



**THE
TOWN
CRIER**

Once a coach

If you went to a North Whitfield High School football game back when there was a North Whitfield High School in the mid-1960s, and then you went to a Northwest Whitfield High School football game in the last few years, you might think you were experiencing déjà vu, but you weren't.

It was just Coach Travis Tyson doing what he does best, coaching. He started at North Whitfield back then but took a detour through the carpet industry from 1970 to the '90s. But then the cheer of the crowd and the heart of the athlete never left him, so when it was time to finish in the carpet industry it was time to start back coaching. I caught up with him the other day to see where the love of the game came from and what it means to him.

A triple first

He grew up outside of Tifton in south Georgia working on his grandfather's 11,000-acre farm. Down there they grow peanuts and cotton and tobacco and watermelons and pecans. There was no Little League, but like the textile mill teams we had up here, there were adult teams for each town that traveled on the weekends and played ball against each other on Sundays after church.

Although he was barely a teenager, he went with the team and if they got far enough ahead he got to play. He listened to sports on the radio as a kid. They could pick up the Boston Red Sox for some reason. Of course, Saturday night was the Grand Ole Opry. Local basketball games were on the radio, but not football.

At age 14 his family moved to Cleveland, Ga., over in the mountains past Dahlonega, and he went to high school there at East Hall High. He played on the first baseball and football teams the school ever had that year. For football it was a triple first. First-first was that it was their first football team, second-first was that it was the first football team he had ever played on, and the third-first was that the first game he ever played in was the first game he had ever seen!

They played Sprayberry, a new spin-off school from Marietta that had talent. The score was 48-0 for Sprayberry. Tyson's team only had about 11 main players. There were so few teams around back in the '50s there that one of the teams they played consisted of the inmates from nearby Alto Prison. I guess the referees weren't the only ones wearing stripes that day.

The gear was different as they didn't have facemasks on the helmets until his senior year. But the kids were usually smaller back then and injuries were few and minor, mainly sprained ankles and the occasional knocked-out tooth.

➤ Please see **CRIER**, 3C



CONTRIBUTED PHOTOS

Shaw Industries earned a United Way 5-Star Champion and a Community Pillar Award. Shaw Industries has an annual United Way impact of more than \$1.5 million in Whitfield and Murray counties. From left are Amanda Burt, Susan Bramblett, Vicky Williams, Russell Headrick, Deanna Mathis, Tracy Corbin, Randy Merritt and Bob Ringer.

The cause that unites corporations... United Way's 2015 awards

SUBMITTED BY THE UNITED WAY
OF NORTHWEST GEORGIA

When we unite, we make changes that would be impossible to do alone.

At Game Changers, United Way of Northwest Georgia's Annual Meeting and Volunteer Awards, Board Chairman Bob Ringer and President Amanda Burt thanked all the CEOs, campaign teams and employees who support United Way by giving, advocating and volunteering throughout the year.

Ringer announced that "13,000 individual donors responded to the call to be a game changer and improve lives by giving." United Way announced earlier this year it surpassed the 2015 United Way campaign goal of \$3.7 million.

Ringer continued, "Simply stated, United Way connects people in need with people who can help. Over 60,000 lives were touched by United Way in 2015 alone. Our United Way brings diverse groups of people together to create lasting change and improve lives by focusing on the building blocks of a good life, education, basic needs and health."

More than 200 local companies hold employee campaigns for United Way, giving their employees an easy way to give through payroll deduction. In addition, 60 companies make corporate gifts, sharing their profits, to improve the quality of life in Whitfield and Murray counties.

In order to recognize companies that go above and beyond to champion United Way, the organization annually awards corporate partners for reaching strategic giving levels, achieving 5-Star Champion status and earning top ranks.

United Way 5-Star Champion Award Commitments

1. Make a CEO gift and a corporate pledge.
2. Choose a dynamic campaign coordina-



Dalton Utilities earned a United Way 5-Star Champion Award. From left are Amanda Burt, Charlie Morrow, Kay Phillips, Tom Bundros and Bob Ringer.

tor and team.

3. Allow employees to go on United Way Impact Tours.

4. Host leadership and company-wide campaign meetings with dollars up over last year and reported to United Way by Oct. 31.

5. Encourage employees to volunteer with United Way.

United Way Strategic Partner Levels

- \$50,000 Community Collaborator
- \$100,000 Community Patron
- \$250,000 Community Samaritan
- \$500,000 Community Builder
- \$1 Million Community Pillar

2015-16 United Way Corporate Awards

Americem earned the 5-Star Champion Award. Gary Dale and Carra McGuire oversaw the employee presentations resulting in 79 percent of employees donating to United Way.

Beaulieu of America received a Community Collaborator Award this year. They had an 80 percent growth. Thanks to Bob Lee, Kim Harper and Austin Taylor for leading this winning team. Thank you to Karel Vercruyssen for his continued support.

Brown Industries secured a 5-Star Champion Award and a Community Collaborator Award. As always, Lynn Whitworth, Stuart Nelson and Tim Holt led a strong campaign. In addition, Brown Industries sponsored Make a Difference Day this year.

Coldwell Banker Kinard Realty's campaign grew by 96 percent this year, earning a Growth Award. Under the leadership of Mike Maret, its dollar amounts almost doubled this year.

➤ Please see **UNITED**, 2C

KEEPING FIT

5 common mistakes beginning a workout program

Starting a workout program is always exciting. Flush with the promise of a healthier body and sleek new physique, it seems that gyms everywhere flood with new members after Jan. 1, determined to finally meet their New Year's resolutions.

But by this time each spring, it seems that too many new faces begin to fade along with the resolutions. Too many lose interest, get discouraged or even get hurt. Let's talk about five common mistakes we so often make when beginning a new exercise program so that we can not only survive, but thrive in our fitness journey.

We expect immediate results.

Countless books, articles and websites are dedicated to selling workout programs that are "fast" or "effortless." Why do we believe these lies? If a claim seems too good to be true, then it probably is.

Having unrealistic expectations can cause us to train with extreme intensity at first, but this usually



Megan J. Stockburger

brings immense fatigue and soreness, followed by a quick plateau in results. How discouraging! Worse, it often leads to skipped workouts, feeling defeated or quitting altogether. We must stop trying to measure instant results and base our success on sticking to the program and modifying our behavior one habit at a time.

We forget about balance.

When trying to become healthier, it can be difficult to juggle everything. We have to make sure we allow ourselves time to enjoy the journey and balance the other things in life that are important.

I believe one of the benefits of exercise is learning to understand our own bodies and what they need. A healthy lifestyle can be so much more than a number on a scale, the amount of weight we can lift or the miles we are able to run. There are times when we have to give ourselves permission to actually skip a workout to spend time with family, or get some sleep if we feel like we are running on empty. We just have to be careful not to let a slip in the routine turn into a slide!

➤ Please see **FIT**, 2C

Do you have a story idea for the Living page?

If you know someone with an interesting story to share, or about an upcoming special event, or really, anything you think our readers would enjoy, email your ideas to danielbell@daltoncitizen.com with the subject line "Living."

BIRTH ANNOUNCEMENTS

Hamilton Medical Center announces the following births:

- Edwin Antonio, son of Delmy Posada of Dalton, March 11.
- Alyssa Kaylee, daughter of Leanna and Raymond Lowe Jr. of Chatsworth, March 14.
- James Lloyd Leon, son of Alexis Conner and James McDaniel of Chatsworth, March 15.
- Laura Victoria, daughter of Laura and Rogelio Alvarez of Dalton, March 16.
- Enrique Alejandro, son of Marisol and Enrique Gandarilla of Dalton, March 16.
- Peyton Elijah, son of Brittany and Brandon Ledford of Dalton, March 16.
- Genevieve Ann, daughter of Iris Pittman and Gary Pruitt of Dalton, March 16.
- Leo, son of Claribel and Juan Valdez of Dalton, March 16.
- Claire Belle, daughter

- of Meagan and Stephen Bingham of Chatsworth, March 17.
- Ahnna Zuri, daughter of Heather and Herman Esquivel of Dalton, March 17.
- Camila, daughter of Martha Lopez and Luis Rodriguez of Dalton, March 17.
- Hanna Shaye Brooke, daughter of Brooke Bryson and Joseph Crumley of Dalton, March 18.
- Bexleigh Karter, daughter of Addison Hasty and Dustin McAllister of Chatsworth, March 18.
- Bentley Alexander, son of Elizabeth Holcomb of Dalton, March 18.
- Liliana Leigh, daughter of Marcia and Isaias Martinez of Tunnel Hill, March 18.
- Luke Daniel, son of Katie and Dan Peeples of Cohutta, March 18.
- Axel Chase, son of Stephanie Jenkins and Anthony Stancill of Dalton, March 19.

- Kalie Ann Elizabeth, daughter of Chelsea Forester and Terry Pack of Cohutta, March 20.
- Yuniel, son of Julissa Sosa and Yunior Ovalles of Dalton, March 20.
- Oberyne Aurelio, son of Ana Arredondo and Edwin Gabriel of Dalton, March 21.
- Bentlee Chase, son of Alicia Hamilton and Tyler Fields of Dalton, March 21.
- Nicole, daughter of Marisol and Dale McAtee of Dalton, March 21.
- Lidia, daughter of Stacy Sandoval and Artemio Lopez of Dalton, March 21.
- Slade Hendrix, son of Jensen and Hunter Dunn of Crandall, March 22.
- Mason Everett, son of Amber Hayes of Chatsworth, March 22.
- Ana, daughter of Susana Mejia and Eleuterio Sanchez of Dalton, March 22.
- William Lee, son of Vanessa and Ralph Clack of Dalton, March 23.



CONTRIBUTED PHOTO

Mohawk Industries earned a United Way 5-Star Champion Award. They reached more than a half million dollars for Whitfield and Murray counties, earning a Community Builder Award. Mohawk received the Largest Overall Dollar Increase award this year, growing its campaign by more than \$125,000. Jennifer Palmer and Jamie Welborn were awarded the 2015 Campaign Coordinators of the Year award. From left are Bob Ringer, Tom Pyke, Denise Wood, Karen Rabren, Larry Perugini, Renee Brown, Paul Meredith, Maria Guzman, Jamie Welborn, Darby Moraitakis and Amanda Burt.

United: Celebrating giving

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Dalton Public Schools won a 5-Star Champion Award for 2015. Through the leadership of Jim Hawkins and campaign coordinator Nancy Zahn, more than 50 percent of Dalton Public Schools employees donated to United Way this year.

Dalton Utilities earned the 5-Star Champion Award. Officials conducted a leadership campaign this year and employees participated in volunteer projects and tours. The campaign was led by Frank Carile and Charlie Morrow. CEO Don Cope was once again very active and supportive of the campaign.

Dorsett Industries secured a Community Collaborator Award and once again had the Overall Highest Participation, with 82 percent of its employees giving. This Pacesetter campaign was led by Bob Goodroe and President Bryan Macon.

Engineered Floors received the 5-Star Champion Award and Overall Growth Award. Thanks to the efforts of CEO Bob Shaw, Engineered Floors started its campaign off with a very successful Leadership meeting. Thank you to Campaign Coordinator Joe Young, also Zack Adamson, Tucker Mosteller and Isabel Pimentel for organizing this fast-growing campaign, representing \$50,000 in new giving.

Hamilton Health Care System earned a Community Collaborator Award. Todd Harrison led its campaign, which grew by 33 percent this year. Thank you to CEO Jeff Myers for hosting a Young Leaders Society Lunch & Learn.

IVC US earned the 5-Star Champion Award. Micah Riggle and Scott Hudson led this successful campaign. Thank you to CEO Paul Murfin for his support.

J+J Flooring received a Community Patron Award. Josh Hall and Ross Poe led

this Pacesetter campaign, organizing tours, leadership meetings and employee-level presentations. J+J has always boasted very high participation through its entire organization. This year 77 percent of employees participated. CEO David Jolly continues to support all the efforts of United Way.

JMW Inc. received the Newcomer Award. Michael Wise held its first-ever employee-level campaign. Employees took the United Way message to heart and almost every one donated.

Marketing Alliance earned the 5-Star Champion and Community Collaborator awards. Sandi Puckett, campaign coordinator, organized presentations at all of its locations. Thank you to CEO Bryan Hair for his support.

Mohawk Industries earned a 5-Star Champion Award. It also reached more than a half million dollars for Whitfield and Murray counties, earning a Community Builder Award. Officials hosted an Advocates training and held a Game Changing kickoff where President Brian Carson held his own trike race.

Mohawk received the Largest Overall Dollar Increase award this year, growing its campaign by more than \$125,000. Jennifer Palmer and Jamie Welborn were awarded the 2015 Campaign Coordinator of the Year Award.

NPC South earned a Growth Award due to its campaign increasing by 72 percent. Thank you to CEO Roland Cantrell and Yvonne Jones who coordinated their campaign.

Phenix Flooring grew its campaign 93 percent this year, earning a Growth Award. Thank you to CEO Mark Clayton and Jared Warnack, campaign coordinator, for the success of this campaign.

Shaw Industries earned a 5-Star Champion Award and a Community Pillar Award. Our community is grateful to CEO Vance Bell

and Shaw Industries for their civic leadership. We would like to thank Russell Headrick, Shaw’s 2015 campaign chair, for his role in the campaign, which was up by more than \$45,000. In total, Shaw Industries has an annual United Way impact of more than \$1.5 million in Whitfield and Murray counties.

Textile Management Associates received a Community Collaborator Award. Tom Peeples held a leadership campaign that set the stage for an awesome year. The United Way story was then taken to employees at all of its locations. Thank you to Terri Hawkins and Steve Townsend for all of your hard work.

UPS was awarded the Global Corporate Leader Award. It offers a corporate match to employee gifts, leadership giving program and a retiree program. Thank you to Jeremy Tatum for leading the campaign at UPS.

Ringer thanked 2015 Campaign Chairman J.T. Finley for his service.

“This man has given up precious hours running his business to share the United Way message,” he said. “When we picked J.T. to be our chief advocate and storyteller, we picked the best. Thank you for all your hard work, leadership and commitment to our community, and surpassing our \$3.7 million goal.”

Tom Bundros, CEO of Dalton Utilities, was announced as following Finley as the 2016 United Way campaign chairman. Volunteers interested in helping Bundros or companies interested in setting up a new campaign can contact Andrea Mansfield at (706) 876-1580 or andrea.mansfield@ourunitedway.org.

Karen Townsend, 2016 board chair, issued a challenge to get engaged through one of United Way’s many opportunities: affinity groups, volunteer projects or simply by checking out the Annual Report online at www.ourunitedway.org.

PET OF THE WEEK



Meet Ellie

SUBMITTED BY THE HUMANE SOCIETY OF NORTHWEST GEORGIA

Check out sweet little Ellie. She is a tiny girl, about two years-old. She looks like a Chihuahua/rat terrier mix and weighs about eight pounds. She loves to be held and really enjoys playing with other dogs.

You can go to www.hsnwga.org to apply for any of the dogs and cats at the Humane Society of Northwest Georgia.

The next Humane Society meeting will be Monday, April 18, at 6 p.m. at the Mack Gaston Community Center,

Multipurpose Room, Room B. The public is invited.

Adoption Day is every Saturday from noon to 4 p.m. at the shelter. You can purchase spay/neuter certificates every Saturday at the shelter from noon to 4 p.m. All the local vets honor them.

You can follow the Humane Society on Facebook, Twitter and Instagram. The Humane Society is an all-volunteer organization funded only by the generosity of donations.

Donations can be mailed to HSNWGA, P.O. Box 3946, Dalton, GA 30719.

Fit: Common mistakes

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We train with only what we’re good at or know how to perform.

Too often us ladies spend all our time doing cardio or stretching, because it is what we are naturally good at, and the guys spend all their time in the weight room. It is easier to perform only the exercises we are familiar with or good at, but that can actually limit our potential gains.

Ladies, by neglecting weight training we are not doing our figures any favors. Nothing builds muscle tone or helps encourage fat losses with a diet like strength training. And if you are strong as an ox but neglecting cardio and flexibility work, you may be creating some imbalances and missing out on important health benefits.

It is good to start with a complete physical assessment ... so you can determine your strengths and weaknesses and get started right.

We think exercise will compensate for a poor diet.

Fitness specialist Craig Ballantyne says that “A fat loss program is 168 hours per week. Not just the three hours per week when you are exercising.”

Most workout routines are typically anywhere from 30 to 90 minutes, but that leaves another 22-plus hours in the day for us to mess up everything if we are not careful. How many times have we thought

we could eat a little more, or have some extra dessert, because we worked out?

Exercise, especially strength training, is very good for toning the muscles, but it does very little for helping to take off body fat. Most of us only get about a net 300-calorie burn from a 30 to 60 minute workout, but there are 3,500 calories in a pound of fat. It is far better for us to let our diets take off the weight, while our exercise tones the muscles.

We won’t admit that we need help.

Making life changes is hard. Motivation doesn’t always come easily and too often we try to take the journey to a healthy lifestyle on our own. The Internet and media throw so much information about the newest fad diets and exercise programs at us that it all gets a little confusing.

We should never be afraid to ask questions and enlist some assistance. I’m sure there is a reason that people earn 4-plus-years degrees in exercise physiology.

The research is always revealing more about our wonderful bodies and the best ways to help them adapt and improve. So let’s look for resources that we know are backed by real professionals and make ourselves accountable to them. Whether it’s the support of a certified professional or even just a friend or family member, don’t be reluctant to ask for help.

Megan J. Stockburger is a fitness consultant with Bradley Wellness Center.

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