



The Martin News

PO Box 5003 Sylvester, GA 31791
lmanley1210@gmail.com
www.themartinnews.org
(229) 272-4356

October 4, 2021

SGT

**SOUTHWEST
GEORGIA
THERAPY**

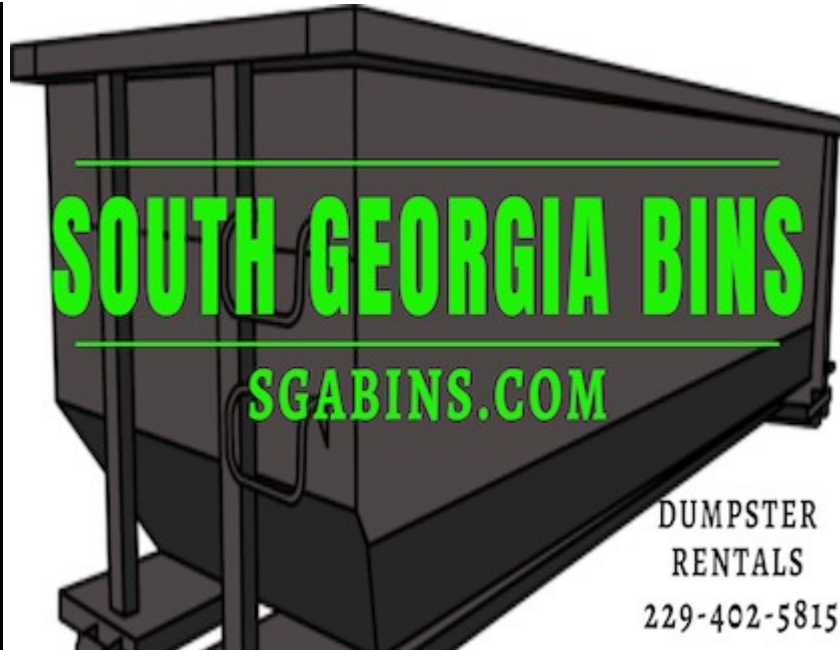
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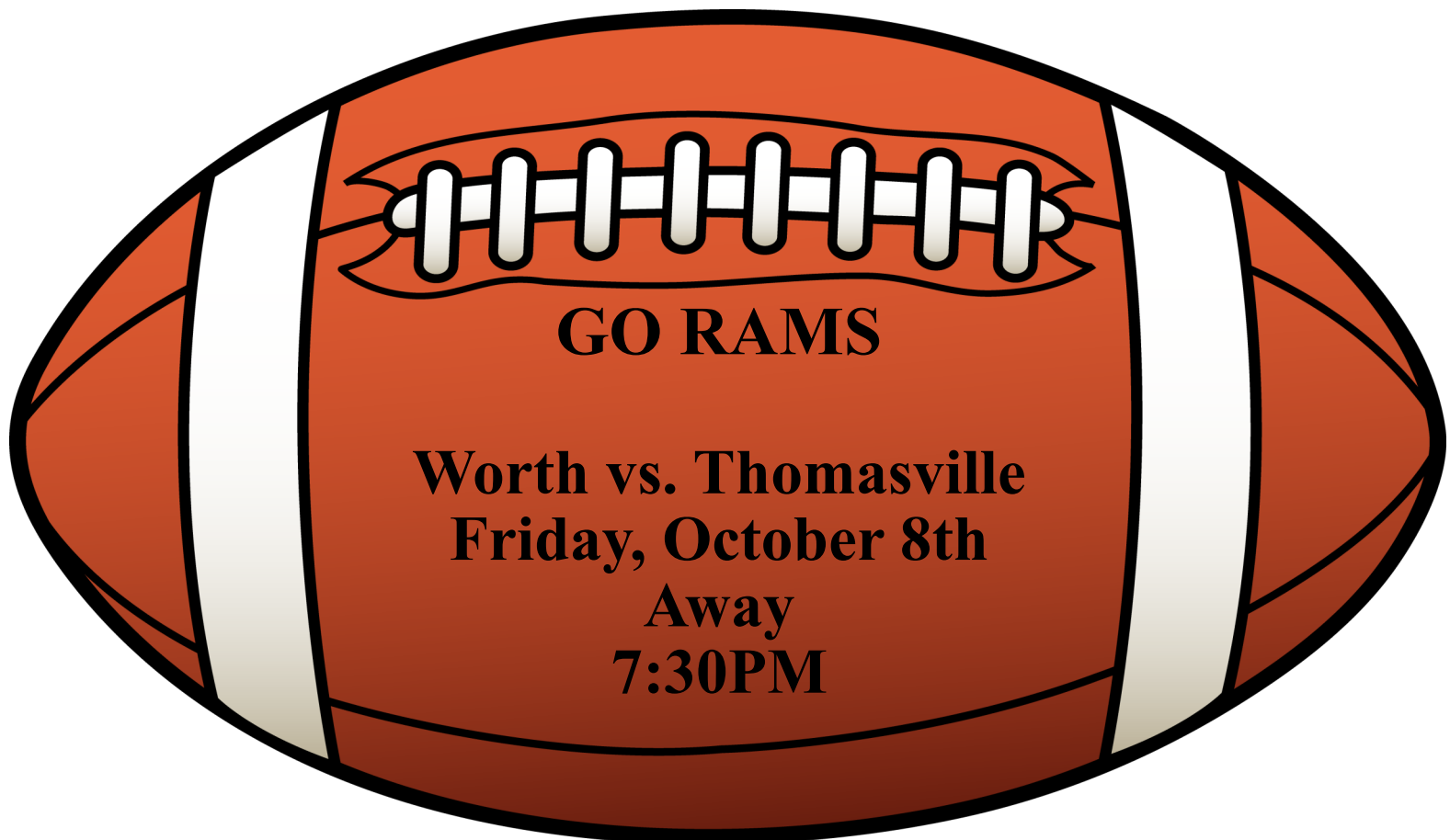
Butch Jenkins, PT
Molly Barnard, PTA

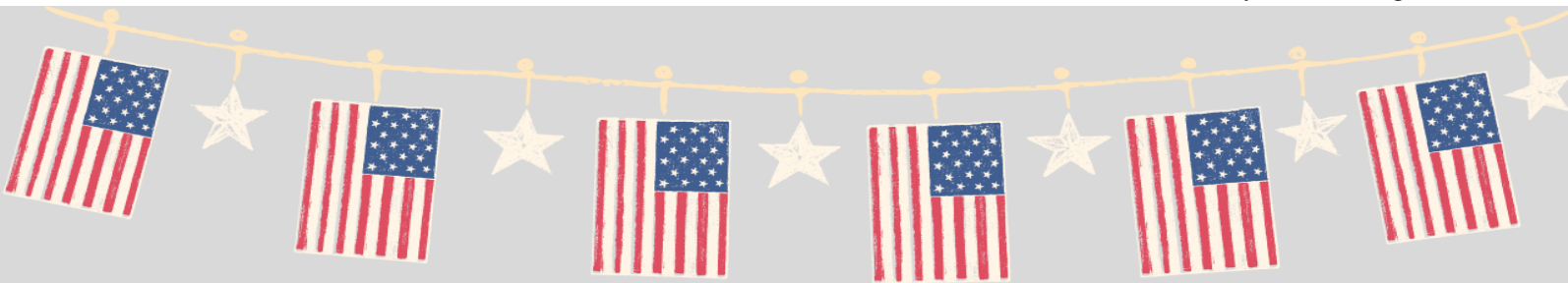
Savannah Jenkins, DPT
Jamie Pritchard, Office Manager

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



Time For Friday Night Lights





Political Meet & Greet

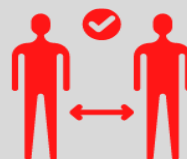
**OCT. 12TH, 2021
5:30PM - UNTIL
PEDESTRIAN MALL @ TRAIN DEPOT**

.....
We encourage you all to Mix & Mingle with your Local Officials!

- **Candidates Invited:**
 - Sylvester Mayoral (Contested)
 - Warwick Mayoral (Contested)
 - Poulan Council Posts 4 (Contested)
 - Sumner Council Posts 1 (Contested)
- **Issues:**
 - ESplost
 - Sylvester - Alcohol Referendum
 - Warwick - Alcohol Referendum
 - Poulan - Alcohol Referendums



Please stay home if you feel sick or have been exposed to COVID-19



DoorDash Plans To Deliver In Sylvester Soon

DoorDash plans to launch services later this fall to serve the community of Sylvester, while helping merchants to reach new customers and grow their business. The date is planned for middle of November just in time for the holidays.

DoorDash is a technology company founded in 2013 by Tony Xu (CEO), Stanley Tang (Chief Product Officer), and Andy Fang (Chief Technology Officer) with the goal of empowering merchants to reach new customers via the online convenience economy, creating meaningful earning opportunities for Dashers, and bringing neighborhood favorites to customers at their fingertips. DoorDash operates in the United States (all 50 states), Canada, Australia, and Japan, reaching more than 4,000 cities globally. DoorDash reaches 85% of the US population. 75% of restaurants agree that DoorDash has allowed them to reach new customers and 69% of restaurants say they have acquired new dine-in customers through DoorDash. This comes from the 2019 DoorDash Impact Report. Last year, DoorDash announced their five year, \$200M Main Street Strong pledge to support local communities. “DoorDash is looking forward to serving Sylvester later this fall, furthering our mission of growing and empowering local economies and making our services as accessible as possible to customers across the country, stated DoorDash “We look forward to providing merchants with access to the online convenience economy to grow their businesses, connecting customers with their favorite local and national stores, and providing meaningful earning opportunities for Dashers.”

If your business is interested in signing up as a partner with DoorDash, please visit get.doordash.com/en-us. If you are interested in working was DoorDash as a Dasher please visit doordash.com/dasher/signup.

Stay tuned to The Martin News for all the updates and latest information for the upcoming start date.

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- Children's Shirt
- Bags

Shop: <https://my-store-b88dcb-2.creator-spring.com>

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See You There!*



Georgia
PEANUT
Festival

SYLVESTER, GA

3rd Weekend in October

VISIT GAPEANUTFESTIVAL.ORG

FOR MORE INFORMATION



GEORGIA PEANUT FESTIVAL PARADE
SPONSORED IN PART BY COCA COLA
OCTOBER 16, 2021 @ 10:00 AM
DOWNTOWN SYLVESTER, GA

**Application must be received by
 October 1, 2021**

Make check payable to:
 THE GEORGIA PEANUT FESTIVAL
 Mailing Address:
 Georgia Peanut Festival
 PO BOX 40
 Sylvester, GA 31791
 229-776-6657 or 229-776-7718

REGISTRATION FEE \$30

COVERS THE FOLLOWING ENTRIES:

- 1) One (1) Vehicle & One (1) Trailer
 No towing of vehicles allowed
Or
- 2) Up to Eight (8) Motorcycles or 4-Wheelers (Can be a combination)
Or
- 3) Up to Eight (8) Horses & riders

Parade Rules – Please Read Carefully:

- 1) No throwing of any object including candy from a float or vehicle. Only walkers can hand out candy or other items. Throwing candy causes dangerous situations as children run to collect candy off the street. Drivers have difficulty seeing children dash around the vehicles. **Please protect the safety of our children and respect this regulation by handing out candy to the crowds.**
- 2) No towing of any type of vehicle.
- 3) Each float should have at least two (2) walkers.
- 4) Each parade entry should keep the flow of the parade continuous and should not stop or slow the parade down.
- 5) No special placements in the parade route will be granted. The Georgia Peanut Festival reserves the right to decide upon placement of all parade entries. Placement will be determined for the most pleasant, smooth running parade possible.
- 6) Due to time constraints we will not be able to allow any stops for performances during the parade.
- 7) No scary costumes, scary floats, or dangerous floats are allowed.
- 8) **No applications will be accepted after October 1, 2021. Applications can be mailed or hand delivered.**

Please print legibly.

NAME OF ENTRY _____

Email _____ Telephone _____

Contact Person _____

Address _____ City, State, Zip _____

Describe your entry _____

Circle the appropriate category

Antique Tractor/Auto _____ Beauty Queen _____ Business _____ Church/Civic Club/School/Organization _____
 Political _____ Equestrian _____ Commercial Float _____ Amateur Float _____ Emergency/Public Svc _____

Liability Waiver With this application I understand I hold harmless the Georgia Peanut Festival, Inc. and all officers, directors, volunteers, agents from any damages to persons or property. The Festival reserves the right to accept or decline any entry. I understand this application is a promise to show and no refund will be made for cancellation.

Printed Name _____ Signature _____ Date _____



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Book Bound Bookstore In Blairsville

This week is known as Great Books Read Week and I thought it would be the perfect time to focus on a sweet girl and her bookstore. Sharon Dupree Davis is the owner of Book Bound Bookstore located in Blairsville, Georgia at 35 Blue Ridge Street. Sharon is from Sylvester and now resides in the mountains of North Georgia where she absolutely loves living. First and Foremost, she is near her daughter and granddaughter which is wonderful! She loves the weather and views there and she's only two hours from Atlanta and Asheville, North Carolina. Sylvester will always be home to Sharon as this is where her mother, Dorothy Dupree, still resides.

Sharon has always loved books. "When my girls were young, we always envisioned opening a bookstore/coffee shop where the Empire was on Isabella Street in Sylvester" explained Sharon "We talked about it often on our drives into town and that always stuck with me, so my goal in retirement has always been to open a bookstore." Sharon is a Retired Educator after teaching school for 27 years. She taught English/Language Arts in grades 8th-12th.

When asked where the name Book Bound Bookstore came from, Sharon explained that her first idea for the name was J&K Bookstore. This would have named it after her daughters Jessica and Katie. However, in her discussion with a business coach, she decided that it needed to be a name that everyone would remember. So she chose to play on the word "bound", with the alliteration Book Bound Bookstore in Blairsville to be catchy. "I want the store to be a community hub for readers and tourists alike" expressed Sharon "The best thing about being in the store is talking to patrons about different books and authors." Sharon explains that it is such a joy when she makes a recommendation on a book, and a customer reads and loves it just as much as she does.

Sharon loves to read and naming a favorite author is very difficult for her. There are so many good authors so naming one was impossible for her. However, Sharon has two authors whose books she always loves to read and that is Khaled Housseini and Sylvester's own, Sue Monk Kidd. "Their method of storytelling is beautiful and moving" stated Sharon "and through the struggles of the characters, readers are challenged to see the world in a different light." Her favorite books are *A Thousand Splendid Suns* by Khaled Hosseini and *The Book of Longings* by Sue Monk Kidd.

Along with selling new books, Sharon also sells bookish gifts such as bookmarks, t-shirts, mugs/glasses and tote bags. She also strives to carry works by local authors. Sharon is currently carrying beautiful photography prints by one of their local photographers in Blairsville. At Book Bound, Sharon has Book Talk Tuesday. She created this because she wanted a way to introduce people to the store and engage them as readers. You can see these weekly on her Facebook Page, Book Bound. Sharon is able to finish about 2 books per week, so she enjoys sharing the book reviews with the viewers on what she has read.

If you are not local to Blairsville to visit the bookstore, you can visit online at bookboundbooks.com and there is a link that will take you to her online shop at bookshop.org. If someone wants a product not found there, they can send Sharon an email at bookboundbookstore@gmail.com. For a bi-weekly newsletter, sign up on her website at Bookboundbooks.com. People can also follow Sharon on social medial:

Facebook: [BookboundbooksGA](https://www.facebook.com/BookboundbooksGA)
 TikTok [@bookboundbooks](https://www.tiktok.com/@bookboundbooks)
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The WCHS Cross Country team competed Saturday, September 25th at the Tift Invitational at ABAC. In the girls' race, Alexia Sokolowski came in first for the Rams, 12th overall, with a time of 23:20. India Williamson came in second for the Rams, 14th overall with a time of 23:25. The girls' as a team came in 6th place out of 13 teams and beating all other teams from the region. In the boys' race, Eyan Zupko came in first for the Rams, 2nd overall, with a time of 17:56. Conner Mullen came in second for the Rams, 3rd overall with a time of 18:06. The boys as a team came in 8th overall and 2nd place when compared to the other teams in the region. This was the boys' best race overall as a team this season, and we hope for more going forward. Excellent job, Rams!! Pictured L-R: Eyan Zupko and Conner Mullen.

Source: WCSD



Flowers Planted At WCMS

Worth County Middle School Principal, Mr. Frazier, along with Coach Hines recently spent a little of their Saturday morning planting flowers in the front of WCMS. The flowers were donated by Coach Danford and WoodmenLife as part of their "Giving Together" initiative. WoodmenLife was created on June 6, 1890, by Mr. Joseph Cillen Root. Mr. Root had the simple idea of making life insurance available to everyone. Thank you Coach Danford and WoodmenLife for your generous donation.

Source: WCSD & The Martin News

NEED SOMETHING NOTARIZED? WE CAN HELP!

Prior to coming to the library:

- Make sure you have your photo ID
- Make sure you have NOT signed the paper
- Make sure you have cash or card to pay for your notary service (\$2.00 per stamp)



Margaret Jones Public Library
205 East Pope Street, Sylvester, GA
229-776-2096

Masters of Multiplication at Worth County Elementary School

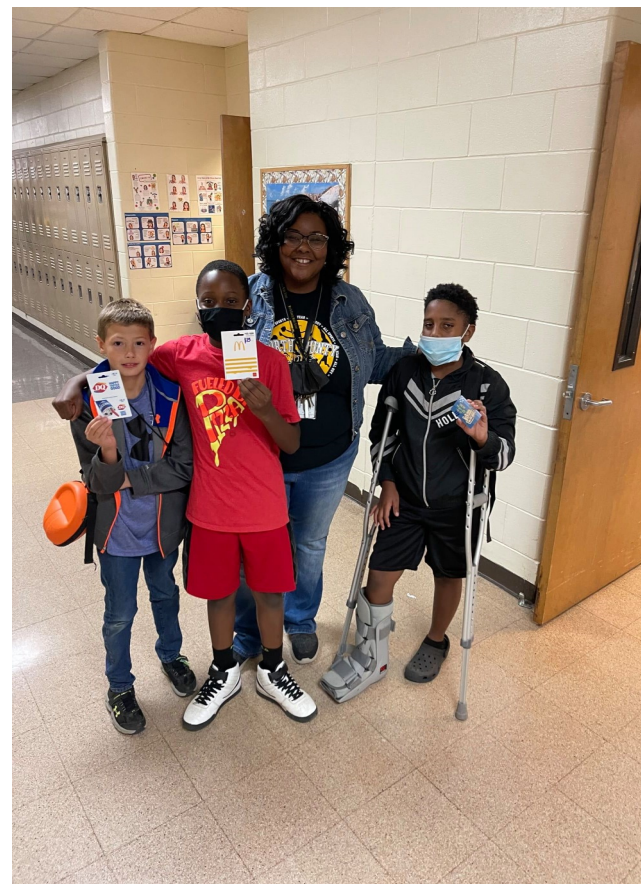
Masters of Multiplication
1st Nine Weeks - Midterm
2021 - 2022

Congratulations to these students who met the requirements of being Masters of Multiplication for the 1st nine weeks - midterm at Worth County Elementary School. Third grade students had 3 minutes to complete 60 problems (1's - 10's) and 4th and 5th grade students had 5

minutes to complete 100 problems (1's - 12's). These students pictured completed the test with 90% accuracy and earned 25 Ram Bucks and will be placed in the WCES Masters of Multiplication Hall of Fame! Way to go, WCES students! We are proud of you!

Blending in with our Children's School Schedule

Here we are welcoming in October. This year seems to be flying by. Our children have been in school a full two months now. Are they still excited about being back in school? With the crisp fall air, new friends and now used sharpened pencils, is your child still talking about how great it is to be back in school or has the pressure of the new school year sank in? Even though school is tough, the teachers want it to be fun too. Add to their excitement and motivate them to learn with these four great back to school ideas from the Home & School Connection. I find the ideas shared in this publication to be great and I hope you do as well. One great back to school idea is find out what your child is learning this year. Some examples would be cursive writing, state history or even the solar system. Then you as a parent can get a head start. Leave a note on their bedroom door in cursive. Visit a battlefield or history museum. Read a book about the planets, or gaze at the night sky together. This connects you to what your child is learning in school and may even help them to learn more. A second great back to school idea would be to share your own report card or photo from the grade your child is starting. Tell them what you like most about that year. Let them ask you questions about when you were in school. It is so much fun to bring back good ole memories. Another great idea would be to attend a play at your local theater or a nature program at the community center. You'll get your child back in the habit of sitting still and paying attention. Playing school at home is good practice too. The "teacher" can read aloud to the "student", write out math problems and even give a spelling test. And last but definitely not least, check out the school website and see what activities your school may offer. If your child likes to sing, they may be able to join the chorus. A child with good leadership skills might want to run for the student council, while a sports lover may want to join a team. Some of the groups have already started but always make sure to look at the schools website to see the event listings.



Worth County Middle School 6th Grade Assistant Principal, Kira Outlaw hosted a drawing of \$15 gift cards from Dairy Queen, McDonald's, and Walmart. Students earned an entry by completing all assignments. The winners were Andrew Heflin, Joseph Jones, and Jamion Collier. Congratulations students! Keep up the good work!

Source: WCSD

Send Off For The Worth County Rams



This past Friday, October 1st, fans gathered at the Worth County Ram Stadium and lined the street with signs and noise makers to cheer on the Rams as they traveled to Adel to take on the Cook County Hornets. Even though the Rams did not come away with a win, they played an extremely good game!

This coming Friday, they will travel to Thomasville as they take on their second region game for the season. Mrs. Melissa Edwards, Principal at WCHS stated that they are planning for another send off at the stadium. Time has not been announced yet but please stay tuned to the WCHS Facebook Page, The Martin News Facebook Page and the Sylvester - Worth County Chamber of Commerce Facebook Page for all updates.. Please make plans to join and cheer those Rams boys on to a win!

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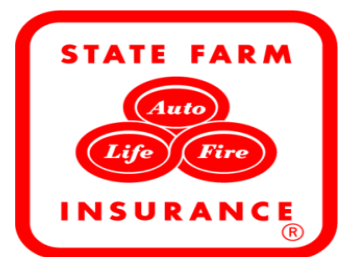
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Dictionaries Donated To 3rd Graders At WCES

Worth County Elementary School is very grateful to Ms. Lisa Dylinski and Ms. Sharon Rhoads with the Sylvester - Worth County Family Connections for supplying their 3rd grade students with dictionaries. The students were thrilled to receive them. Each year, the Sylvester - Worth County Family Connections sponsors the "Dictionary Project" to give out dictionaries to all of the 3rd grade students. They give out about 275-300 dictionaries every year. If there are any 3rd grade homeschool students that would like a dictionary, please feel free to call Ms. Lisa at 229-376-0094 and she will be glad to get one to you. The Dictionary Project is funded through the Sylvester-Worth County Family Connection and they want to teach children that Reading is "Worth" it!

Source: WCSD & The Martin News





GRAND OPENING & RIBBON CUTTING

JOIN US FOR GIVEAWAYS
SPECIALS THROUGHOUT
THE DAY!

**8:15 AM
SATURDAY
OCTOBER 16TH, 2021**

**106 EAST FRANKLIN STREET
SYLVESTER, GA 31791**

Wal-Mart Donates To WCPS

Worth County Primary School would like to express their sincerest thanks to Sylvester Walmart and Walmart Claim Supervisor, Vanessa Mill-McCull, for their enormous donation of school supplies. The pictures shown don't do justice to the enormity of donation. The supplies donated will definitely be put to good use! Wal-Mart Stores, Inc. helps people around the world save money and live better – anytime and anywhere -- in retail stores, online, and through their mobile devices. Each week, more than 245 million customers and members visit our 11,302 stores under 71 banners in 27 countries and ecommerce websites in 10 countries. The Sylvester Wal-Mart opened June 4, 2014. With fiscal year 2014 sales of over \$473 billion, Walmart employs more than 2 million associates worldwide. Walmart continues to be a leader in sustainability, corporate philanthropy and employment opportunity. Additional information about Walmart can be found by visiting <http://corporate.walmart.com> on Facebook at <http://facebook.com/walmart> and on Twitter at <http://twitter.com/walmart>. Online merchandise sales are available at <http://www.walmart.com> and <http://www.samsclub.com>.

Source: WCSD & Wal-Mart





Sylvester-Worth County Business Expo



**November 4th, 2021
5pm to 7pm**

**102 S. Main Street
(Train Depot - Pedestrian Mall)**

Join Us!



Network

Get to know the businesses that help support the Sylvester-Worth County economy.



Job Opportunities

Looking for a job?
Potential on the spot interviews for job seekers.



Community

New to the community?
This is the perfect opportunity to get to know more about the businesses.

Support Local Economy

To ensure that we contribute to maintaining a stable economy, we must support the businesses that contribute to it. Please help us by eating & shopping local. Living the local life is how we keep our community and economy stable.

Promo Local Businesses

In an effort to better serve our community, we must support the business we already have in Sylvester-Worth County. We highly encourage that everyone come out and support the local community and its businesses.

Are you a business interested in participating?

Contact us!



229-776-7718



info@swcountychamber.com

Plant the Seed. Watch it Grow. Reap the Benefits.

South Tifton Apartments Part Of Redevelopment For Youth Center Area



Redevelopment of South Tifton is continuing with the groundbreaking on Wednesday, Sept. 29, of a 56-unit apartment complex near the site of the city's Youth Center under construction. The City of Tifton and IDP Properties is celebrating the groundbreaking of Nine Oaks Apartments at 10 a.m. at 310 Old Omega Road. Nine Oaks will have one-, two- and three-bedroom apartments. The development will feature a playground, pavilion, community garden, and equipped computer center for the residents' use. According to the City of Tifton's press release, Nine Oaks Apartments will "provide an affordable and safe environment for families and individuals in need of more than housing but in need of a community that will help them develop and thrive," and bring "high quality, safe and affordable housing to the residents of South Tifton." The vision of Nine Oaks began with the city and the Tifton Urban Redevelopment Agency's (URA) South Tifton Redevelopment Assessment and Strategy, which spurred the selection of the site on Old Omega Road. The city and the URA sought proposals and selected Integrity Development Partners (IDP) as the developer. IDP has partnered with Studio 8 Design and ASA Engineering out of Valdosta to prepare the development plan. Construction will be managed by Fairway Construction Co. Inc. and is scheduled to last 14 months. Once complete, Nine Oaks will be managed by Integrity Management Co. of Valdosta. Pre-leasing will begin in September 2022.

Source: Tifton Grapevine



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Think Tifton



ThinkTiftonGA

Rural Census Data Inaccurate, Area Lawmakers Say



South Georgia population numbers are "under reported" in the recent U.S. Census, two members of Tift County's state legislative delegation said Thursday. "I don't believe the Census data," state Sen. Carden Summers, R-Cordele, told Tifton-Tift County Chamber of Commerce members at a breakfast meeting.

"It's under reporting," said state Rep. Clay Pirkle, R-Ashburn.

"There's no way Tift County grew by (only) 1,200 people over 10 years." He said the pandemic may have caused

some residents to avoid the Census, and others may have avoided being counted because they "don't trust the government." "We are losing population in rural Georgia," Summers added. The senator said that Census numbers can still be appealed. The Census is the basis for state and federal legislative districts that are being redrawn, known as "reapportionment." "We are going to lose four to five representative seats in rural Georgia, which is a tragedy," Summers said. "We will lose one Senate seat." Summers praised the recent election changes passed by the General Assembly, saying it focuses on election integrity. "We fixed problems with the general election," the senator said. "It's a great, great bill" which "stops ballot harvesting." Summers said he was disappointed that former President Trump, during his rally in Perry last Saturday, continued to criticize Georgia's governor. "Brian Kemp is working for rural Georgia," Summers said. "I wish we could kind of put 2020 behind us; we can't dwell on the past." Pirkle spoke about the importance of bringing broadband Internet to rural communities in the state. He said it is going to take "real money to solve a real problem." Pirkle said he always looks at the return on investment (ROI) when public money is spent, but in this instance it is going to be a negative ROI initially. But, "this is the role of government," he said. "In my opinion, the Eisenhower interstate highway system is the best investment the country has ever made," Pirkle said. "It started as a negative ROI, but it is the best investment that we have made as a country in economic development, and so is rural broadband." State Sen. Carden Summers, second from left, and Rep. Clay Pirkle, right, talk with Tifton-Tift County Chamber of Commerce members at the legislative breakfast Thursday morning at the State Chamber of Commerce office in Tifton.

Source: Tifton Grapevine



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2021 WORTH CO. FOOTBALL SCHEDULE



AUGUST 13TH
PELHAM
WORTH CO. STADIUM

AUGUST 20TH
TURNER CO.
WORTH CO. STADIUM

AUGUST 27TH
MITCHELL CO.
WORTH CO. STADIUM

SEPTEMBER 3RD
AMERICUS-SUMTER
ALTON SHELL STADIUM

SEPTEMBER 10TH
RUTLAND
WORTH CO. STADIUM

SEPTEMBER 24TH
TIFT CO.
BRODIE FIELD

OCTOBER 1ST
COOK
COOK HIGH SCHOOL

OCTOBER 8TH
THOMASVILLE
VETERANS MEMORIAL STADIUM

OCTOBER 15TH
FITZGERALD
WORTH CO. STADIUM

OCTOBER 22ND
BERRIEN
RAYMOND JONES MEMORIAL STADIUM

OCTOBER 29TH
EARLY CO.
WORTH CO. STADIUM



RAISE THE STANDARD




Halloween Story Time

October 12, 2021 at 3 pm

Hear stories, play Candy Bingo and make a pumpkin or a ghost to take home

--- Margaret Jones ---
Public Library

Colony Bank Names Mike Davis Community Banking President



J. Mike Davis of Tifton has been promoted to the newly created position of president of community banking for Colony Bank. Davis had been serving as Tifton market president. In his new role, Davis will be responsible for managing the overall sales efforts of lending, deposit, and other related business lines within Colony Bank's community markets. His responsibilities will also include business development, customer retention, and market share growth as well as recruiting, personnel management, and other key leadership duties. He will serve as a member of both the Colony Bank Operating Committee and the Executive Loan Committee. "Mike was an ideal choice to step into this important leadership role, which will provide additional resources and support to our ever-growing team of dedicated community bankers. Mike has over 20 years of banking experience, extensive industry knowledge, and, as a local-born, third-generation banker, deep roots in our community," said Eddie Hoyle, chief banking officer. Davis began his banking career in 1996 at Colony Bank, serving the Sylvester community and assumed increasing levels of responsibilities with another financial institution, serving as commercial lender, senior lender, and eventually president and chief executive officer. An Air

Force veteran, Davis graduated from Abraham Baldwin Agricultural College and Georgia Southwestern State University, and has studied at the University of Georgia School of Banking. He is a past chairman of the Tifton-Tift County Chamber of Commerce and of the Tift County Foundation for Educational Excellence. He also has served as president of the Rotary Club of Tifton, the Tifton Sertoma Club, and the Tift County High School Athletic Booster Club.

RHYTHM & RIBS

BBQ FESTIVAL
TIFTON, GA



**SATURDAY,
OCTOBER
9TH**

**10 AM - 10 PM
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PlanFirst Success Story: City of Sylvester Pedestrian Mall/Amphitheater



DCA's PlanFirst program recognizes and rewards Georgia communities that clearly demonstrate an established pattern of successfully implementing their Local Comprehensive Plan.

Our PlanFirst "Success Story" series highlights these cities and counties by sharing their

incredible achievements. You can view all of the communities on our Story Map. As the county seat and core of Worth County, the Sylvester mayor and council embedded the 2008-2028 Community Agenda Vision into their downtown objective of creating a community focal point for a pedestrian-friendly place where people can gather for socializing and entertainment. Funding by a GDOT TE Grant and the City of Sylvester, the Short Term Work Plan launched this vision by establishing the goal of an intermodal facility project. With renovations completed on this historic train depot in 2015, the vision evolved further in November 2018 when construction began on a pedestrian mall/amphitheater as well as improvements to the parking lot at the depot. The pedestrian mall/amphitheater has been utilized for various events such as concerts and weddings. It has also become a popular destination for photoshoots and selfie opportunities. Downtown business owners have reported an increase in pedestrian traffic and revenue, adding to the economic viability of the downtown district. Citizens can often be found in the area sitting and enjoying a beautiful day. With its completion in April 2019, the goal embraced the downtown vision by serving as a place to gather for shopping and entertainment. This proves that visions can become a reality when one sets ambitious and attainable goals that are collaborated with a foundation of good and effective comprehensive planning.

Source: Southwest Georgia Regional Commission

Helping Children Face their Fears

Have you ever thought about a fear that your child has but did not know how to handle it? In the Home & School Connection there was an interesting article about this and I want to share it with you. It makes perfect sense. The question was how a parent could help their son who is afraid of storms to feel more secure. I am sure that someone has a child that is afraid of storms. I am more than my child, does that count? Fears are actually normal at the age of primary and elementary age children but there are ways you can help. Home and School Connection suggested that this particular family could stop by their local library or school library and check out books on storms. If their child understood storms, he may not be as afraid. Teaching their child simple rules such as stay away from trees, don't use a corded phone or take a bath during the storm. Another great piece of advice was keep their son occupied during the storm. They suggest for them to look out a closed window, and count the seconds between the lightning and the thunder. He can divide by five to find out how far away the storm is (if they count to 10, the storm is two miles away). Another idea is to turn your child into an artist and let them paint or draw their fear out. Keep them in a folder and before long they will be looking for every opportunity to draw about the fear. Then the fear has become a liking instead of a fear.



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Congratulations to the Worth County High School Ram Marching Band for an excellent performance at the Jamboree on Saturday, September 25th! They showcased their halftime performance for schools from all over Southwest GA and did a great job! They will have their first competition later in October. Fantastic job, Rams!

Source: WCSD

Second graders at Worth County Primary School were absolutely thrilled that Worth County Middle School 6th grade AP, Kira Outlaw, invited them to come see baby chicks at WCMS. Students got to see the eggs and the chicks hatching out of the eggs and touch a newborn chick. Second grade students are currently studying the life cycle of chickens, and we are so excited they got to have this real life example.

Source: WCSD



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Halloween Health and Safety Tips

Autumn holidays like Halloween and Harvest Day are fun times for children of all ages, who can dress up in costumes, enjoy parties, enjoy fall fruits and vegetables, and eat yummy treats. These celebrations also provide a chance to give out healthy snacks, get physical activity, and focus on safety. Check out these tips to help make the festivities fun and safe for trick-or-treaters and party guests. Going trick-or-treating? Be sure swords, knives, and similar costume accessories are short, soft, and flexible. Avoid trick-or-treating alone. Walk in groups or with a trusted adult. Fasten reflective tape to costumes and bags to help drivers see you. Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat. We don't want anyone to have a belly ache. Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house. Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation. Look both ways before crossing the street. Use established crosswalks wherever possible. Lower your risk for serious eye injury by not wearing decorative contact lenses. Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe. Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls. Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers. Enter homes only if you're with a trusted adult. Only visit well-lit houses. Don't stop at dark houses. Never accept rides from strangers. Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes. Are you expecting trick-or-treaters or party guests? Be sure to follow these tips to help make the festivities fun and safe for everyone: Provide healthier treats for trick-or-treaters such as low-calorie treats and drinks. For party guests, offer a variety of fruits, vegetables, and cheeses. Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity. Be sure walking areas and stairs are well-lit and free of obstacles that could result in falls. Keep candle-lit jack o'lanterns and luminaries away from doorsteps, walkways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended. Remind drivers to watch out for trick-or-treaters and to drive safely. Fall festivities will be here before you know it and we need everyone to be safe and enjoy this time of year.

ABAC, UGA Veterinary Grant Promotes Vet Students In Region

Abraham Baldwin Agricultural College has been awarded a three-year \$297,000 collaborative grant with the University of Georgia Tifton Veterinary Diagnostic and Investigational Laboratory to encourage more veterinary medicine students to practice in rural South Georgia. Activities will center around student recruitment, retention, and experiential learning at the UGA diagnostic lab aimed at increasing the number of under-represented and rural undergraduate students qualified to apply to veterinary medicine programs. Dr. Matthew Anderson, dean of the ABAC School of Arts and Sciences, serves as project director. "ABAC students will benefit tremendously from the experiences this grant will support, and it will help them be more competitive when applying to vet school," Anderson said. "Our hope is that they are successful in applying to vet school, and that they return to serve the region following their veterinary training." He said the goal is for a minimum 10% increase in students being admitted into veterinary or graduate school. Co-directors are Dr. Jennifer Harper, ABAC biology professor, and Dr. Hemant Naikare, associate professor of infectious diseases at the UGA College of Veterinary Medicine and director of the veterinary lab. "The hands-on experiential learning opportunities in a disease diagnostics and surveillance testing facility will be excellent for the ABAC students," Naikare said. During the three years of the grant, ABAC students will be recruited to attend monthly seminars and participate in day-long workshops. Students who demonstrate interest and aptitude will be candidates for research experiences, diagnostic specific courses, and paid internships utilizing the lab facilities.

Source: Tifton Grapevine

Dates to Remember

October

- 4th ~ Chamber 50/50 Raffle Tickets Sale
- 4th ~ Picture Day at WCES
- 4th ~ Voter Registration Deadline for November Election
- 4th ~ Georgia Cities Week - Shred Day
- 4th ~ Georgia Cities Week - Council Meeting
- 4th ~ Georgia Cities Week - Food Truck Monday 11am - 3pm
- 5th ~ Chamber 50/50 Raffle Tickets Sale
- 5th ~ Georgia Cities Week - Tree planting and women's sell defense workshop at 6pm at police station
- 5th ~ WCHS Softball Away at 4:30pm
- 5th ~ Bingo Night at Ed's Truck Stop 6pm-8pm
- 5th ~ Worth County Board of Commissioners Meeting 7pm-8pm
- 6th ~ Chamber 50/50 Raffle Tickets Sale
- 6th ~ Kiwanis Meeting at Noon
- 6th ~ WCMS Football playoff's
- 7th ~ Chamber 50/50 Raffle Tickets Sale
- 7th ~ Georgia Cities Week - Customer Appreciation Day all day at the Depot; Equipment Show 8-5 at Depot
- 7th ~ WCHS Softball Home 5:30pm
- 7th ~ WCHS JV Varsity Football 5:30pm
- 8th ~ Chamber 50/50 Raffle Tickets Sale
- 8th ~ Worth County Schools Fall Break
- 8th ~ 2nd Annual Faith and Blue Meet & Greet
- 8th ~ Ruth's Cottage Candlelight Vigil 5:30pm-6:30pm
- 8th ~ Worth County Rams vs Thomasville Away at 7:30pm
- 9th ~ Chamber 50/50 Raffle Tickets Sale
- 9th ~ WCMS Competition Cheer All Day
- 9th ~ WCHS Competition Cheer All Day
- 9th ~ 100 Mile Peanut Pickin' Yard Sale
- 11th ~ Worth County Schools Fall Break
- 12th ~ Worth County Schools Planning Day
- 12th ~ Early Voting
- 12th ~ Halloween Story Time at Margaret Jones Public Library 3pm-4pm
- 12th ~ Political Meet & Greet 5:30pm-7pm
- 12th ~ Bingo Night at Ed's Truck Stop 6pm-8pm
- 12th ~ City Poulam Council Meeting 6:30pm - 7:30pm
- 13th ~ Early Voting
- 13th ~ Kiwanis Meeting at Noon
- 14th ~ Early Voting
- 14th ~ Flu Shots for WCPs Students and Faculty
- 14th ~ WCMS Football Championship
- 14th ~ WCHS JV Varsity Football Away 5pm
- 14th ~ Ruth's Cottage Walk A Mile In Her Shoes 6:30pm-7:30pm
- 15th ~ Early Voting
- 15th ~ Georgia Peanut Festival Golf Tournament
- 15th ~ Worth County Rams vs Fitzgerald Home for Homecoming at 7:30pm
- 16th ~ Early Voting
- 16th ~ WCMS Competition Cheer
- 16th ~ WCMS/WCHS Cross Country Meet
- 16th ~ Worth County High School Homecoming
- 18th ~ Early Voting
- 19th ~ Early Voting
- 20th ~ Early Voting
- 20th ~ Kiwanis Meeting at Noon
- 21st ~ Early Voting
- 22nd ~ Early Voting
- 22nd ~ Worth County Rams vs Berrien Away at 7:30pm
- 23rd ~ Early Voting
- 25th ~ Early Voting
- 26th ~ Early Voting
- 27th ~ Early Voting
- 27th ~ Kiwanis Meeting at Noon
- 28th ~ Early Voting
- 28th ~ WCHS JV Varsity Football Home at 5:30pm
- 29th ~ Early Voting

WCPS Scholastic Book Fair

We are so excited to be able to offer an "in person" book fair this year!

Please see the schedule below for the dates and times.

Friday, October 15th: 7:45-12:00

Monday - Thursday, October 18th -21st: 7:45-2:45

We look forward to seeing everyone!



Tiftarea Academy Names Homecoming Court

Tiftarea Academy has announced its 2021 Homecoming attendants. Pictured on front row, from left, are: Senior representatives Whitney Hancock, daughter of Andy and Heather Hancock of Doerun; Anslee Jones, daughter of Derrick Jones and Tracy Darnell of Tifton; and Laura Ann Jones, daughter of Tiffany and Reid Jones of Chula. In the back row, from left, are: Eighth-grade representative Kate Phillips, daughter of Kevin and Nan Phillips of Fitzgerald; freshman representative Rylee Bryant, daughter of Russ and Renee Bryant of Chula; sophomore representative Shelby Whitfield, daughter of Jeff and Carrie Whitfield of Tifton; and junior representative Josey Haskins, daughter of Gil and Christy Haskins of Sylvester. Tiftarea Academy's homecoming game will be at 7:30 p.m. Friday, Oct. 22, in Chula. The homecoming queen will be crowned during the halftime festivities.

Source: Tifton Grapevine

Georgia Cities Week October 4th - 9th, 2021

Monday, Oct. 4th

Shred Day - Parking lot between Vintage Nest and Barnyard Creations.
Food Trucks Monday, 11 am - 3 pm at the Depot Parking Lot
Council Meeting 10 am. Students from the high school are invited to attend this Council meeting to see the City Council, Mayor, City Manager and City in action.

Tuesday, Oct. 5th

Tree Planting 10 am Rededication for Kathy Wise and 10:30 am Tree Planting at Shippi Park for Larry Johnson
Women's Self Defense Workshop at the Police Station 6 pm

Wednesday, Oct. 6th

Stakeholders breakfast for the Downtown Stakeholders 9 am on the back porch of the Depot. Invitation only.

Thursday, Oct. 7th

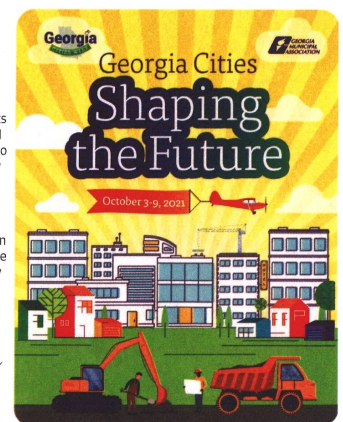
Customer Appreciation Day - All departments will be set up at the Depot all day. Giveaways and light refreshments.
Equipment Show 8a to 5p in the parking lot of the Depot

Friday, Oct. 8th

Employee Appreciation Luncheon 12 noon at the Depot. Invitation only.

Saturday, Oct. 9th

100 Mile Peanut Pickin' Yard Sale 8 am to 4 pm



**Celebrate Georgia Cities Week
this week in the City of Sylvester!**



Congratulations to the PBIS Student of the Month, Sandra Garcia at Worth County High School! She was nominated by the WCHS faculty and staff for exemplifying the Rams PBIS behavior expectations: Respectful, Accountable, Motivated, and Safe. We are so proud of you and your hard work, Sandra!

Source: WCSD

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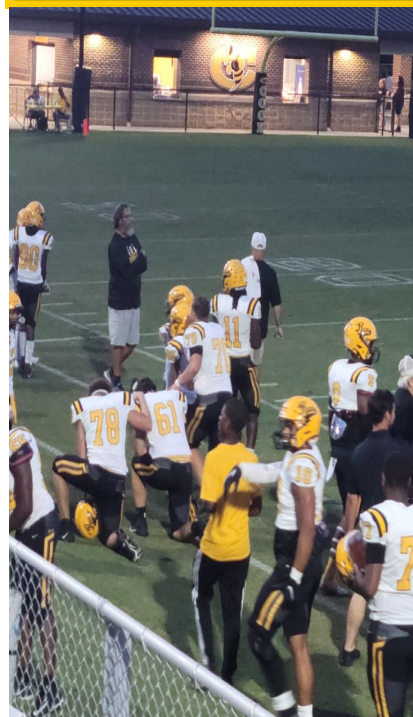
Perry Paint & Body

*Phoebe Worth
Medical Center*

Southland Controls

*Pictures provided by
Ram Mom, Shalonda Polk
Ram Mom, Doris Harris
WCHS Spirit Club*

The Martin News Sylvester, Georgia 10-4-2021



9th
Annual

Sylvester Ga. Pink Out Day

Wednesday 12noon
October 27, 2021

**Sylvester Ga City Hall
Train Depot-Pedestrian Mall
102 S. Main St. Sylvester Ga.**

Out door event--Social distancing
**Honoring Our Survivors
&**

In Memory of loved ones

PRIZES--LUNCH PROVIDED--FUN



**Pink Heals Fire Truck
will be on site**



peach state
health plan.

Pinneice Mosely

Sharon Lyles—Event Coordinator
Facebook: Cancer Awareness 365
Email: CancerAwareness365@yahoo.com
(229)256-6542

100 Mile Peanut Pickin' Yard

**2nd Saturday in
October
8AM-4PM**

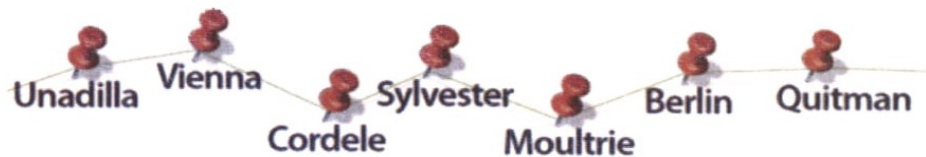
Bargains & Deals!

Rain or Shine!



Join us on Saturday, 10/09/2021

For more information, please call the contact
Karen Singletary 229-773-7716
www.cityofsylvester.com



Spread The Hope



South Georgia Banking Company needs our help during the month of October. You can help them "Spread the Hope" as a part of Georgia Peanut Bank week by donating a jar of peanut butter! The collected jars will be given to local food banks in their service area, including Tift, Colquitt, Turner, Crisp, Dooly, and Worth counties. You may drop off your jar at any South Georgia Banking Company branch from October 1st – 29th and they will deliver the boxes of peanut butter jars to the food banks. Georgia Peanut Bank Week is im-

portant to South Georgia Banking Company as they are able to celebrate the significant contributions peanut farmers and peanuts make to our local and state economies. They are Peanut Proud. If possible, South Georgia Banking Company is asking to please donate plastic jars. They are a Member FDIC | Equal Housing Lender. If you would like to donate some jars of peanut butter and are not able to drop it off in Sylvester at South Georgia Banking Company, please let us know at The Martin News and we will be glad to pick it and drop it off for you. Helping our local bank to help others is a great thing!

Ruth's Cottage and The Patticake House observes Domestic Violence Awareness Month

(October 1, 2021 , Tifton, Ga.) – During the month of October, Ruth's Cottage and The Patticake House has a variety of activities and events planned for National Domestic Violence Awareness Month. The first event planned for the month is the Candlelight Vigil, which honors and remembers the victims killed as a result of domestic violence during the previous year. This event will be held on October 7 at 5:30 pm in Conference Room 106-A at the Southern Regional Technical College campus in Tifton. The names of all those victims will be read aloud during the event as audience members "light" candles in their memory, and it will feature keynote speaker Kristy Carter, the Victim Assistance Program Director at the Criminal Justice Coordinating Council as well as survivor speaker Rachel Elizondo. Masking and social distancing are required at this event. "We always like to start off the month of October with this incredibly meaningful event," said Nancy Bryan, Executive Director of RCPCH. "This event really allows us to show the community how dangerous domestic violence can be, while also honoring those victims who have passed on." After the Candlelight Vigil, Ruth's Cottage and The Patticake House will host Walk a Mile in Her Shoes on October 14 on the front lawn of the ABAC campus. Registration for those walking at this event will open at 5:30, with the actual walk starting at 6:30. Anyone interested in walking at this event can sign up at www.stopthehurtga.org/events/walk-a-mile-in-her-shoes/. Masking and social distancing are recommended at this outdoor event. "This event is a little more fun and light-hearted," said Bryan. "Men from throughout the community will don high heels and walk an actual mile to show their support for domestic violence victims and their commitment to 'stopping the hurt.' We are still accepting walkers for this event, and we would encourage those who are interested in participating to sign up on our website." On October 21, Ruth's Cottage and The Patticake House will also participate in the national "Wear Purple Day" to raise awareness for domestic violence. Community members are encouraged to participate that day as well and send photos of themselves in their purple to 229-402-2146. "This is a very simple event for community member participation," said Bryan. "We are just asking everyone to wear purple to raise awareness, much the same way that people do pink-outs for breast cancer awareness every October to show their support." In addition to these events, Ruth's Cottage and The Patticake House, is also working to raise awareness about domestic violence through social media, a victim display, purple stickers, and their "Save a Seat" project. Throughout the month of October, videos on domestic violence and statements from Domestic Violence Program Committee members, board members, and staff will be posted on the Ruth's Cottage and The Patticake House Facebook and Instagram pages. "We know so many people are on social media, so we wanted to reach people through this medium as well," said Rachel Elizondo, Chair of the Domestic Violence Program Committee. "We encourage community members to go follow us on Facebook and Instagram and look out for these videos and statements throughout October." The victim display consists of large wooden cut-outs in the shape of people that have been painted purple and have a short excerpt from a victim's story. Displays will be in prominent locations in Tift, Turner, Irwin, Worth, and Ben Hill counties throughout the month. Materials were donated by Lowe's and Short and Paulk, and a multitude of volunteers helped in constructing and painting the displays. "These displays are really powerful because they are so large and eye-catching," said Elizondo. "We really want people to stop and pay attention when they see these and really think about these victims and the impact domestic violence had on their life. We are so grateful to Lowe's and Short and Paulk for their generous donations, as well as all the volunteers who helped make this possible." Ruth's Cottage and The Patticake House has also provided purple stickers, which highlight a hotline number for victims, for various businesses to use throughout the month of October on bags, takeout boxes, and other materials that customers will take home. The "Save a Seat" project is another visual impact project that showcases victims' stories on laminated pieces of paper placed on seats at various locations in Tift, Turner, Worth, Irwin, and Ben Hill Counties. "This project was really born out of the pandemic last year when we were not able to do any in person events," said Elizondo. "So many places were leaving seats in waiting rooms and dining rooms empty because of social distancing requirements, and we decided to use those empty seats for domestic violence awareness. Because the pandemic is still ongoing, we decided to continue this project this year as well." If any individual or organization would like to be involved in any of these projects, please contact Nancy Bryan (nbryan@rcpch.net) or Rachel Elizondo (rachel.elizondo@tiftregional.com). Those interested in donating to the domestic violence prevention program can do so at www.stopthehurtga.org/donations/donate-dv/, donating through Venmo to [@ruthscottage_thepatticakehouse](https://www.venmo.com/@ruthscottage_thepatticakehouse), or mailing a check to PO Box 2727, Tifton, GA 31793. "We are really excited about everything we have planned for this month," said Elizondo. "We hope to see a great turn out for our events, and we hope that all our other projects will raise awareness, help people to understand how serious domestic violence can be, and know that help is just one phone call away." If you are currently in an abusive relationship, know that there is help available. Reach out to Ruth's Cottage and the Patticake House at 229-388-1541 or learn more by visiting www.stopthehurtga.org. Ruth's Cottage is a 501 (c) 3 non-profit agency that was incorporated in 2002. Non-Profit status was also achieved that year, making it an umbrella agency with the following mission: to end domestic and sexual violence, as well as child sexual and physical abuse, through a collaborative, multidisciplinary approach to investigations, advocacy, and support, while working in the community to change attitudes, beliefs, and behaviors. The conception of the organization was that it be one to provide three distinct services: domestic violence prevention/shelter, child advocacy, and be a sexual assault center. As of January 2018, all three of these goals have been realized. Visit www.stopthehurtga.org to learn more.

The Domestic Violence Program Committee of Ruth's Cottage & the Patticake House Invites Your Participation in October's

DOMESTIC VIOLENCE AWARENESS MONTH



CANDLELIGHT VIGIL

We are grateful to be holding our annual Candlelight Vigil in person again this year at Southern Regional Technical College. This event honors and remembers victims who have passed away due to domestic violence. It will be held on **October 7 at 5:30** in Conference Room 106-A at the Tifton Campus. Our keynote speaker will be Kristy Carter, the Victim Assistance Program Director at the Criminal Justice Coordinating Council, and our survivor speaker will be Rachel Elizondo. Masking and social distancing will be required at this event.



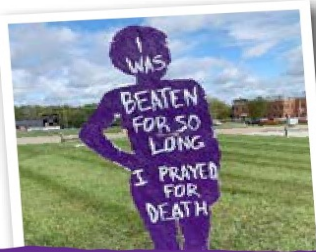
WALK A MILE IN HER SHOES

We are happy to announce that we will be hosting the Walk a Mile in Her Shoes event in person this year at ABAC! The event will take place on **October 14th** in the front campus area at ABAC. Registration for walkers will begin at 5:30, with announcements starting at 6:15, and the walk starting at 6:30. Those interested in walking can sign up at: <https://stopthehurtga.org/events/walk-a-mile-in-her-shoes/>. RCPCH does have shoes in larger sizes for walkers to use, but they are on a first come, first serve basis. Social distancing and masking will be recommended and encouraged at this event.



WEAR PURPLE DAY!

As always, we will be having our **Wear Purple Day** and encouraging the community to participate! This year, **Wear Purple Day** is on **October 21**. We have purple t-shirts available for individuals, businesses, and organizations to request if you would like to participate. Get a sign up form for the t-shirts by emailing rachel.elizondo@tiftregional.com or nbryan@rcpach.net. Those who receive a t-shirt must send a photo of them and/or their organization on **October 21**, and all t-shirts are on a first come, first serve basis. Photos of you and/or your team wearing purple can be sent to **229-402-2146**.



VICTIM DISPLAY

This year, thanks to a generous donation from Lowe's and the hard work of several volunteers, we will have a powerful victim display in central locations in the counties we serve. This display will consist of large, purple, wooden cut-outs to represent victims of domestic violence and their stories. If you would like to be involved in this project, please contact rachel.elizondo@tiftregional.com.



VIDEO PROJECT

This project is ongoing throughout the month of October with videos discussing general information on domestic violence as well as some personal testimonies being shared on the Ruth's Cottage & the Patticake House Facebook page each weekday. If you would like to participate in this project, please email rachel.elizondo@tiftregional.com.



SAVE A SEAT

This project honors victims and survivors of domestic violence by "saving a seat" for them at local businesses, clinics, meeting spaces, shopping areas, and more in the counties that RCPCH serves throughout the month of October. If you have a location that would like to be involved or have a story to share, please email rachel.elizondo@tiftregional.com. We have Spanish and English stories this year.



STICKER PROJECT

During the month of October, Ruth's Cottage and The Patticake House is asking local businesses to volunteer to put purple stickers with their hotline number on bags, takeout containers, and other items for customers. Not only does this activity raise awareness for Domestic Violence, it also gets the hotline number into the homes of potential victims without them having to seek it out and risk their abuser finding out. We have over 2,500 stickers available for businesses in Tift, Turner, Irwin, Worth, and Ben Hill Counties to put on items their customers will take home, and they are completely free! Just email Rachel Elizondo at rachel.elizondo@tiftregional.com if you would like stickers, and she will coordinate with you to have the stickers delivered.



**ENTER ON NORTH
ISABELLA STREET
FROM HIGHWAY 82**

**EXIT ON NORTH MAIN
STREET**

**THURSDAY, OCTOBER 28TH
6:00 PM-7:30 PM
WORTH COUNTY BOARD OF EDUCATION**



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SUMMER CHRISTMAS FEST.**

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CHILDREN'S TOYS : TVS : BIKES : TUPPERWARE : ELECTRONICS
JEWELRY : CANDLES : WAX : WARMERS : GIFT CARDS**

**FOR MORE INFO CONTACT:
LYNN MEEKS-MANLEY 229.272.4356
BRENDA HICKS 229.344.6400
CHARLES McDONALD 229.402.7049**

The Benefits of Flu Vaccination

Get your flu vaccine now

**Worth County
Health Department
1012 W. Franklin St.
Sylvester, GA 31791**

**Monday - Friday 8 a.m. - 5 p.m.
Appointments preferred but not necessary.**

High-dose available for adults 65 and older.

**Most insurance plans, Medicare & Medicaid
accepted.**



The Worth County Health Department is now offering flu shots. There are many reasons to get an influenza (flu) vaccine each year. Flu vaccination is the best way to protect yourself and your loved ones against flu and its potentially serious complications. Below is a summary of the benefits of flu vaccination and selected scientific studies that support these benefits. Flu vaccination prevents millions of illnesses and flu-related doctor's visits each year. For example, during 2019-2020 flu vaccination prevented an estimated 7.5 million influenza illnesses, 3.7 million influenza-associated medical visits, 105,000 influenza-associated hospitalizations, and 6,300 influenza-associated deaths. During seasons when flu vaccine viruses are similar to circulating flu viruses, flu vaccine has been shown to reduce the risk of having to go to the doctor with flu by 40 percent to 60 percent. Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick. A 2021 study^{external icon} showed that among adults, flu vaccination was associated with a 26% lower risk of ICU admission and a 31% lower risk of death from flu compared to those who were unvaccinated. A 2018 study^{external icon} showed that among adults hospitalized with flu, vaccinated patients were 59 percent less likely to be admitted to the ICU than those who had not been vaccinated. Among

adults in the ICU with flu, vaccinated patients on average spent 4 fewer days in the hospital than those who were not vaccinated.

- Flu vaccination can reduce the risk of flu-associated hospitalization.
- Flu vaccination prevents tens of thousands of hospitalizations each year. For example, during 2019-2020 flu vaccination prevented an estimated 105,000 flu-related hospitalizations.
- A 2014 study^{external icon} showed that flu vaccination reduced children's risk of flu-related pediatric intensive care unit (PICU) admission by 74 percent during flu seasons from 2010-2012. A 2017 study found that during 2009-2016, flu vaccines reduced the risk of flu-associated hospitalization among older adults by about 40 percent on average.

A 2018 study showed that from 2012 to 2015, flu vaccination among adults reduced the risk of being admitted to an intensive care unit (ICU) with flu by 82 percent. Flu vaccination is an important preventive tool for people with certain chronic health conditions. Flu vaccination has been associated with lower rates of some cardiac event^{external icon} among people with heart disease, especially among those who have had a cardiac event in the past year. Flu vaccination can reduce the risk of a flu-related worsening of chronic lung disease (for example, chronic obstructive pulmonary disease (COPD^{external icon}) requiring hospitalization. Among people with diabetes^{external icon} and chronic lung disease^{external icon}, flu vaccination also has been shown in separate studies to be associated with reduced hospitalizations from a worsening of their chronic condition. Flu vaccination helps protect pregnant people during and after pregnancy. Vaccination reduces the risk of flu-associated acute respiratory infection in pregnant people by about one-half. A 2018 study^{external icon} showed that getting a flu shot reduced a pregnant person's risk of being hospitalized with flu by an average of 40 percent from 2010-2016. A number of studies have shown that in addition to helping to protect pregnant people from flu, a flu vaccine given during pregnancy helps protect the baby from flu for several months after birth, when he or she is too young to be vaccinated. Flu vaccine can be lifesaving in children. A 2017 study was the first of its kind to show that flu vaccination can significantly reduce a child's risk of dying from flu. Getting vaccinated yourself may also protect people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions. Despite the many benefits offered by flu vaccination, only about half of Americans get an annual flu vaccine and flu continues to cause millions of illnesses, hundreds of thousands of hospitalizations and tens of thousands of deaths. Many more people could be protected from flu if more people got vaccinated.

Source: Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD)



October 4

**NATIONAL
TACO DAY**

destiny
FITNESS

**24/7 GYM,
PERSONAL
TRAINING,
GROUP
FITNESS, AND
TANNING**

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Sylvester, GA 31791



www.destinyfitness.com