

Communications Officer of the Year



GCSO photo

Communications Officer of the Year Kellen Simonton is congratulated by Sheriff Stacy Nicholson.

Civilian employee of year



GCSO photo

Civilian Employee of the Year for the second time in a row was Melissa Waddell, pictured here with Sheriff Stacy Nicholson.

Citizens' Law Academy starts Jan. 21

From Staff Reports

The Gilmer County Sheriff's Office has announced there will be only two Citizens' Law Enforcement Academy classes in 2014, with the first 15-weeklong class beginning on Tuesday, Jan. 21.

The classes meet each Tuesday from 7 to 10 p.m., and up to 15 to 20 students are accepted. There will be no sum-

mer class.

The CLEA is open to all Gilmer County residents, employees and business owners age 21 and over. A criminal background check is required prior to selection as a student.

The CLEA provides students with hands-on training and law enforcement knowledge in a friendly, nonconfrontational environment. All instructors in

the course are sheriff's office employees.

Topics include Constitutional law, criminal investigations, patrol procedures, traffic enforcement and use of force. Students will observe K-9 and SWAT demonstrations, ride with deputies on actual patrol, and participate in mock scenarios such as domestic disturbance calls and traffic stops. Tours of agency facilities

are also included.

For more information on what the sheriff's office calls "a very informative and fun program," contact program coordinator Deputy George Ellis at (706) 515-2654 or email him at gellis@gilmer-sheriff.com. Applications may be downloaded at <http://gilmer-sheriff.com/sheriff/wp-content/uploads/2013/01/CitizensLawEnforcement.pdf>

Certificate of Merit awarded



Photo by Mark Millican

Sheriff Stacy Nicholson awarded former deputy Mark Sanford (2nd from right) with a Certificate of Merit on Friday for his heroism in rescuing a family from storm-swollen Clear Creek last August. From left are family members James, Sherry and Kaitlyn Whittemore, and Sanford's wife Michelle with their son John behind them. Sanford and Nicholson were both on the scene the night Deputy Brett Dickey — Sanford's partner — was killed in the line of duty Feb. 13, 1996. Sanford also was shot during the attempt to serve a warrant on a convicted felon, and received a Purple Heart and Medal of Merit at the time.

Model railroad open house

Tri-State Model Railroaders

The January model railroad open house at the Mineral Bluff depot, 150 Railroad Avenue, will be held from 9 a.m. to noon Saturday, Jan. 18. This HO gauge model railroad will see trains operating from Elizabeth Yard in Marietta through Ellijay, Blue Ridge, Murphy Jct. and on to Copperhill.

The Tri-State Model Railroaders invite you to see excellent scenery and structures representing railroading in the north Georgia mountains during the early 1950s. For further information email tsmri@yahoo.com or call (706) 455-8903.

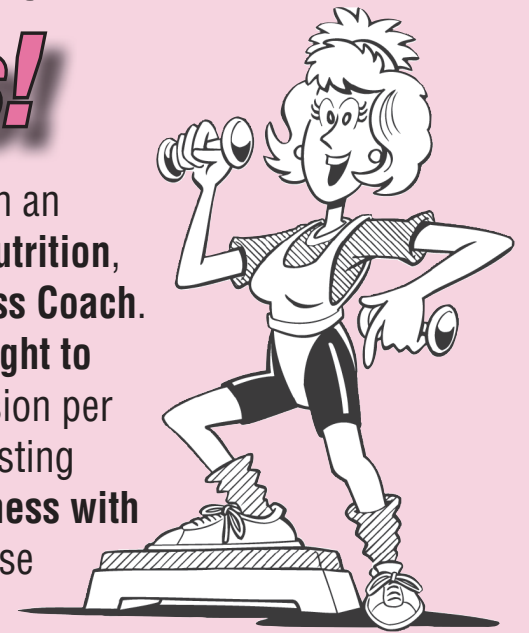
PINK fitness for WOMEN

Personalized Weight Loss Coaching For Ladies



Congratulations!

Pink Fitness is seeking 25 ladies to participate in an innovative **36-week Program of Exercise and Nutrition**, while being motivated by a **Personal Weight Loss Coach**. Participants must have **15 to 200 pounds of weight to lose** and be able to attend three, 30-minute session per week, plus be accountable to your coach. The testing results from this challenge will provide **Pink Fitness with valuable fitness data** to be used in future exercise and nutrition planning and research.



"Biggest Loser" Weight Loss Challenge!

Must Read:

If your goals are to ... **Lose Body Fat**, improve muscle tone, revitalize skin complexion, treat arthritis, **control diabetes**, manage fibromyalgia, enhance overall health & fitness, reduce cellulite, **lower blood pressure**, **decrease cholesterol levels** and improve bone density, then this **personal coaching supported** program will benefit you!

To Qualify:

- Age range: **Ladies 18-75** and up ...
- Must have **15 to 200 lbs.** or more of weight to lose
- **Not currently exercising** on a regular basis
- Will agree to participate in a **36-week Weight Reduction Testing**, 30-minute sessions, three times a week
- Will undergo a **supervised weight loss profile** at the start and the end of the 36-week time period
- Must call to register within three days of receiving this notice
- Agree to weekly weigh-in, record statistics in **Private Weight Loss Journal**
- Agree to follow a sensible nutritional eating plan **Monday - Friday**
- Eat normal on week-ends
- Limited to **first 25 Ladies**
- All final results are kept strictly confidential

Call Now!

Your final results will be analyzed and recorded in exchange for the program fee. **If accepted into this program you will not be required to pay the program startup fee.** You are only asked to cover the low weekly discounted coaching fee. There are no supplements to take or special foods to buy. This is a **Healthy Lifestyle Change Plan** along with **Family Friendly Nutrition.**

PINK fitness for WOMEN

572 Maddox Drive
Suite 201
Ellijay, GA 30540

This is a free call and will ring directly to the Ellijay location:
Call today!
706-276-PINK
(7465)