



The Martin News

PO Box 5003 Sylvester, GA 31791
info@themartinnews.com
www.themartinnews.org
(229) 272-4356 or (229) 776-6269

October 12, 2020

SGT

**SOUTHWEST
GEORGIA
THERAPY**

For All Your Physical Therapy Needs

*Quality you expect...
Results you deserve!*

Butch Jenkins, PT
Molly Barnard, PTA

Savannah Jenkins, DPT
Jamie Pritchard, Office Manager

1009 West Franklin Street
PO Box 846
Sylvester, Georgia 31791
229-821-3892 (phone) 229-821-3893 (fax)



Cindy's Flower Shop

**305 N Isabella St
Sylvester, GA. 31791
229-776-2787**

GA Peanut Bank Week Promotes Peanuts & Peanut Farmers



chairman of the Georgia Peanut Commission. "This promotion is a great way to highlight all peanuts have to offer our communities across the state." The annual promotion will be take place during peanut harvesting. In 2019, Georgia peanuts were planted on more than 660,000 acres and accounted for 50 percent of the U.S. peanut production. Peanuts were planted in 74 of Georgia's 159 counties with an average yield of more than 4,200 pounds per acre.

The Georgia Peanut Commission and Georgia Bankers Association will join forces Oct. 12-16 to promote the 44th annual Georgia Peanut Bank Week. Financial institutions and local banks across the state will offer a tribute to Georgia's 4,500 peanut farm families and the sustainability they provide to state and local economies. The 2020 theme – "Georgia Peanuts. The Superfood to Bank On!" – will showcase the nutritious peanut. Research studies indicate that eating peanuts regularly can reduce the risk of heart disease, diabetes, Alzheimer's disease and cancer, says the Georgia Peanut Commission. "We're excited to continue Georgia Peanut Bank Week for the 44th year and salute peanut farmers and the nutritional benefits of peanuts," says Armond Morris,

Source: Tifton Grapevine

Dates to Remember

October

- 13th - Worth the Read Book Club Monthly Meeting 530pm
- 14th - Kiwanis Club Meeting at Noon
- 16th - Pizza & Tavern Ribbon Cutting
- 16th - Worth County Rams vs Cook County at Home 730pm Pink Out Game
- 19th - Pumpkin Paint Party 6pm
- 21st - Kiwanis Club Meeting at Noon
- 23rd - Ribbon Cutting at Downtown Pizza & Tavern
- 23rd - Worth County Rams vs Thomasville at Home 730pm Alumni Night
- 27th - Sylvester Worth County Family Connections Meeting
- 28th - 8th Annual Sylvester Pink Out Day
- 28th - Kiwanis Club Meeting at Noon
- 28th - Trunk or Treat at Unity Baptist Church
- 29th - Pets & Pals Parade 5pm
- 29th - Trunk or Treat Worth County Rams Stadium 6pm-730pm
- 30th - Worth County Rams vs Fitzgerald Away 730pm
- 31st - Howl-O-Ween at BFHS 11am-3pm
- 31st - Poulan "Bootacular" Night 5pm-7pm
- 31st - Trick or Treating on Isabella Street





November 3, 2020

VOTE



**APPROACHABLE ACCOUNTABLE
COMPASSIONATE CHRISTIAN
LOCAL BUSINESS OWNER
43 YEARS OLD**

1 Programs- I will develop programs centered around: depression, suicide, bullying, and water safety for our youth

2 Response Time- All calls involving the coroners office will be addressed in a timely manner.

3 Proper handling of paperwork- Any death certificates handled through the coroner's office will be returned to the prospective funeral home promptly.

4 Care Packet of unused toiletries from hotel stays to give to families that have lost homes to fire or storm damage and stuffed animal drive for kids who lose parents tragically or naturally

**ELECT
CHARLES
G.
MCDONALD**

**WORTH COUNTY
CORONER**





destiny

FITNESS

**24/7 Gym, Personal Training, Group
Fitness, Classes on Demand, Tanning**

201 W. Franklin St. - Sylvester, GA (229) 821-3154

www.DestinyFitness.com

TOMLINSON

OUTDOOR WASHING

COMMERCIAL



RESIDENTIAL

(229) 854-1736

Where Do You Shop?

This week is time to celebrate department stores! I have told everyone that there is a day to celebrate just about anything and this week they celebrate department stores! Which department store is your favorite or was your favorite if they have already closed down? My favorite department store was from when I was a little girl and that was Sears. Sears was the store to shop at when I was growing up. That is where mother and daddy took us for all of our back to school shopping and I loved it! They had everything I wanted and more. At one time they even had a snack counter in the store. Daddy always sat outside of Sears to people watch. What great memories! So where do your shopping memories come from?

16 OCT
HAPPY
BOSS'S
DAY

Walking A Mile In Her Shoes



Danny Hoover, left, and Dave Wilber of Diversified Enterprises in Tifton stand against domestic violence/intimate partner violence as they participate in the 2020 version of the "Walk a Mile in Her Shoes" activity. Ruth's Cottage and the Patticake House, which sponsors the activity, had to find creative ways to observe Domestic Violence Awareness Month during a pandemic. Instead of the annual men's walk in women's high heels, individuals, businesses and organizations may contact Ruth's Cottage and volunteers from the non-profit organization will visit with signs, high-heeled shoes and a camera to record your stand against domestic violence. "Let us know, if you are man enough," say Ruth's

Cottage representatives. The advocacy/domestic-violence prevention organization may be contacted at 229-387-9697.

Source: Tifton Grapevine

This Page Brought To You By:

TIFTON - TIFT CO. TOURISM ASSOCIATION

Diabetes Center Supervisor Earns Certified Specialist Status



Wanda Watson, supervisor of the Tift Regional Diabetes Learning Center, recently achieved certified diabetes care and education specialist status. This status is achieved through the Certification Board for Diabetes Educators and candidates must meet rigorous eligibility requirements to be able to take the examination. Achieving certification status demonstrates to people with diabetes and employers that the health professional possesses specialized knowledge, thereby promoting quality of care for people with diabetes. Watson has worked in diabetes care with Southwell for 12 years, and she is only one of 19,900 diabetes care and education specialists who currently hold the certification. "I am very passionate about providing care and education to our patients with diabetes," Watson said. "A lot of patients

come to us with misconceptions about what their disease means or with questions and concerns about their diet, and I try to help them work through their concerns."

Source: Tifton Grapevine





**IT'S TIME TO MAKE A DIFFERENCE
FOR THE PEOPLE**

SO, GET IN THE GAME



Tifton Sports complex, my granddaughters Soccer practice

Blakeley McGee



Worth County

Mackenzie Egler



Lee County

**Education
Keep It Going**



ASHBURN
Family Pharmacy

Chad Dunn, PharmD
Rhonda Lane, CPhT
Becky Hodge, CPhT

123 East College Ave
Ashburn, GA 31714
Phone (229) 778-9889
Fax (229) 778-9892

Hours of Operation
M, Tu, Th, F 9am-6pm
W 9am-4pm
Sat 9am-1pm

State Farm

Providing Insurance and Financial Services



Stuart Pate, Agent

PO Box 189
Sylvester, GA 31791-0189
Phone (229) 776-6906 Fax (229) 776-0149
www.stuartpate.com

Thank you for your loyalty. We appreciate you.



New, Refurbished and Used
Laptop & Desktops

Parts & Accessories
Services & Repairs

THE COMPUTER DOCTOR, LLC

214 Main Street South
Tifton, Georgia 31794
229-386-9209

Gardening for Adults

Do you often see adults outside and ponder of the fact why they are out there working in the yard? The benefits of gardening are plentiful in the overall health & well-being of the older adult. Here are just some of the ways you are rewarded by getting out and getting into the dirt!

- Enjoyable form of exercise
- Increase levels of physical activity & helps mobility & flexibility
- Encourages use of ALL motor skills
- Improves endurance & strength
- Helps prevent diseases like osteoporosis
- Reduces stress levels & promotes relaxation
- Provides stimulation & interest in nature & the outdoors
- Improves wellbeing as a result of social interaction
- Can provided nutritious, home-grown produce

Among adults aged 65 years and older, walking and gardening or yard work are, by far, the most popular physical activities.

WCHS Cross Country Runners Perform at the Tift and Westover Invitationals.
The Cross Country runners attended the 19th Annual Tift Invitational on September 26th and the Westover Invitational on October 3rd. Below are each runner's results from the two meets. Great job, runners! Keep up working hard!

Source: WCSD



19th Annual Tift Invitational

Tifton, GA on September 26, 2020

GIRLS 5000 METER RUN FINALS		PLACE
23:59.00	Ana Resendez	24
27:11.00	Alexia Sokolowski	56
28:45.73	Abby Barfield	80
29:13.00	Riley Larson	88
29:18.00	Bralyn Griffis	89
BOYS 5000 METER RUN FINALS		PLACE
19:12.00	Eyan Zupko	22
19:13.26	Conner Mullen	23
22:32.00	Lane Paramore	111
23:20.00	Clarence Griffin	132
23:46.00	Luke Paramore	142
24:45.00	David Singletary	149
29:06.29	Hunter Larson	183
29:58.00	Jake Cooper	188

Westover Invitational

Albany, GA on October 03, 2020

GIRLS 5000 METER RUN FINALS		PLACE
22:22.30	Ana Resendez	16
25:01.70	Alexia Sokolowski	46
26:10.30	Riley Larson	62
26:30.00	Bralyn Griffis	67
BOYS 5000 METER RUN FINALS		PLACE
18:09.60	Conner Mullen	13
18:27.10	Eyan Zupko	21
21:44.80	Lane Paramore	75
22:03.20	David Singletary	80
23:22.80	Luke Paramore	95
25:28.80	Jake Cooper	106



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

October is SIDS Awareness Month

SIDS is the sudden, unexpected death of an apparently healthy baby under one year of age that remains unexplained after the performance of a complete postmortem investigation, including an autopsy, examination of the scene of death and review of the medical history. SIDS is the leading cause of death for babies one month to one year of age. It occurs in all socio-economic, racial and ethnic groups, but African American and Native American babies are 2-3 times more likely to die of SIDS than Caucasian babies. Most SIDS deaths occur when a baby is between two and four months with 90 percent of all SIDS deaths occurring before a baby is 6 months old. Despite awareness campaigns promoting the back sleep position and other safe sleep practices, deaths continue to occur as a result of unsafe sleep practices such as bed sharing, use of soft bedding and stomach sleep position. At this time there is no known way to prevent all sudden infant deaths, but there are lifesaving steps parents and caregivers can take to help protect their baby.

- Babies should always be placed to sleep on their backs. Side and tummy sleep positions are not safe.
- Do not fall asleep with a baby in an adult bed or on a sofa.
- Do not smoke while you are pregnant and do not expose babies to second-hand smoke after they are born.
- For sleep, use a safety-approved crib, portable crib, play yard or bassinet with a firm mattress that fits snugly and is covered with only a tight-fitting crib sheet.
- Do not place babies to sleep on soft surfaces such as adult beds, waterbeds, and sofas.
- Do not use loose blankets in a baby's crib. Layer clothing or use a wearable blanket or other sleeper clothing to keep baby warm.
- Remove all soft bedding and other soft items from the sleep area, including pillows, blankets, quilts, bumper pads and stuffed animals or toys, before placing the baby to sleep.
- Take care not to overheat babies with too much clothing or too warm of room. Keep temperature at what would be comfortable for a lightly clothed adult.
- Use a pacifier at naptime and nighttime for the first year.
- Educate all of your baby's caregivers regarding these life saving tips.

For more information about SIDS, visit www.cdc.gov.



**BANKS
FUNERAL
HOME**
Since 1945

208 N. Main Street
P.O. Box 550
Sylvester, GA 31791-0550
Phone: 229-776-2055

Hours: 8-5 Monday thru Friday; Available 24/7

banksfh@yahoo.com
Billy Anglon

www.banksfh.com
Jeff Horne



CALL ME FOR ALL YOUR AVON NEEDS

Lynn Meeks Manley

229-272-4356

youravon.com/lmanley