 10 percent increase from 2023. Those are bad optics, folks. Why should we ratepayers be on the hook for Georgia Power's

cost overruns? It is not our fault they blew their budget.

Earlier this year, the commission voted unanimously to freeze base power rates for the next three years, although your power bill could still be "adjusted" next year for fuel prices and hurricane cleanup costs, which could mean a further rate increase on your monthly bill.

If any of the geniuses who provided political advice to the two incumbents are reading this, my reader mail might be instructive. A lot of readers consider themselves Republicans, but not automatons. They told me they didn't vote for the incumbents for many of the reasons listed above. Pocketbooks above party.

To the Democrats high-fiving and thinking this is the first sign of a political left turn in our state, don't get your hopes up. This was a pocketbook issue, not a political statement. Like your Republican colleagues you are being held captive by the extremists in your party.

To the Republicans braying about Georgia becoming California, may I remind you that you still have a 3-2 majority on the commission. I would suggest you tell those three members that going forward they pay more attention to us and less to Georgia Power's wish list and there is a good chance we won't have to have this particular conversation again.

You can reach Dick Yarbrough at dick@dickyarbrough.com or at P.O. Box 725373, Atlanta, Georgia 31139.

No, it's still not time to decorate for Christmas

NEW SOUTHERN DAD

KYLE DOMINY



It's beginning to look a lot like Christmas – and I don't like it.

I drive by several houses each day with decorated yards. Some still have giant skeletons and spiders, lingering far too long from Halloween, while others already hold twinkling lights, and houses adorned with wreaths and garland. It seems we're stuck in holiday purgatory, and nobody knows what to do. Just put a Santa Claus hat on the skeleton and let's call it a year; buy a green top hat and let it ride until March.

I was sweeping off my front porch recently and I looked down to see that I had left the Christmas rug out all year. Does that count as decorating early? This is the most wonderful time of the year to be a scrooge. Don't get me wrong, I love Christmas, but I'll wait until after Thanksgiving to get into the spirit.

Thanksgiving doesn't get the appreciation that it deserves. It has been reduced to just a day off work and the starting line for the Christmas shopping season. Modern Thanksgiving has its roots in the Great Depression. Thanksgiving had traditionally been recognized as the last Thursday in November. In 1939, there were five Thursdays on the November calendar and President Franklin D. Roosevelt, eager to appease

the interests of a worried and worn-out retail sector, bumped Thanksgiving up a week. That year there was an extra week of Christmas shopping.

Republicans of the time decreed to move as an affront to the memory of Abraham Lincoln, who had established the precedent of Thanksgiving. For a while Thanksgiving was known as Frankssgiving. It took three years for Congress to pass the joint resolution establishing Thanksgiving as the fourth Thursday in November.

See? Government dysfunction is nothing new.

I've heard tell of a time when people didn't even put up a tree until the day before Christmas, and by New Year's it was long gone. What happened to that tradition? I seem to be one of the few left in the world who refrain from all things Christmas until December.

There is much research that suggests decorating for

the holidays early is good for mental health. Trimming the tree and hanging stockings evokes nostalgia for a lot of people, which releases serotonin and other beneficial chemicals in the brain. The decorations also encourage general feelings of happiness, helping fight off the depression that comes during the coldest time of the year. Decorating also encourages physical activity, because you can't do it sitting down, and social activity. Someone to hold the ladder while stringing lights on the eaves is encouraged, every fall needs a witness.

I could use a positive mental boost. Maybe I should abandon my humbug ways and embrace the spirit of the season earlier. Perhaps it is time to have the halls decked before the turkey goes into the oven.

But then again, I'm happy enough, and I think I'll wait a couple more weeks.

LIFESTYLE & FAITH

Waterfall furniture: The cascade of style

I recently stopped by the Abba House to see if there were any good bargains there and came across a beautiful three-piece bedroom suite that really brought back memories. As a young married lady in 1983, the one thing we really wanted for our apartment at base housing was a bedroom set. Everything we owned fit in the back of a pickup truck and was used.

We found the prettiest Art Deco bed with a dresser and vanity with a huge round mirror. It was a whole \$300 and we made payments on it. This was probably the first antique furniture I ever owned and I loved it.

I thought you would enjoy reading about the history of "waterfall" furniture from the Art Deco period. Enjoy and Happy Collecting!

The distinctive "waterfall" furniture style, a true icon of American design from 1930 to 1950, defined the aesthetics of Depression-era homes with its unique blend of glamour and accessibility.

Named for its signature curved edges that cascade dramatically like falling water, this streamlined design brought Art Deco elegance to the mass market.

Emerging during the economic hardship of the Great Depression, the waterfall style revolutionized furnishings by combining luxury aesthetics with affordable production methods. Rounded corners and cascading wood

ALL ABOUT ANTIQUES

JILLINDA FALEN



grain patterns created a visual flow that graced countless bedroom sets, vanities, and living room pieces across America.

Mass production techniques transformed furniture manufacturing in the 1930s. Factories adopted streamlined, cost-reducing processes, utilizing assembly lines and specialized machinery to produce consistent curved edges. This accessibility was crucial; middle-class households could finally afford fashionable Art Deco alternatives.

The style's visual language was heavily influenced by the Art Deco movement and the streamlined Streamline Moderne aesthetic. Clean lines replaced ornate Victorian excess, with curves suggesting motion, progress, and a bright, modern future. Machine Age design principles shaped every aspect, from construction to materials.

Walnut dominated early production, its rich color offering sophistication. Manufacturers frequently used walnut veneer combined with cheaper core woods. As tastes evolved, maple gained popularity to meet the demand for "blonde wood" furniture,

which provided brightness in smaller suburban homes.

The key to the style's look were innovative materials like Bakelite, an early, durable plastic used for handles, and chrome hardware that added metallic accents.

Major manufacturers included the United Furniture Company and Kroehler Manufacturing, whose pieces defined middle-market standards. Heywood-Wakefield Company elevated the style with premium materials and signature blonde finishes.

These companies democratized good design, creating pieces like the ever-popular waterfall vanity tables, often featuring triple mirrors and bench seats, which remain highly collectible today.

This period bridged the gap between traditional craftsmanship and the industrial future, leaving an indelible mark on American furniture history. Collectors still prize original Bakelite handles and authentic pieces, which continue to enhance contemporary interiors with their timeless, cascading appeal.

Will your favorite pet join you in Heaven?

Many years ago, a German shepherd dog, about a year old, walked into our yard. The abandoned dog was starved and thirsty; obviously he had lived a hard life. Beverly and I decided keep him. We named him Appy (for Apparition—he "suddenly appeared" in our yard). For the next eight years we gave Appy enough love to compensate for all his previous mistreatment. When I was away at work, I knew Beverly was being well protected, because Appy guarded our premises.

As Appy grew older, he began having difficulty standing up and walking. We carried him to Dr. Felix Smith Jr. who diagnosed Appy with radial nerve damage. Appy was relegated to staying inside our garage. Twice a day, I carried this 90-pound dog onto the grass where he could use the bathroom. That went on for weeks. Since Appy could not swallow properly, he would not attempt to eat, not even hamburger, steak or chicken. A mysterious paralysis was spreading quickly through his body. A milkshake from McDonald's was all that Appy could consume.

It became extremely taxing for me to carry Appy from the garage onto the lawn, so Beverly and I set up a temporary living arrangement for him on our front porch.

PARABLES TO PONDER

BILLY POWELL



There I could drag Appy to and from the lawn so he could use the bathroom. The dog was increasingly in more pain and discomfort and occasionally would cry out. The curtain was rapidly falling on Appy's life and, in his condition, death was not the worst alternative, so we called Dr. Ben Smith.

Just before Dr. Smith administered the lethal injection, I placed my head beside Appy's and said, "We love you Appy." He responded by lifting his paw to let me know he returned that love. Then Dr. Smith injected the anesthesia. Within moments, Appy was drifting into eternity. When a beloved pet dies, the question naturally arises if your pet will be allowed to enter heaven. Rev. Billy Graham stated "if animals would make us happier in heaven, surely there will be a place for them."

A "true" story in "The Telegraph" suggests that pets join their masters in heaven: A veterinarian was

requested to euthanize an irreversibly ill dog, whose owner had died recently. The two were inseparable--the owner being like the dog's daddy. The vet puts the dog on the table. He pets the dog and explains what will happen. "You'll be given two shots. After the second shot, you'll see a bright light...run toward that light. You'll also see a bridge. Your daddy will be waiting for you. Cross the bridge and jump into his arms."

After administering the first shot to sedate the dog and the second to end the dog's life, the vet tells the dog again to look for the light and the bridge. After a few seconds, the dog's tail begins to thump the table furiously. Taking his last breaths, the dog's tail continues to wag strongly. Realizing what was happening, the hair on the veterinarian's neck stood straight up. He said to the dog, "You've made it. You're with your daddy now."

Sports conditioning vs. lifestyle conditioning

Sports conditioning is similar in concept to lifestyle specific conditioning, in that both are trying to maintain or gain certain levels of capability. An athlete may lose his job if he is not conditioned properly, but anyone can lose the capability to live life the way they know it to be if they don't maintain their strength.

Exercise, building muscle and strength has many times gotten some scorn over the years. Some contempt has probably been deserved because of those who take it to the extreme, get themselves looking like misshapen Tonka toys and seem to have no life beyond the gym and food.

Muscle conditioning and strengthening, however, is applicable to everyone who wants to continue to do things for themselves. These

YOUR HEALTH

WADE YODER



are our activities of daily living (ADL's), and they can range: from a very demanding physical job, to a person that has very limited physical mobility. ADL's are what we need to keep strong if we expect to continue being able to do things on our own.

Strength and conditioning can be lifestyle specific, whether it's an athlete doing it for a particular sport, physical job, etc. and is simply what helps us get from A to

Z in our individual respective days without so much of a struggle.

If we can keep in mind the functional movements we are doing now and the movements that we need to be able to do in the future, then simply strengthen these movements, we can empower our lives by protecting and strengthening our capabilities.

See YODER page 7A

A newspaper under the 'influence(r)'

One in five Americans gets their news from influencers. Sixty percent of adults under 30 get news from influencers. That is according to a Pew Research Center survey.

According to an American Press Institute study, 57 percent of Black Gen Z (14 to 30-year-olds) and Millennials (30-44-year-olds) pay independent news influencers. Per the same study, 50 percent of Hispanics, 46 percent of Asians and 43 percent of Whites pay independent news influencers.

(Note: "Influencer" is a term on its way out the door, according to Sam Ragland, senior vice president and interim executive director of the API. The new, preferred term, she said, at the recent Georgia Trust for Local News State Trust Innovation Summit held recently in Atlanta, is "creator".)

So, what does that have to do with newspapers?

It means that newspapers that are paying attention know, not only that those age groups will one day represent their readership, but also that there is a need to partner with influencers/creators for content.

Or at least that's what a number of newspapers are doing, Ragland said. An example of what that might look like comes from the Houston Chronicle. They became aware that there was a creator in their community named @shawnthefood-sheep. He was providing

HHJ PUBLISHER

DON MONCRIEF



restaurant reviews and reaching average views of 137,000. They reached out and partnered with him to do something in the newspaper. The newspaper's newsletter signups increased by 150 percent and six of those converted to newspaper subscribers.

It was the proverbial win-win and it's something we would like to do at the Houston Home Journal. (Partner, for instance, with a creator who might do restaurant reviews. Perhaps a creator who is a member of a book club that talks about their reviews. A creator involved in a club for parents or works solo to provide tips and tricks or things for families to do in Houston County. It's really a wide-open field.)

I will add it's easier said than done. One of the ways we were told to search out creators in our area was to do a Google search for with those exact words: "creators in your area." Alas, all that yielded was websites that were none to happy to teach you – on your dime of course – how to be a "creator in your area."

A second suggestion was to look up "only fans in your area." Oh my! Well, that wasn't embarrass-

ing (sarcastic wit). Unless you, dear reader, are interested in the sexual habits of "Dieselbabe," or "Cream" or "Roseeekitty," or "Ebonyhotwife," you probably don't want us partnering with "only fans in your area."

So, instead we reach out to you. If you are a social media creator, we are interested in partnering with you. (P.S. In a 2025 Muck Rack Study: State of Creator Journalism, of 1,515 journalists surveyed, 522 self-identified as "creator" journalists. Message being: We're not that different you and us.) The "devils in the details" as they say, meaning it would need to be a structured partnership that benefits most of all our/your readers. That is: Provides a service of value to them.

If that's you and if you're interested, please reach out to me at publisher@hhjonline.com. Or, if you want to cut out the middleman and go straight to the source – the middle woman — of the one who will be managing this, email Brianna Smith at brianna@hhjonline.com.

GEORGIA PUBLIC NOTICE.COM
IT'S YOUR RIGHT TO KNOW.

All of Georgia's Legal Notices on ONE Website

400,000
Legal notices a year

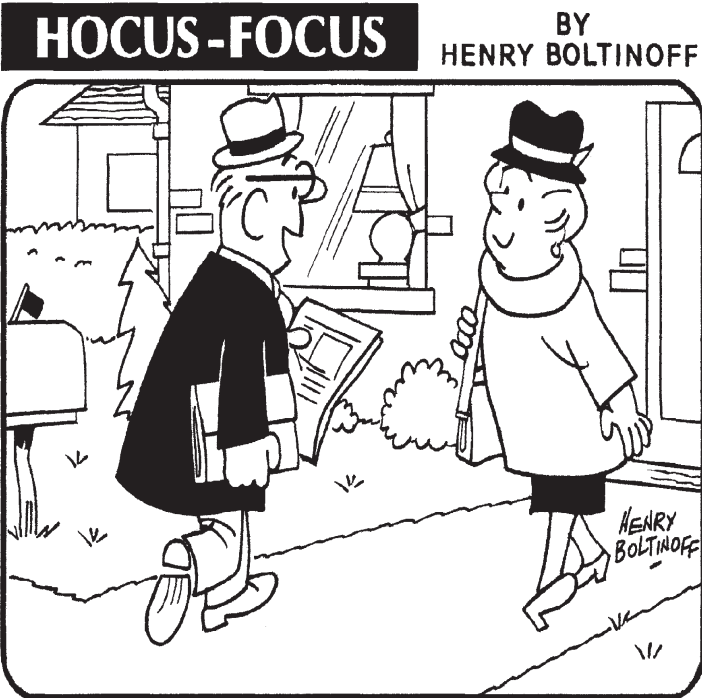
One-stop site to search
Public Hearings • Foreclosures • Election Notices
Construction Bids • And more right at your fingertips

Public Notice is for you – when you need to know.

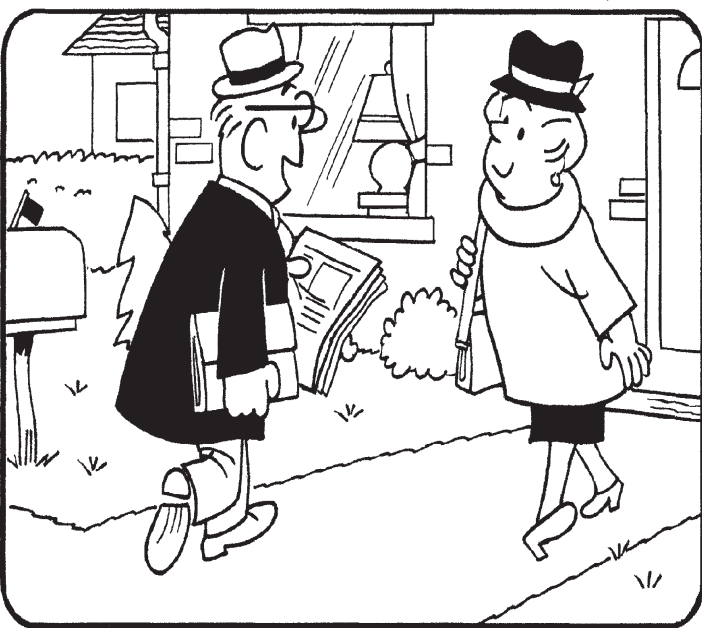
GEORGIA PRESS ASSOCIATION

PROVIDED BY:
GEORGIA PRESS ASSOCIATION

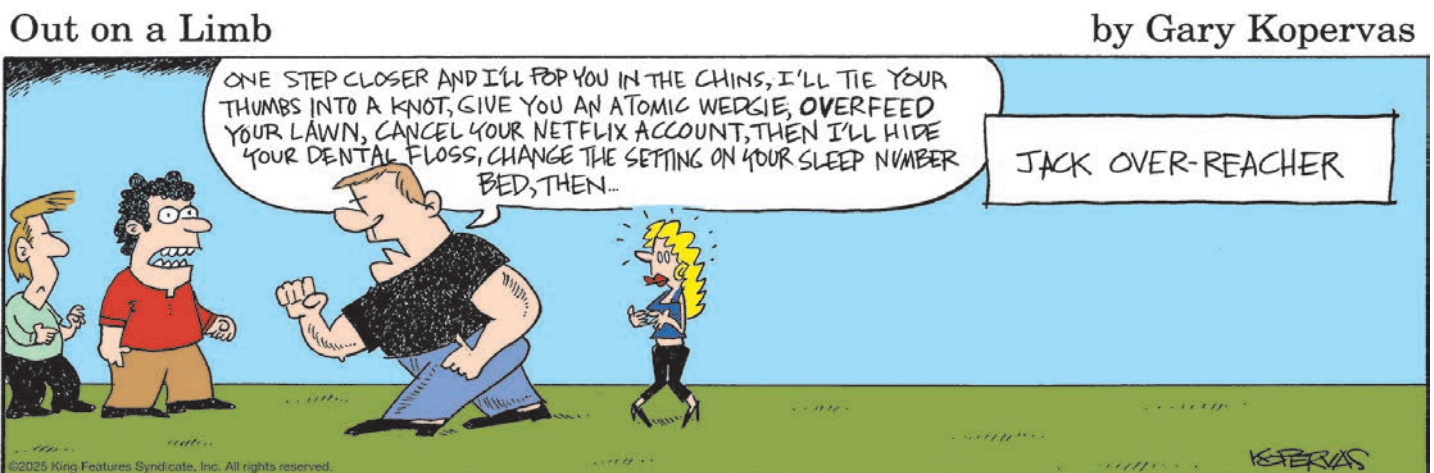
ENTERTAINMENT



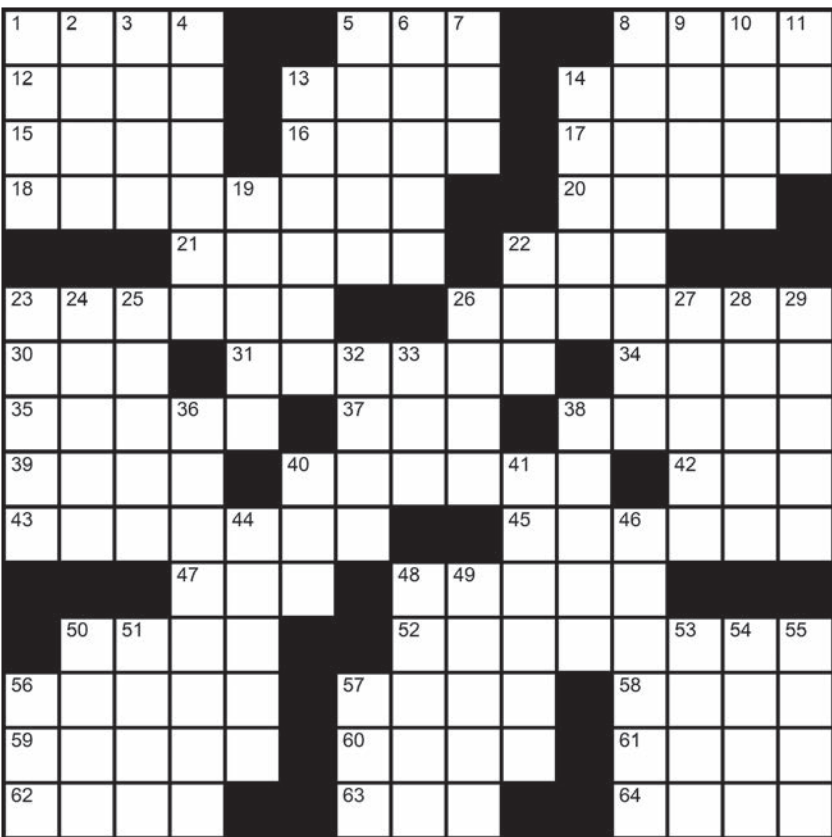
Find at least six differences in details between panels.



Differences: 1. Leg is smaller. 2. Door is larger. 3. Tree is smaller. 4. Mailbox is taller. 5. House in distance is not as wide. 6. Pages are added to newspaper.



CROSSWORD 11-15-25



CLUES ACROSS

- Type of haircut, pl.
- Tiny helper
- *What rain does in famous nursery rhyme
- What accomplices do
- Ring like a bell
- Sign of life
- Lascivious look
- Pretentiously artistic
- Tiny island
- *Bring her back! (2 words)
- Nicholas II of Russia, e.g.
- Inmate with life sentence
- *One for Sorrow (Two for _____)
- Melville's "Pequod," e.g.
- More fancy
- Request for tailor
- Encoded message
- Land measure
- Omit
- *Hush-a-bye, baby. _____ still"
- Take a base
- Hokkaido native
- Veal serving
- Beehive State native
- What Cupid did (2 words)
- *Tip me over!
- Lt.'s inferior
- Plant louse
- "Pay as you earn" tax system

- *How do your ears wobble? (3 words)
- Sacha Cohen's middle name
- Render speechless
- Medley
- Apathetic
- Not tanned
- Nearly
- Bird's groomer
- It's open to interpretation
- #57 Down, pl.

CLUES DOWN

- It's soothing
- Do as directed
- British Broadcasting Corporation, colloquially
- Take a leisurely walk
- Chill-inducing
- Procrastinator's word
- *What the old lady swallowed
- *She's been to London to visit the Queen
- Paella pot
- ____-friendly
- Expose to moisture
- One way to cook fish
- Mountain climber's spike
- Brother's daughter
- *Who stole the cookie from the cookie _____?
- Semolina source

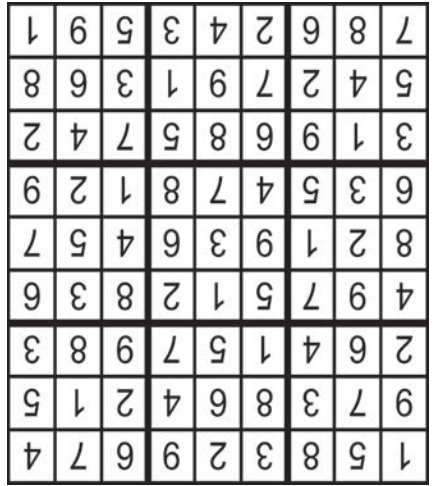
- Sunny prefix
- Kind of acid
- Perceive by touch
- Frost over (2 words)
- One of the Muses
- Find new tenant
- *What Jack Horner pulled out
- Not miss
- *_____ of _____, he had ten thousand men
- Beer garden mug
- Post-Soviet Union alliance, acr.
- C₂H₆, flammable gas
- With regard to, archaic
- Software plug-ins
- Rose oil
- Young chicken
- Window glass
- Geometric calculation
- Buy and resell
- Baltic capital
- Sounds of amazement
- Baby's apron
- Self-care resort



SUDOKU



Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!



Sudoku answer featured above. Crossword answer featured to the left.

Want to get this newspaper delivered to your home? **Call us at: 478-987-1823** for a Subscription!

BONNIE "MICHELLE" SMITH, Esq.

DOING WHAT IS RIGHT AND FAIR ALWAYS MATTERS.
EVEN WHEN NO ONE IS LOOKING.

MICHELLE SMITH
ATTORNEY AT LAW
P.O. Box 8633
WARNER ROBINS, GA 31095

(478) 953-3661
MSMITH158@JUNO.COM
WWW.BONNIEMICHELLESMITH.COM

BOARD

From page 1A

education and believes in supporting its schools. We remain committed to being good stewards of every dollar and every opportunity entrusted to us as we provide the best education for the students of Houston County.”

In his Superintendent’s Report, he celebrated the board’s recognition as an Exemplary Board by the Georgia School Board Association.

“Our board models what it means to lead together,” he said. “Your commitment to collaboration, transparency and continuous improvement helps make Houston County one of the best School Districts

in Georgia. This recognition is a well-deserved reflection of your dedication to students, staff and our community.”

Rodgers also recognized the REACH scholarship. He said six eighth graders across the district were named REACH scholars and were awarded \$10,000 towards their college education.

“The REACH Georgia program provides support for students to help them successfully progress from middle school through college,” he said. “These students will work with an academic coach and mentor throughout high school and will receive the scholarship funds upon high school graduation.”

The board had an item of

old business that involved a rezoning proposal for Parkwood Elementary and Westside Elementary beginning in the 2026-2027 school year. They approved the proposal to create one attendance zone for Parkwood Primary and Westside Elementary.

“I think it is going to be a great advantage for both of those schools and that community to have those schools re-zoned in that manner,” Board Chair Helen Hughes said.

The next Houston County Board of Education meeting will be held on Tuesday, Dec. 9, at 1 p.m. The full agenda of this meeting can be found at simbli.eboardsolutions.com/SB_Meetings/ViewMeeting.aspx?S=4089&MID=129560.

RATIONS

From page 1A

year, they have expanded that to all of their gaming communities, including Dungeons & Dragons and Pokémon.

“We called it Rations for the Realm and decided to make sure everybody had a chance and get more donations,” she said. “People love it, and every year the community shows out.”

Moss said Heroes and Villains loves to give back to their community. Along with Rations for the Realm, they also do a backpack drive during back-to-school season.

“We’re always doing something, but it was the old

manager who came up with [Rations for the Realm] as she wanted to do something for the holidays.”

Participation this year had definitely increased, according to Moss.

“Everybody, given the current state of the world right now, people just really wanted to give more than they normally do,” she said. “Every year, we are just blown away by the way that people come out for this [food drive].”

Moss thanked those who participated and is blessed with the fact that they have such a generous community.

“Even when some of them don’t have it, they just give because they understand the importance of the com-

munity here too,” she said. “We love to be able to share this space with those people everyday.”

Overall, the Rations for the Realm food drive and Heroes and Villains are driven by the support from the community.

“We are part of this community and we are only here because of them,” she said. “We’ve been here for 20 years, we love it here, we all grew up here, we want to keep going and we want to give back as much as we can because they give back to us all the time.”

To learn more about Heroes and Villains Comics and Games, go to www.heroesandvillainscomics.net/

BIBLE

From page 1A

Smith heard of a similar Bible Reading Marathon held in the area called 7:14, part of a worldwide event. It is in reference to Chronicles 7:14, and is held every year on July 14 at 7:14 a.m.

During 7:14, the state is divided into 159 counties, and each county reads a separate portion of the Bible. Within approximately an hour, the entire Bible will be read in the state, Smith said.

The first complete Bible Reading Marathon started 20 years ago in Jerusalem and continues to spread around the world. Eventually, the couple decided to also spread the Lord’s word in Houston County.

“Karol and I were just sort of marveling at the thought of such an event. We looked into a little bit and found out that within 90 hours, you can read through the entire Bible. We took it from there and said, ‘Hey, maybe the Lord wants us to do this.’ So,

that got us started,” he said.

Matthews hopes their impact will be to glorify the Lord, and His word is to be read out loud. She referenced 1 Timothy 4:13, which says, “Do not neglect the public reading of my word.”

Matthews also referenced Revelation 1:3, which says, “You’re blessed if you read this prophecy out loud.”

“We just believe that it’s going to bless our community. First of all, it’s to glorify Him. We’re reading to Him and it will bless our community just because He does things like that,” she said.

Smith said the Lord blesses the reading of his words and hopes that when they finish, they can say, “we have not neglected it.”

He described the event as an incredible experience and sees it as a way to bring people from various denominations together. Smith shared that they will have people from different backgrounds reading the Bible in Korean, a Philippine dialect, Spanish and Hebrew.

“[This is] to reflect the

churches that exist in Houston County,” he said.

He believes people should attend this event because the Lord blesses it and the nation that honors His word.

“We as individuals are blessed when we read his Word. The community that comes together will be blessed; the state and the nation,” he said.

Smith also believes it is an act of obedience to God, and it offers the community, including non-believers, faith, hope, inspiration, and unity. He said it is a life-changing experience.

Matthews shared that God said His word will not return void, and whatever He desires to do with that word, He will do.

Due to their age, the couple hopes to pass on the event to someone who can make it an annual event.

“We are putting everything we are doing and intend to do on paper, so that [if] we should not be here, someone else will be able to take the lessons that we have learned and

THE CLASSIFIEDS THAT CLICK

Classified Deadlines: MON & THURS by 9AM • Place your classified ad by Calling us at 1-478-987-1823 or email: anna@hhjonline.com

Covering Houston County Since 1870

Announcements

Soil3 Solid Waste Composting Facility
Activity

This advisory is issued to inform the public of a receipt of an application for a solid waste compost facility submitted pursuant to a state environmental Law. The public is invited to comment during the 30-day period on the proposed activity. Since the EPD has no authority to zone property or determine land use, only those comments addressing environmental issues related to air, water, and land protection will be considered in the application review process.

Type of Permit Application: Solid Waste Class 3 Facility

Description and Location of Proposed Activity:

Applicant proposes to permit a solid waste composting facility to produce an agricultural based compost consisting of cow manure, wheat straw, and grass clippings. The location of the proposed facility is on Winchester Road in Macon County, Georgia.

A public hearing will be held on December 18, 2025 at 6:00 pm at 733 Carroll Street, Perry, GA 31069 for any inquiries associated with the proposed application.

Name and Address of Permit Applicant:

Super Sod
158 Sod Farm Road
Fort Valley, Georgia 31030

For additional information:
Richard Posey, PE
Environmental Engineer
Recovered Materials Unit
EPD Land Protection Branch
Telephone: 470.640.7137
richard.posey@dnr.ga.gov

Employment

SKILLED MACHINIST NEEDED!

OPEN POSITION:
CNC OPERATOR/MACHINIST

JOB DESCRIPTIONS

MUST BE RELIABLE
Read blueprints, sketches, specifications, or CAD and CAM files for making parts.
Compute and verify dimensions, sizes, shapes, and tolerances of workpieces.
Set up, run, and disassemble conventional, manual, and CNC machine tools.
File, grind, and adjust parts so that they fit together properly.
Test completed tools and materials to ensure that they meet specifications.
Smooth and polish the surfaces of tools and materials.
Monday - Friday
\$15.00 - \$31.00 PER HOUR
Drug free environment


WHY WORK WITH US?

Competitive pay
Growth and Career Development
Flexible hours, Supportive work environment, etc.

SEND RESUME TO OR CONTACT

Shaye@obsessionbows.com

478-945-3340



Share your joy
Submit your announcement at anna@hhjonline.com

LOCAL MATTERS

We don't knowingly accept advertisements that discriminate, or intend to discriminate, on any illegal basis. Nor do we knowingly accept employment advertisements that are not bona-fide job offers. All real estate advertisements are subject to the fair housing act and we do not accept advertising that is in violation of the law. The law prohibits discrimination based on color, religion, sex, national origin, handicap or familial status.

STATEWIDE CLASSIFIEDS FOR THE WEEK 11/16/25

CELLULAR

Consumer Cellular - the same reliable, nationwide coverage as the largest carriers. No long-term contract, no hidden fees and activation is free. All plans feature unlimited talk and text, starting at just \$20/month. For more information, call 1-833-446-1847

HEALTH CARE

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-877-871-3210

ATTENTION OXYGEN THERAPY USERS! Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 1-833-661-9339

Stroke and Cardiovascular disease are leading causes of death, according to the American Heart Association. Screenings can provide peace of mind or early detection! Contact Life Line Screening to schedule your screening. Special offer – 5 screenings for

Georgia

STATEWIDE CLASSIFIEDS

Publish your classified ad in more than 60 Georgia newspapers for only \$350.

Call Georgia Newspaper Service: 770-454-6776

GNS
AFFILIATE OF THE GEORGIA PRESS ASSOCIATION

Get more exposure by placing your ad online www.hhjonline.com

MERCHANDISE

HOMES

JOBS

SERVICES

just \$149. Call 1-855-391-2065

HOME IMPROVEMENT

Replace your roof with the best looking and longest lasting material - steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer – up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-866-939-2151

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-833-781-0206

WATER DAMAGE CLEANUP: A small amount of water can lead to major damage to your home. Our trusted professionals dry out the wet area and do repairs to protect your family and your home's value! If you have water in your home that needs to be dried, call 24/7: 1-833-871-2090. Have zip code of service location ready when you call!

ELECTRICAL SERVICES: Reliable & experienced. Competitive rates. From simple household problems to installing a brand new electrical system, we can take care of it all! Call now and have the zip code of the service location when you call! 1-833-399-6566

NEED NEW FLOORING? Call today schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-833-641-6602

PEST CONTROL: PROTECT YOUR HOME from pests safely and affordably. Roaches, Bed Bugs, Rodent, Termite, Spiders and other pests. Locally owned and affordable. Call for service or

an inspection today! 1-833-406-0231 Have zip code of property ready when calling!

HOME BREAK-INS take less than 60 SECONDS. Don't wait! Protect your family, your home, your assets NOW for as little as 70¢ a day! Call 1-833-890-1269

SunSetter. America's Number One Awning! Instant shade at the touch of a button. Transform your deck or patio into an outdoor oasis. Up to 10-year limited warranty. Call now and SAVE \$350 today! 1-877-740-0337

MISCELLANEOUS

When you want the best, you want Omaha Steaks! 100% guaranteed and delivered to your door! Our Butcher's Deluxe Package comes with 8 FREE Omaha Steaks. Smash Burgers ONLY \$89.99. Call 1-866-411-5403 and mention code 79797ZED or visit www.omahasteaks.com/Deluxe2795

BANKRUPTCY RELIEF! Help stop Creditor Harassment, Collection Calls, Repossession and Legal Actions! Speak to a Professional Attorney and Get the Help You NEED! Call NOW 855-968-5222

BEHIND ON YOUR MORTGAGE PAYMENTS? Threatened with foreclosure? Denied a loan modification? Let us help! Call the Homeowner Relief Line to speak with a mortgage specialist. 844-797-7162

Wesley Financial Group LLC Timeshare Cancellation Experts Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 866-411-5215

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! Strong, recent work history needed. Call to start your application or appeal today! 877-627-2704

Moving Out of State? Licensed and insured, full-service nationwide movers. Call now to get a free, instant price quote on your next move. 1-866-590-6443

DONATE YOUR CAR TO KIDS. Your donation helps fund the search for missing children and preventing abduction. Accepting Cars, Trucks and Vans. Fast Free Pickup – Running or Not Maximum Tax Donation – Call (888) 515-3813

TV/INTERNET

Get DISH Satellite TV + Internet! Free Install, Free HD-DVR Upgrade, 80,000 On-Demand Movies, Plus Limited Time Up To \$600 In Gift Cards. Call Today! 1-866-369-1468

COMPUTER ISSUES? FREE DIAGNOSIS by GEEKS ON SITE! Virus Removal, Data Recovery! 24/7 EMERGENCY \$20 OFF ANY SERVICE with coupon 42522! Restrictions apply. 844-739-4842

WANTED

We Buy Houses for Cash AS IS! No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer and get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-877-399-2113

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 1-833-641-6792

BUSINESS & FINANCE

Robins Chamber welcomes the Legends at Town Place



Robins Regional Chamber of Commerce

New apartments are here! The Legends of Town Place opened its doors in Warner Robins, marking the occasion with a ribbon cutting with the Robins Regional Chamber on Oct. 30. With spacious floor plans and a location near Watson Boulevard, it could be your next cozy place to call home.

Quality Color Painting joins Chamber



Perry Area Chamber of Commerce

Perry just got a little more colorful. Quality Color Painting, a local business with years of experience in interior and exterior painting, fence, and deck staining, joined the Perry Chamber and marked the occasion with a ribbon cutting on Oct. 29. Known for their eye for detail and dedication, the team adds a professional touch to every project they take on.

Robins Total Care holds ribbon cutting



Robins Regional Chamber of Commerce

Healthcare takes center stage at Robins Total Care, a new medical practice in Warner Robins. The clinic was officially welcomed by the Robins Regional Chamber with a ribbon cutting on Nov. 5. Led by Josh and his wife, Blair, the dedicated team offers both primary and urgent care for patients in need.

Perry and Robins chambers team up to celebrate Rigby's conference center



Perry Area Chamber of Commerce

There's even more reason to visit Rigby's Entertainment Complex these days. The Warner Robins hot spot recently opened a sleek new conference center, marking the occasion with the Robins Regional and Perry Chambers on Oct. 29. Featuring a full stage, high-def technology and in-house catering, the new space is ready for parties, performances and everything in between.

Upcoming Ribbon Cuttings

- **Farmers Insurance Agency - Jai Stewart** – Wed. Dec. 10, 4 p.m., 601 Russell Parkway, Suite C, Warner Robins
- **Piedmont Primary Care of Warner Robins** – Thu. Dec. 11, 11 a.m., 4851 Russell Parkway, Suite 500, Warner Robins
- **Middle Georgia Diagnostic Lab** – Thu. Dec. 18, 4 p.m., 1550 Watson Boulevard, Warner Robins

Flint Energies Foundation awards \$10k grant to Middle Georgia Honor Flight



Courtesy: Flint Energies

Special to The Journal

The Flint Energies Foundation awarded a \$10,000 grant to Middle Georgia Honor Flight to support veterans participating in trips from Atlanta to Washington, D.C., at no cost to the participants. These trips allow World War II, Korean War, Vietnam-era, and terminally ill veterans to visit memorials honoring their service and sacrifices.

Represented by Jeanette Wall and Bob Long, Middle Georgia Honor Flight emphasized the significance of these experiences for veterans. "This day provides our veterans an opportunity to remember fallen comrades and reflect on their service to our country," said Wall. "With six flights per year carrying 13 veterans each, this grant ensures that more heroes can participate in this meaningful experience, receiving the recognition and closure they deserve."

The Flint Energies Foundation provides grants to local non-profits such as this one using money donated by Flint Energies Consumer-

members through Operation Round Up®. The electric cooperative's Members contribute \$175,000 annually to the Flint Energies Foundation, which supports worthy causes in the 17 counties it serves. Operation Round Up is a way for participating Members to support multiple charitable organizations by simply allowing Flint Energies to round up their bills to the nearest dollar. Donations to Operation Round Up, which average only about \$6 per year per member, are tax deductible. About 40% of Flint's Membership participates in Operation Round Up, but that percentage continues to decline. If you are a Flint Energies Consumer-member and wish to contribute, you can sign up at www.flintenergies.com/ORU or by calling 1.800.342.3616.

The Flint Energies Foundation, a state-chartered, non-profit, 501(c)(3) organization, disburses all contributions to approved projects; Member contributions are not used for administration costs. Foundation Board members include Chair

Joanne Hamlin, Lizella; Vice Chair Eloise Doty, Butler; Secretary Connie McCutchen, Midland; Treasurer John Luppino, Warner Robins; Gina Fink, Fort Valley; Charles Harrison, Grovania; Pat Bartness, Warner Robins; Traci Kemp, Warner Robins; Betty Chase, Oglethorpe; Roger Sinyard, Mauk; and Ian Russell, Fort Valley.

About Flint Energies

Flint Energies is a not-for-profit electric cooperative owned by its members in parts of 17 central Georgia counties. Flint employs 221 employees and serves almost 100,000 electric meters. We are 100% locally controlled and democratically governed by nine Directors elected from among the membership. In 1937, Flint Energies was created to bring people together to meet common needs like reliable electric energy, and our mission remains focused on improving the quality of life in Middle Georgia. Flint Energies is an equal opportunity provider and employer. Follow Flint on X (formerly known as Twitter), Instagram and Facebook.

Beware of health care cons during open enrollment

If you are adding or changing your Medicare or Healthcare.gov coverage during open enrollment, watch out for unsolicited calls claiming to "help" you find the best deal. Unfortunately, scammers see this open enrollment period as a chance to trick people out of money and personal information. With the current uncertainty surrounding the government shutdown, this period is rife with additional opportunities for scammers.

Open enrollment for Medicare runs from October 15 through December 7 (Medicare Advantage open enrollment is from January 1 to March 31, or within three months of getting Medicare. Healthcare.gov open enrollment begins November 1; December 15 is the last day to enroll or change plans for coverage starting January 1, and January 15 is the last day to enroll for coverage starting February 1.

How the scam works:

BBB Scam Tracker frequently receives reports of scam calls and texts pretending to be from Medicare. In one report, the target reported that a caller pretended to be an agent "asking if I got a new updated Medicare card in the mail. He then verified my name and mailing address. Then he wanted me to get my old card and read off info to him, such as the date on the lower right side of the card. When he asked me to read my card number, I told him I cannot." Another consumer reported being targeted through a text message and shared the following: "I received a text saying that my health benefits were about to expire and I needed to call the number to renew. Then, the representative told me I had to pay and my bank had to verify with them...That's when I knew it was a scam."

If you stay on the line, these

callers allege they can enroll you in a better plan than what you currently have, according to Scam Tracker reports. This new plan is cheaper, and you can keep all the same services. To get started, all you need to do is provide some personal information, such as your Medicare ID number and your Social Security number.

No matter how good the deal sounds and how convincing the caller seems, don't do it! The call is a scam, and sharing personal information will expose you to identity theft.

Tips to avoid open enrollment scams:

Selecting a health insurance plan can be challenging and complex. Be on the lookout for common red flags.

• Be wary of anyone who contacts you out of the blue. Healthcare.gov and Medicare provide legitimate help for determining which plan is right for you. These people — sometimes called Navigators or Assistants — cannot charge for their support. If someone asks you for payment, it's a scam. You will also need to contact them on your own. They will not call you first.

• Be wary of free gifts and "health screenings." Keep a healthy level of skepticism any time a broker offers you free gifts or other special deals. Never sign up with a broker who offers you an expensive sign-up gift in exchange for providing your Medicare ID number or additional personally identifiable information. Other times, brokers offer

free "health screenings" to weed out people who are less healthy. This technique is called "cherry picking" and is against Medicare rules.

• Guard your government-issued numbers. Never offer your Medicare ID number, Social Security number, health plan info, or banking information to anyone you don't know.

• Go directly to official websites. If you want to make changes to your healthcare plan, go directly to Medicare.gov, Healthcare.gov, or your employer's health insurance provider. Don't click on links in suspicious messages.

• Contact your employer directly. If you receive an unexpected email about benefits policies, ask your employer about it before you click on anything to make sure it's legitimate.

If you are unsure whether a call or offer is from Medicare or you gave your personal information to someone claiming to be with Medicare, call 1-800-MEDICARE to report it. If you suspect fraud when signing up for ACA coverage, go to HealthCare.gov or call the Health Insurance Marketplace call center at 800-318-2596.

Get more tips from BBB on avoiding healthcare scams and learn the signs of impostor scams. If you've been the victim of a scam, please report it to BBB.org/ScamTracker. Sharing your experience can help others avoid falling victim to similar scams.

BBB TIPS

KELVIN COLLINS





Houston County teams release 2025 All-Region softball selections

By **CLAY BROWN**
HHJ Sports Editor
clay@hhjonline.com

The 2025 softball season is over and so is All-Region voting, and 26 Houston County athletes made the cut.

See who earned All-Region honors this year:

At the time of writing, Westfield has not shared All-District selections. Northside did not have any players selected.

Houston County, Region 2-5A

April Collins, Coach of the Year

Allie Hutto, All-Region 1st Team Pitcher

Ann Marie DeFore, All-Region 1st Team Infield

Armani Frazier, All-Region 1st Team Outfield

Piper Lambert, All-Region 1st Team Utility

Lily Brzezicki, All-Region 2nd Team Infield

Olivia Buffone, All-Region 2nd Team Infield

Perry, Region 1-4A

Natalie Myers, Offensive Player of the Year, All-Region 1st Team

Ansley Bigler, All-Region 1st Team

Addison Sisa, All-Region 1st Team

Emersyn Preast, All-Region 2nd Team

Cason Gentry, All-Region 2nd Team

Nyah Thomas, All-Region 2nd Team

Abby Nails, All-Region 2nd Team

Addie Hicks, All-Region 2nd Team

Veterans, Region 2-5A

Rizzy White, Player of the Year

Caidence Scott, All-Region 1st Team Pitcher

Katelyn Haines, All-Region 1st Team Infield

Rayven Hodridge, All-Region 1st Team Outfield

Hailey Maloney, All-Region 2nd Team Infield

Kalleigh Stokes, All-Region 2nd Team Infield

Maddy Kinkade, All-Region 2nd Team Outfield

Bella Fendley, All-Region Catcher

Warner Robins, Region 1-4A

Leanne Butts, All-Region 1st Team

Jiyah Holt, All-Region 1st Team

Jazlynn Flaherty, All-Region 2nd Team

Christiana Moore, All-Region 2nd Team



Clay Brown/HHJ

Perry's Natalie Myers was selected as Region 1-4A's Offensive Player of the Year and to the All-Region 1st Team.



Clay Brown/HHJ

Veterans' Rizzy White was selected as Region 2-5A's Player of the Year in this year's All-Region teams.

Andrew Moore, Agent



478-987-1224

onemooreinsurance.com

1001 Washington St
Perry,
GA 31069

State Farm

GHSA releases proposed regions for 2026-2028 reclassification cycle



Clay Brown/HHJ

Tift County will be added back to a region with Houston County, Northside, Veterans, Thomas County Central, Lee County and now Coffee in the proposed GHSA regions for the 2026-2028 cycle.

By **CLAY BROWN**
HHJ Sports Editor
clay@hhjonline.com

The Georgia High School Association reclassification proposal and appeal process is over for the 2026-2028 cycle, and now the proposed regions are revealed after the Reclassification Committee’s meeting on Monday.

No Houston County appealed to move up or down. Houston County, Northside and Veterans will be 6A while Perry and Warner Robins are seated in 5A. Perry is the only school that truly moved in this cycle — they were 4A under the same system two cycles ago.

Now that reclassification is over, the region reveal and transfer requests will begin. Don’t expect any movement from Houston

County schools as they’re in very familiar regions.

Houston County, Northside and Veterans are in Region 2-6A with the same opponents as this year (Coffee, Lee County, Thomas County Central) in addition to Tift County.

The biggest change here is adding one region game to the schedule. Now the teams will play six region games instead of five. That leaves less room for non-region competition at the beginning of the season and gives teams less margin for error early in the season.

Perry and Warner Robins’ region saw significant changes, though it’s nothing new for the Demons.

Benedictine’s appeal to move up to 5A was approved. Ware County and Wayne County are also in 5A, but they’ve been moved

to a region with Evans, Groves, Jenkins, Richmond Academy and Statesboro.

Warner Robins returns to a region with McDonough-area teams, adding Perry to the mix with Eagle’s Landing, Jones County, Locust Grove, Ola and Union Grove.

This significantly lessens travel for Perry and Warner Robins, considering the shortest road trip in their current region is roughly two and a half hours to Wayne County.


There’s nothing surprising about these regions, and it would be surprising to see any of these teams request a transfer.

The deadline to request a transfer is Sunday, Nov. 16 at 12 p.m. The appeal meetings are scheduled for Monday, Nov. 17 at 9:30 a.m. according to the GHSA.

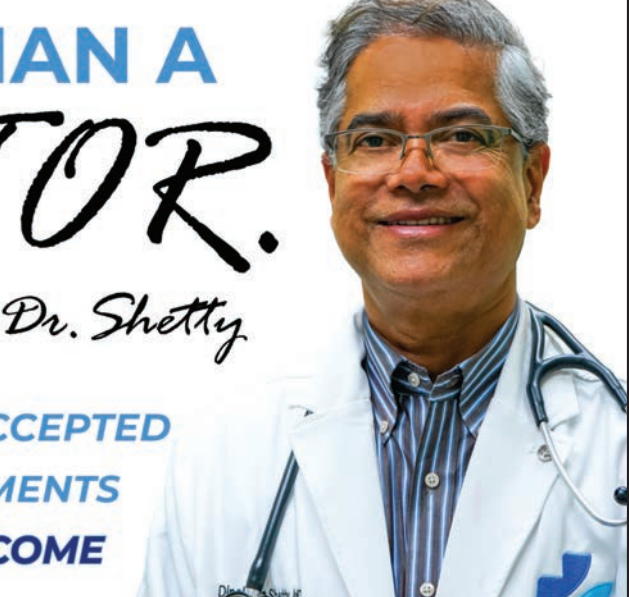


Healthcare Corner

MORE THAN A DOCTOR.



HOUSTON PRIMARY CARE
Affiliated with Southeast Medical Group



Dr. Shetty

MOST INSURANCE ACCEPTED

SAME-DAY APPOINTMENTS

NEW PATIENTS WELCOME

In-House Labs • Ultrasounds

EKGs • Women's Health

24/7
Telehealth
Online Doctor's Visits

WARNER ROBINS
478-328-7674
1719 Russell Parkway

BYRON
478-956-3477
218 N. Hwy. 49

CALL TO BOOK TODAY!

Special Content furnished to The Houston Home Journal.

TRY THIS HYGGE-INSPIRED WINTER FITNESS CHALLENGE FOR ACTIVE AGERS



Photo by Freepik.com

Sponsored by:

Carlyle Place

A Life-Plan Community of Atrium Health Navicent

The Danish embody a hygge (pronounced “hooga”) lifestyle to relax and enjoy simple pleasures when the winter winds blow. But what is hygge, exactly?

The Scandinavia Standard explains hygge this way: “Hygge is about coziness and surrounding yourself with the things that make life good, like friendship, laughter, and security, as well as more concrete things like warmth, light, seasonal food and drink.”

Active adults 55+ can embrace hygge by slowing down and appreciating quiet moments, doing gentle exercises, reveling in nature, making social connections, and tuning into the world around with all five senses.

If the concept intrigues you but you’re unsure where to start, this guide offers a hygge-inspired challenge to incorporate the Danish practice into your fitness and self-care routine this winter.

Core Aspects of Hygge

Imagine it’s a blustery winter day outdoors and you’re inside, snuggled up in a blanket in front of a crackling fire, reading a book, intermittently sipping a cup of hot chocolate. Add up all these cozy elements and the collective feeling they offer — that’s hygge.

Hygge’s core aspects include:

- Creating a cozy and comfortable atmosphere in your emotional state and physical environment
- Using soft lighting or scented candles to create a warm, inviting space
- Spending quality time with friends, family, and co-workers
- Celebrating simple pleasures, like cooking an aromatic meal and sharing it with loved ones, or going on a nature walk
- Practicing mindfulness and being fully present in the moment, enjoying your surroundings, company, and activities
- Embracing each season’s unique qualities
- Prioritizing wellness and self-care in surroundings and a lifestyle that supports mental well-being, comfort, and relaxation
- Unplugging and enjoying in-person

activities, like playing board games or doing puzzles

Incorporating Hygge in Fitness and Self-Care Routine

Hygge-inspired fitness might include doing yoga by candlelight, strolling through a winter festival to see the twinkling holiday lights, enjoying the smell of cinnamon-dusted pecans, savoring a sip of hot cocoa, listening to festive holiday music, or feeling cozy mittens warm your hands.

Self-care might mean soaking in a hot tub, getting a massage, or listening to songs that conjure cherished childhood memories. Hygge is doing anything that promotes a sense of feel-good, mental, and physical well-being.

How to Support Physical and Mental Well-Being with Hygge

Hygge practices vary for each person. So, always follow your physician’s orders regarding medical restrictions and limitations when incorporating hygge into fitness routines.

Overall, doing a combination of strength training, aerobic exercise, and balance exercises throughout the week is good for healthy aging.

Maintaining social connections, learning a new hobby, and practicing relaxation techniques relieves stress and promotes mental wellness.

You can apply hygge principles to all these things.

Hygge-Inspired Weekly Winter Challenge Ideas

You can fill an entire week with hygge-inspired activities that promote physical and mental well-being, relaxation, togetherness, and mindfulness in a cozy setting. You can rotate, tweak, or customize them as you wish to round out a month.

Here are some ideas (and always follow your doctor’s medical guidance):

- **Monday** – Bundle up and go for a walk through the neighborhood or a local park. Notice how your hat feels against your ears and how your gloves or mittens keep

your hands warm. Listen to your boots as you walk. Do they crunch on snow? Search for wildlife in the trees, like a squirrel or a cardinal. Keep a nature journal that details your experience.

- **Tuesday** – Do chair yoga or resistance band exercises indoors in front of the fire (if you have a fireplace) or under soft lighting. Listen to classical music or your favorite soothing tunes as you exercise. Enjoy a warm bath or shower afterwards and wrap up in a soft, cozy robe and slippers.
- **Wednesday** – For hygge-inspired taste and smells, bake or cook some of your favorite foods and enjoy the aroma that wafts through the kitchen. Make something that invokes pleasant memories, like your grandma’s homemade bread, your mother’s chocolate chip cookies, or your signature spaghetti sauce. Invite friends or family members over to share lunch or dinner and play active games like charades or Pictionary that also make you laugh.
- **Thursday** – Do a random act of kindness to boost someone’s spirit. Send a friend a card, call a relative, pay for a stranger’s coffee, take holiday treats to a neighbor, or volunteer at a local charity.
- **Friday** – Enjoy a quiet night at home, curled up in a blanket, reading a book while sipping tea, or telling your favorite childhood memories to a family member who’s there or over the phone.
- **Saturday** – Get more exercise and quality social time by hosting a party that involves dancing to your favorite songs, eating tasty food, drinking hot cider, and laughing. To keep things hygge cozy, have a flannel or pajama party theme.
- **Sunday** – Go device-free for a day and be present for your spouse, children, grandchildren, or friends. Cook together, do a craft, host a book club meeting, watch movies, or just enjoy some undistracted conversation.

As a new week begins, change these activities and learn new hobbies, enjoy a new recipe, go on a nature scavenger hunt, do meditation, call a long-distance relative, and host a candlelight dinner. The hygge-inspired possibilities for each week are endless and up to you.



Give Your Retirement Plan a Promotion

Veterans Save 5% Off Entrance Fees

Since 2001, veterans and non-veterans alike have come to Central Georgia’s only Life-Plan Community to live, learn, laugh and play on our amenity-rich campus in Macon. We call it crafting your happy.

To schedule a visit or learn more:
478-845-6899
carlyleplaceinfo.org/military

Carlyle Place

A Life-Plan Community of Atrium Health Navicent



5300 Zebulon Rd. | Macon, GA 31210