



The Martin News

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www.themartinnews.org
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January 25, 2021

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The Martin News Is Going RED for Women's Heart Health



American
Heart
Association®

**Go
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for women**

The Martin News Is Going Red For Women

Every February, The American Heart Association holds fundraising and educational events to raise awareness for heart disease in women.

Due to COVID-19, many events will not be occurring this year however fundraising can still continue and is very much needed.

Will You Help The American Heart Association?

**How? Wear Red
When? Friday, February 5, 2021**

Do you have to fundraise to participate on Wear Red Day? The answer is simple, no. However if your business or organization would like to help fundraise, please visit <https://www.goredforwomen.org/en> and get signed up today. There are so many ways to fundraise to help the American Heart Association so let's get started today!

On behalf of The Martin News, thank you all for participating in this event. Please let us know if your business, organization or family plans to wear red on February 5th. You can email us at Imanley1210@gmail.com. We will be sharing all of your pictures and fundraising efforts if you plan to fundraise.

**On February 5th, when you wear red for
Go Red For Women,
please use the hashtag #GoRedForWomen.**





Worth County School District

103 Eldridge Street
Sylvester, GA 31791

Phone: 229-776-8600 :- Fax: 229-776-8603
Website: <http://worthschools.net>

1/21/21

Dear Worth County,

All Worth County Schools will return to traditional, face-to-face learning for all grade levels beginning Monday 1/25.

Positive trends in community and school numbers have led to this decision. Worth County Schools will continue to closely monitor all Covid-19 related data, as well as coordinate with local health officials. We know that we cannot let our guard down, and will continue to practice and emphasize Covid-19 mitigation strategies throughout our schools.

Current Virtual students will not be impacted by this decision.

We are excited to offer full-time, in-person learning to all of our students. It is great to see our students enjoying school!

Respectfully,

Mr. Nehemiah Cummings, Ed. S.
Superintendent
Worth County Schools

#GoRams!

Mystery Solved! Ashburn Woman Finds Owner of Guitar Found On Tifton Roadside



Because of an Ashburn family's diligence, a guitar found on a Tifton roadside in December has now been reunited with its Florida owner. Andy Dickson, who lives in the Ponte Vedra Beach area, lost his Sigma acoustic guitar on Dec. 19 when he stopped for gas in Tifton en route to Tennessee for the holidays. Dickson had packed the guitar, obtained in 1986, under a tarp in his flatbed truck. Dickson frequently used the guitar, including at a worship service he led at the First Baptist Church of Ponte Vedra Beach, not long before. Apparently, the guitar fell out of his vehicle as Dickson was getting onto Interstate 75 in Tifton. As the Tifton Grapevine recounted on Jan. 1, Jake Perry, 18, of Ashburn was driving onto a northbound ramp of I-75 in Tifton on Dec. 19 when, out of the corner of his eye, he saw some kind of bag on the roadside. "My boys are always

finding stuff on the side of the road. Always. Sometimes it's a lottery ticket that's been scratched that actually has money on it waiting to be cashed in; sometimes it's huge semi straps or car jacks," said his mother Amanda Cook Perry of Ashburn. She said that this time Jake "almost passed by without a second thought, but something told him to turn around." The "bag" was a guitar case with a beautiful guitar inside – along with personal items. "There are some priceless things inside to whoever lost it. Losing this for whomever it belongs to would be the same as me losing my books of handwritten recipes," Amanda Perry wrote on Facebook, sharing photos of the guitar. Many of the items had ties to the St. Augustine, Fla., area, so Amanda reached out to The St. Augustine Record newspaper, which published a story about it in December. Still, the owner remained a mystery. Amanda decided to do some detective work. Among items in the guitar case was information from a funeral in Jacksonville. She reached out to a relative of the deceased and found that Andy Dickson had played his guitar at the service. She then tracked down Dickson and, after ascertaining that he indeed was the guitar's owner, returned the instrument to him. Dickson had also been advertising his lost guitar on Facebook but to no avail. "The threads, they were each running parallel to each other, but she (Perry) was able to put this all together," Dickson told the St. Augustine Record. Jake Perry, left, and his mother Amanda Perry, right, of Ashburn, return the lost guitar to Andy Dickson of Florida.

Source: Tifton Grapevine

Sharing Memories: Sponsored by TT's Taxes

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Worth County COVID Vaccine Information

Who is eligible to receive a vaccine at this time?

The following individuals are eligible for the vaccine at this time:

- Medical Personnel
- First Responders including Fire Fighters and Post Certified Law Officers
- Individuals who are 65 years of age or older
- Caregivers to those 65 years of age and older

Where can I get a COVID-19 vaccination in Worth County?

COVID-19 vaccines are now available **BY APPOINTMENT ONLY** in Worth County at the following locations:

- Worth County Health Department
- Phoebe Worth Medical Center

How do I make an appointment to get a COVID-19 vaccine?

- Worth County Health Department
 - Contact the Southwest Health District Call Center at 229-352-6567
 - Contact the local Health Department by calling 229-777-2150 and selecting option 3. Then press 0 to speak to the operator. (Do not select option 1 to make an appointment because that sends you to the Southwest Health District Call Center)
- Phoebe Worth Medical Center
 - Individuals who are 65 and older may call 229-312-1919 to schedule an appointment.
 - First Responders and Health Care Workers should visit rapidvac.phoebehealth.com to schedule an appointment

Please Remember

- Vaccines are given by appointment **ONLY**
- There is **NO CHARGE** for the vaccine
- If you have insurance an administration fee will be filed



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Go RED for Women



Celebrate National Wear Red Day® on Friday, February 5, 2021. According to the National Heart, Lung and Blood Institute (N.I.H.) in the U.S, Coronary Heart Disease is the “#1 killer of women in the United States”. National Wear Red Day®, which was first observed in 2002, is a day

when men and women are encouraged to wear red as a symbol of their support for women’s heart health. Tips to help control your risk for heart disease:

Get active
Control your cholesterol
Eat better
Manage your blood pressure
Lose weight
Reduce your blood sugar
Stop smoking

For more information on “Life’s Simple 7”, go to www.goredforwomen.org.

Source: AHA

Ms. Hannah and Ms. Taylor's Classroom at Backyard Buddies is having a great time practicing cutting lines with scissors. Ms. Hannah and Ms. Taylor love teaching their class many new things in class. The children are learning so much. Great job!

Source: Backyard Buddies



**Proud Sponsor
of This Weeks'
SCHOOL
SNAPSHOTS!**



Hello! My name is Nancy Burrell and I'm excited to announce an amazing community service opportunity for you and your organization. We are setting up "the Exchange" at Worth County High School. The Exchange will be a clothing and personal hygiene item closet open to all students of WCHS. We are asking for the entire Worth County community to get involved in this exciting venture. We will be accepting new and gently used clothing as well as new personal hygiene products. We would love for you and your organization to get involved. Below is a list of items we hope to be able to stock in the Exchange.

If you would like to donate or have any further questions please contact me at nburrell@worthschools.net or 229-344-1389.

Personal Hygiene Items

Soap
Deodorant
Shampoo
Conditioner
Toothbrush
Toothpaste
Brush
Comb
Pick
Tampons
Maxi Pads

Suggested Clothing Items

Blue Jeans (male & female)
t-shirts (male & female)
sweaters
polo style shirts
button up shirts
skirts
underwear (new)
socks (new)

**RHYTHM
& RIBS
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SATURDAY
MARCH 6 | **10 AM**
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GEORGIA COVID-19

Emotional Support Line

866-399-8938

Everyday 8am - 11pm

TO OUR EDUCATORS



Educators fulfill a significant responsibility. As an opportunity to support you in the work that you do caring for students, the Georgia COVID-19 Emotional Support Line is providing free and confidential assistance to educators needing emotional support or resource information as a result of the COVID-19 pandemic. You don't have to manage your emotions alone. Our mental health professionals are here to help.

A partnership between the Georgia Department of Behavioral Health and Developmental Disabilities, Beacon Health Options, and Behavioral Health Link.



Georgia
Department of
Behavioral Health
& Developmental
Disabilities

Keep Calm: There's an App for That!

As Georgia's public safety net for behavioral health, DBHDD highly values and appreciates the work being done by colleagues at our sister agency, the Department of Public Health (DPH), during the current COVID-19 response. Below are some wellness apps (most are FREE) that you can use on the go, on a smartphone or tablet, to take care of yourself while you are working hard to take care of others. Most apps can be downloaded for either Android or iPhone. **#selfcare #healthyheroes**



Daylio – micro-journaling, track your daily mood



Grid Diary – provides journal prompts to get you started



Day One Journal – record your thoughts and add photos



Headspace – try a guided meditation



Breathe2Relax – breathing exercises to reduce stress and anxiety



Magic Jigsaw Puzzle – coloring not your thing? Assemble puzzles!



Happy Color – digitally color in images



Overcast – There's a podcast for every interest, listen for free



Audible – classics are currently free, there's also a free 30-day trial



Take a Break! – recharge with a 7-minute work break or 13-minute stress relief recording



What's Up? – grounding exercises, coping skills and help with unhealthy thought patterns



Happify – games make everything a bit more fun



What's My M3 – track mental health changes over time



Humm.ly - #1 rated music wellness app (free premium content for everyone during COVID-19 crisis)



Calm - guided meditations, sleep stories, breathing programs, and relaxing music

"Self-care is never a selfish act - it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self and give the care it requires, we do it not only for ourselves, but for the many others whose lives we touch."

— Parker Palmer, *Let Your Life Speak: Listening for the Voice of Vocation*

Vroom Vroom...

It's National Car Insurance Day

Happy National Car Insurance Day! For many thinking about or talking about their car insurance, it is rather like punishment than a party! I am here to show you that if you take a little time out once a year to look at your policy you can happily forget about it the rest of the year. You would like that, wouldn't you? Let's take a moment to jump into the joy of insurance...stop laughing, come on! Head over to where you have your policy tucked safely away, or pull it up on your digital device. Check the dates on it to make sure that you are still covered. How to tell? Look at the term dates on the front page. Still covered? Great! Car insurance has been around almost as long as cars themselves. Car Insurance Day has been set aside for you to pull your documents out and review them. Make sure they are up to date and full of all the coverage that you need. You can take some time today to shop around and get new quotes. Your circumstances may have changed through the year so what you are paying now may not be the best price you can get. I know that this isn't your average celebration, but you can make it more fun than you think. You're laughing again! Stop it! I'm serious you can use it productively and still have fun. Got your documents in hand? Head out to your favorite coffee shop and treat yourself to that special drink you don't normally let yourself have. It's a holiday after all! While you are there sipping your drink and maybe even nibbling a snack, use this time to surf the internet and get a few quotes. You may be surprised what you find! Here's something not many would think of today. Are you or do you know an insurance agent? It would be nice to send a thank you. Has your agent saved you money or helped you through a claim? Why not send them something special to celebrate Car Insurance Day! I will give you a hint. You don't need to think about expensive flowers or all of that. Insurance agents are people too! A box of chocolates or a delivered lunch will go a long way to making a thankless job a little brighter! Or with COVID active and many people not wanting to get out and about, you can always call them and simply say thank you. There are many good things you can learn by being open to establishing a relationship with your car insurance agent. Use this holiday as an excuse to make the first step and wish your agent Happy Car Insurance Day!

Attention Class of 2021 Seniors and Parents/Guardians. The early-bird deadline for ordering your cap and gown is quickly approaching. For you to get the best pricing of the year and guarantee your size, you must place your order for your cap & gown and other achievement products by Sunday, January 31st, 2021. You can order online by visiting: www.hjswga.com. If you would prefer to request an order form over the phone, you may call (229) 382-6837 to do so. Herff Jones' dedicated customer service hours are M – F from 10am – 5pm. We encourage all families to take advantage of this opportunity and order before Sunday, January 31st, 2021. The Early Bird Discount Period ends Sunday evening and pricing will increase starting Monday, February 1st, 2021. Sizing and product availability are not guaranteed on orders placed after January 31st, 2021. For all questions pertaining to cap & gown and other achievement product orders, please reach out directly to Herff Jones.

Phone: (229) 382-6837

Customer Service Hours: M-F 10am – 5pm

Lastly, please make sure to reach out directly to Herff Jones with any questions, comments, or concerns related to your cap & gown order and other achievement product orders. Please do not contact the school about your order as we are not privy to order information. Thank you and congratulations Class of 2021! Let's finish STRONG!

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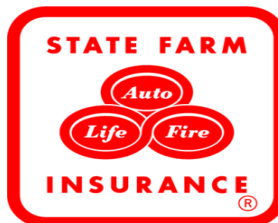
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**Thank you for your loyalty.
We appreciate you.**

January 29, 2021 is National Puzzle Day. This special day was created in 1995 by game companies in the United States of America. However, the first jigsaw puzzle was created by a British engraver and mapmaker, John Spilsbury, in 1760. In the early twentieth century, magazines and newspapers published a puzzle contest as a marketing scheme. It was successful and tremendously increased subscriptions. Puzzles are available in all sizes, shapes and forms. They are a form of exercise for the brain. It is an enigma that tests the ingenuity and intelligence of the solver. It is thought that people with a high inductive reasoning aptitude are better at solving puzzles. Have you solved your puzzle today?

OFFICIAL ANNOUNCEMENT

Fire Ant Festival 2021

Each year, the Fire Ant Festival Committee looks forward to bringing wholesome family fun with a little absurdity in the form of celebrating our annual Fire Ant Festival. With much regret, we are canceling the 2021 annual Fire Ant Festival this year out of an abundance of caution in regards to the COVID-19 pandemic.

The FAF Committee has been keeping an eye on current infection rates and has determined that the potential for spread due to the nature of the event is too high. The festival puts thousands of people shoulder-to-shoulder making social distancing impossible. It is the safety of the attendees, the vendors, and the FAF volunteers that we must make a priority.

We look forward to welcoming back everyone for the Fire Ant Festival in 2022!

From the Fire Ant Festival Committee

For questions, please email us at turnercountyfireantfestival@gmail.com

Ground Hog Day Is Upon Us ... Spring A Comin' or Winter A Stayin'?

February 2, 2021 will be Punxsutawney Phil's 134th prognostication! Is he the true weather forecaster? Yes! Punxsutawney Phil is the only true weather forecasting groundhog. The others are just impostors. How often is Phil's prediction correct? 100% of the time, of course! How many "Phils" have there been over the years? There has only been one Punxsutawney Phil. He has been making predictions for over 130 years! Punxsutawney Phil gets his longevity from drinking the "elixir of life," a secret recipe. Phil takes one sip every summer at the Groundhog Picnic and it magically gives him seven more years of life. On February 2nd, Phil comes out of his burrow on Gobbler's Knob - in front of thousands of followers from all over the world - to predict the weather for the rest of winter. According to legend, if Punxsutawney Phil sees his shadow, there will be six more weeks of winter weather. If he does not see his shadow, there will be an early spring. No! Phil's forecasts are not made in advance by the Inner Circle. After Phil emerges from his burrow on February 2nd, he speaks to the Groundhog Club president in "Groundhogese" (a language only understood by the current president of the Inner Circle). His proclamation is then translated for the world. The celebration of Groundhog Day began with Pennsylvania's earliest settlers. They brought with them the legend of Candlemas Day, which states, "For as the sun shines on Candlemas Day, so far will the snow swirl in May..." Punxsutawney held its first Groundhog Day in the 1800s. The first official trek to Gobbler's Knob was made on February 2, 1887. So the story goes, Punxsutawney Phil was named after King Phillip. Prior to being called Phil, he was called Br'er Groundhog. So is Spring on its way or should we prepare to bundle up for six more weeks?



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COVID-19 Testing in Dougherty County

PRE-REGISTRATION IS STRONGLY ENCOURAGED

Exchange Club Fairgrounds
810 S. Westover Blvd.
Albany, GA 31707

Monday-Friday: 9am-4pm
Saturday: 9am-1pm

Pre-register online:

<https://mako.exchange/splash/GAmakotesting/>

or scan the QR code:



Looking for COVID-19 testing outside of Dougherty County?

Visit: covid19.dph.ga.gov

Call: (229) 352-6567

January Is Birth Defect Prevention Month

Birth defects are serious conditions that are changes to the structure of one or more parts of the body. Birth defects affect 1 in every 33 babies born in the United States each year. Every 4 ½ minutes, a baby is born with a birth defect in the United States. That translates into nearly 120,000 babies affected by birth defects each year. Birth defects can affect almost any part of the body. They may affect how the body looks, works, or both. Birth defects can vary from mild to severe. The well-being of each child affected with a birth defect depends mostly on which organ or body part is involved and how much it is affected. Depending on the severity of the defect and what body part is affected, the expected lifespan of a person with a birth defect may or may not be affected. Not all birth defects can be prevented. But, there are things that a woman can do before and during pregnancy to increase her chance of having a healthy baby. If you are pregnant or planning to get pregnant, see your healthcare provider. Seeing your healthcare provider before you get pregnant can help you have a healthy pregnancy. Prenatal care, which is health care received during pregnancy, can help find some problems early in pregnancy so that they can be monitored or treated before birth. There are other steps a woman can take to increase her chances of having a healthy baby: Get 400 micrograms (mcg) of folic acid every day, starting at least one month before getting pregnant, Don't drink alcohol, smoke or use "street" drugs, Talk to a healthcare provider about taking any medications including prescription and over-the-counter medications and dietary or herbal supplements. Also talk to a doctor before stopping any medications that are needed to treat health conditions. Learn how to prevent infections. If possible, be sure any medical conditions are under control, before becoming pregnant. Some conditions that increase the risk for birth defects include diabetes and obesity. Birth defects can occur during any stage of pregnancy. Most birth defects occur in the first 3 months of pregnancy, when the organs of the baby are forming. This is a very important stage of development. However, some birth defects occur later in pregnancy. During the last six months of pregnancy, the tissues and organs continue to grow and develop. Certain things can increase the chance that a pregnancy will be affected by a birth defect. These are called risk factors. There are some things that you can change to reduce your chances, while other things cannot be changed. Some risk factors that can increase the chances of having a baby with a birth defect: include: Smoking, drinking alcohol, or taking certain "street" drugs during pregnancy, Having certain medical conditions, such as being obese or having uncontrolled diabetes before and during pregnancy, Taking certain medications, Having someone in your family with a birth defect, Being an older mother, typically over the age of 34 years. Having one or more of these risks doesn't mean you'll have a pregnancy affected by a birth defect. Also, women can have a baby born with a birth defect even when they don't have any of these risks. It is important to talk to your doctor about what you can do to lower your risk. For more information visit the Centers for Disease Control and Prevention at www.cdc.gov.

Dates to Remember

January

- 26th ~ Sylvester - Worth County Family Connections Meeting
- 26th ~ Worth County 4H Meeting - High School 3:30-5 pm at 4-H office
- 26th ~ WCHS Boys JV Basketball Game - Home
- 26th ~ WCHS Girls Varsity Basketball Game - Home
- 26th ~ WCHS Boys Varsity Basketball Game - Home
- 26th ~ National Peanut Brittle Day
- 26th ~ American Red Cross Blood Drive Dougherty County Community 1pm-6pm
- 26th ~ Books & Bubbles at the Margaret Jones Public Library 10:30am
- 27th ~ Kiwanis Meeting Noon
- 27th ~ Brews & Bingo at Pretoria Fields 6pm-8pm
- 27th ~ Wonderful Wednesday at Fun Park 1pm-9pm
- 28th ~ Wetherbee Planetarium at Thronateeska Heritage Center 10am-4pm
- 28th ~ Trivia at Pretoria Fields 7pm
- 28th ~ National Pediatrician Day
- 28th ~ American Red Cross Blood Drive Byne Memorial Baptist Church 2pm-7pm
- 29th ~ Wetherbee Planetarium at Thronateeska Heritage Center 10am-4pm
- 29th ~ WCHS Girls Varsity Basketball Game - Home
- 29th ~ WCHS Boys Varsity Basketball Game - Home
- 29th ~ Unlimited Weekends at Fun Park 6pm-10pm
- 29th ~ National Pre-K Fitness Day
- 30th ~ Unlimited Weekends at Fun Park
- 30th ~ The Sly Town Showdown
- 30th ~ WCHS Boys JV Basketball Game - Away
- 30th ~ WCHS Girls Varsity Basketball Game - Away
- 30th ~ National Seed Swap Day
- 30th ~ WCHS Boys Varsity Basketball Game - Away
- 30th ~ Wetherbee Planetarium at Thronateeska Heritage Center 10am-4pm
- 31st ~ Unlimited Weekends at Fun Park 1pm-8pm



12 Tips to Get Your Car Ready for Winter

These are some great tips from my forever friend's son from Tallapoosa/Bremen Georgia. They have some great tips and even though we will not deal with much if any snow, there are some great tips for those problems we will deal with. Thank you Bonner's Automotive & Diesel Services for great tips on car care! Buckle Up & Be Safe

1. Change your oil: This is something you should be doing when needed, but in the winter months it's especially important. You may need to change the type of oil you use altogether. Check your owner's manual to find out what viscosity you should be using in freezing temperatures. Generally, you'll need thinner oil in the winter.
2. Check the ratio on your engine coolant (antifreeze): In normal weather you typically want a 50/50 ratio of coolant to water but in the winter it should be 60/40.
3. Check your battery: Cold temperatures mean your engine needs more current from the battery in order to start so you want to make sure the battery is functioning properly. Start by making sure you have enough charge left in your battery. The simplest way to check is by turning on your headlights before you start your engine. Then turn your engine on – if the lights get brighter your battery may be dying. You can test the actual voltage at home with a voltmeter or have your mechanic do a test for you. Some batteries also have a built-in hydrometer that measures the voltage. You'll also want to check the cables for cracks and breaks. Finally, ask your mechanic to check the battery fluid.
4. Change your washer fluid and windshield wipers: Buy a good washer fluid with an antifreeze solution – regular fluids just won't cut it in freezing temperatures. You should replace your windshield wipers every 6-12 months depending on wear and tear. If they're starting to look a little haggard be sure to put new ones on before the first big snow storm of the season hits. For especially harsh climates you may also want to pick up a set of winter wipers that protect the wipers' mechanism.
5. Get a basic tune-up: You should get a tune-up roughly every 30,000 miles. If that tune-up is likely to happen in the winter you may want to go in a little early just to make sure everything is in good shape. Have him or her check your belts and hoses, ignition, brakes, wiring, fan belts, spark plugs, air, fuel and emission filters and the PCV valve.
6. Check your defroster and heater: These types of repairs can be costly, but you really need your defroster and heater to function properly in order to drive safely in the winter. However, one tip that may save you money on a defroster repair is to check for air leaks around doors and windows. Leaks can allow in extra moisture that will make it seem like you have a broken defroster.
7. Check your tires: This could mean a couple of different things – you may want to invest in snow tires or just make sure your current tires aren't too worn out. If you frequently drive in tough conditions in the winter snow tires are a great choice. If you don't buy snow tires, you'll want to check the air pressure on your current tires. Refer to your owner's manual to find out what the pressure should be in the winter. Check your tread for wear and tear as well. Also remember that if you do skid on an icy road don't slam on your brakes! Take your foot off the gas and turn into the skid until you come to a complete stop.
8. Check your 4-wheel drive and know how to use it: This is pretty self explanatory. You'll want to know how to use your 4-wheel drive before winter hits.
9. Keep your gas tank filled: Cold weather can cause condensation to form in an empty or near empty gas tank. That water can drip down into the gas and sinks to the bottom where it can then travel into your fuel lines. In the winter it can freeze in your fuel lines and block the flow of gas to your engine. Not good! So keep your tank at least a 1/4-1/2 way full at all times.
10. Get your car detailed: This isn't a completely necessary step but if you're worried about your car's paint job it's a good idea. Don't forget a car wax that coats the body panels. The wax will help protect the paint from snow and salt damage.
11. Have a de-icer handy at home or in your purse/briefcase: It's not uncommon for car doors to freeze shut in the winter. You can use warm water if you have access to some or you can buy glycerin to have on hand in an emergency.
12. Beef up your car emergency kit: If you don't already have an emergency kit in your car now is the time to get one! If you do have one you may want to add a few things for the winter. In the winter you'll also want a soft-bristled snow brush, plastic scrapper, kitty litter or salt, a shovel, flashlight and extra batteries, flares, gloves, a coat, snow boots, a couple of blankets, and tire chains (if you'll be driving in the mountains).

2nd Annual "Snow Better Time to Read" Adult Reading Challenge

**Read 10 books between January 11
and March 16 to be entered into a
drawing for a prize .**

**Bookmarks/reading lists can be
picked up at the library's front desk.**

**All bookmarks must be returned to
the Margaret Jones Public Library by
March 16th.**



Southwell Opening COVID-19 Vaccination Clinic In Adel



Southwell Medical will begin offering COVID-19 vaccinations by appointment on the Southwell Medical Campus in Adel to qualifying individuals. The drive-thru clinic will be held on the Southwell Medical

SOUTHWELL

Campus on the next four Wednesdays: Jan. 20, 27, Feb. 3, and 10. The vaccinations will be available to those over age 65; first responders, such as police officers, fire fighters, and EMS personnel; and healthcare workers who are not employed by Southwell. The vaccinations are by appointment only. Those who meet the eligibility criteria may call the drive-thru clinic's request line at 229-353-2200 to leave a message for scheduling. A representative will return your call and schedule the appointment. Patients who receive vaccines through the drive-thru clinic will receive the first dose of the two-part Moderna vaccine. Their second vaccine will be scheduled while in the drive thru. After receiving the vaccine, patients will be observed for 15-20 minutes by medical personnel to ensure they aren't experiencing side effects. "We are excited about the opportunity to expand vaccinations to Cook County," said Carol Smith, Southwell chief nursing executive and Southwell Medical chief operating officer. "We know that this expansion is an important step in vaccinating residents in all the counties making up our service area and are happy to provide them closer to home." Southwell has already been offering drive-thru vaccinations in Tifton. To request an appointment in Tifton, call 229-353-2200.

Source: Tifton Grapevine



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Think Tifton



ThinkTiftonGA

City Seeks To Continue South Tifton Revitalization



The planned revitalization of South Tifton continues as the city seeks a \$600,000 state grant to construct homes to be sold to qualifying individuals. City Council on Tuesday voted to apply for the Community Home Investment Program (CHIP) grant from the Ga. Department of Community Affairs. The grant would be used for constructing four single-family homes on South Park Avenue, said Bruce Green, Tifton Urban Redevelopment Agency director. "It will transform that neighborhood," Green told council. He said if four small cottages were built and each sold in the \$85,000 to \$95,000 range, they would bring approximately \$1,200 in property taxes to the city in addition to enhancing that area and giving opportunities for residents there to own their own homes. "We would begin to refurbish or restore the tax base that has simply ceased to exist on the western side of Park Avenue," Green said. The project would add to the revitalization plans already under way in South Tifton. A nearby \$12 million multifamily affordable housing project is expected to begin construction this spring on the site of the former Captain's Point mobile home park near Matt Wilson Elementary School, along with construction of a neighborhood community center for residents of the area. "This is an abso-

lute postcard for sustainability," Green said.

Source: Tifton Grapevine



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Think Tifton



ThinkTiftonGA

Co-Hosted by American Legion Post 335 and The Sons of the American Legion Squadron 335

YOU ARE NOT ALONE



Sylvester's 1st Annual Veteran Suicide Awareness Event

Where:

**Worth County Ag Pavillion
102 Rebecca Dr, Sylvester, GA 31791**

When: June 5, 2021

**Event will begin at 10am with
presentation of colors, live national anthem,
dual taps, and a prayer.**

**Several Food
Vendors Will be
Present as well as
Veteran owned
Valdosta Kettle
Works LLC**



**Patriotic Art Silent
Auction**
Any local or South
Georgia artist are
invited to donate a
patriotic piece to be
silent auctioned at the
event!
Any ages are welcome!



Classic Car/Truck show

- **Oldest Around**
- **Overall Favorite**
- **Farthest Traveled**
- **Abi's Choice**

**Pre-Registration \$15
Late Registration \$20**

**Surprise Guest Speakers
and special guest
on Veteran Suicide
Awareness**



**Big Ticket
Raffle Items
\$1 per ticket**



There will also
be live music
from local
artist and
bands



SAVE 22

AWARENESS IS THE ANSWER



**All profit from this
event will go directly
to a well researched
veteran focused
local charity**

**If you would like to sign up for any of these
events or sponsor it please contact:**

Cody Humphrey (229)376-4426

Emma Lynn (229)603-8859

Adam Ivey (229)206-1427



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Young Scholars Internship Program

What is the Young Scholars Program?

The Young Scholars Program (YSP) is a paid six-week summer internship program for high school students interested in agricultural, food, and environmental sciences. Selected students work 30 hours per week actively engaged in research under the guidance of a faculty mentor on the UGA Athens, Griffin or Tifton campus. During the program, students attend workshops and visit agricultural operations to gain exposure to the various fields of study and careers in agriculture. Upon completion of the program, students present their research during the poster and oral sessions at the Young Scholars Pre-Collegiate Research Conference held the final three days of the program on the UGA Athens campus.

Scholars are expected to:

Commit to the full six-week internship program.

Work and commute daily to either the Athens, Griffin, or Tifton campus.

Conduct supervised research in agricultural, food, and environmental science.

Participate in the three-day Young Scholars Pre-Collegiate Research Conference through oral and poster presentation.

When:

June 7 - July 16

Application opens for submissions: October 15

Application submission deadline: January 31

Selection notification: April 1

Returning students must submit an alternate application. You will receive this by email. Please contact the program organizers if you don't receive the email to reapply.

Eligibility requirements:

Completion of sophomore year in high school.

16 years old by the program start date.

Sincere interest in scientific exploration in agricultural, food and environmental science; math and technology.

Completion of one high school science course, including laboratory, and one semester of algebra.

Submit a completed application that includes an essay and two teacher's recommendation letters.

Please visit ysp.caes.uga.edu

Staying Heart Healthy

Walking, swimming, cycling, jogging, skiing, aerobic dancing or any of dozens of other activities can help your heart. They all cause you to feel warm, perspire and breathe heavily without being out of breath and without feeling any burning sensation in your muscles. Whether it is a structured exercise program or just part of your daily routine, all exercise adds up to a healthier heart. Take the first step by walking. It's free, easy to do and when you have a walking companion, you're more likely to stay motivated. Here are some tips for exercise success: Dress for success! Wear comfortable, properly fitted sneakers or flat shoes with laces. Wear comfortable, loose-fitting clothing appropriate for the weather and the activity. Make the time! Start slowly. Gradually build up to at least 30 minutes of activity on most or all days of the week (or whatever your doctor recommends). Exercise at the same time of day so it becomes a regular part of your lifestyle. For example, you might walk every Monday, Wednesday, Friday, Saturday and Sunday from noon to 12:30 p.m. Find a convenient time and place to do activities. Try to make it a habit, but be flexible. If you miss an exercise opportunity, work activity into your day another way. Keep reasonable expectations of yourself. If you have a high risk of coronary heart disease or some other chronic health problem, check with your healthcare provider before beginning a physical activity program. Look for chances to be more active during the day. Walk the mall before shopping, take the stairs instead of the escalator or take 10–15 minute breaks while watching TV or sitting for walking or some other activity. Don't get discouraged if you stop for a while. Get started again gradually and work up to your old pace. Don't exercise too vigorously right after meals, when it's very hot or humid, or when you just don't feel up to it. Make it fun! Choose activities that are fun, not exhausting. Add variety. Develop a repertoire of several activities that you can enjoy. That way, exercise will never seem boring or routine. Ask family and friends to join you — you may be more likely to stick with it if you have company. Or join an exercise group, health club or a community center. Many churches and senior centers offer exercise programs too. (Remember to get your doctor's permission first.) Use variety to keep your interest up. Walk one day, swim the next, then go for a bike ride on the weekend. Use music or audio books to keep you entertained. Track and celebrate your success! Note your activities on a calendar or in a logbook. Write down the distance or length of time of your activity and how you feel after each session. Keep a record of your activities. Reward yourself at special milestones with non-food items, like a small gift or shopping trip for yourself. Nothing motivates like success! Visit heart.org/physical activity to find all the resources you need to get moving and stay motivated.



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