



The Martin News

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

December 13, 2021

SGT

**SOUTHWEST
GEORGIA
THERAPY**

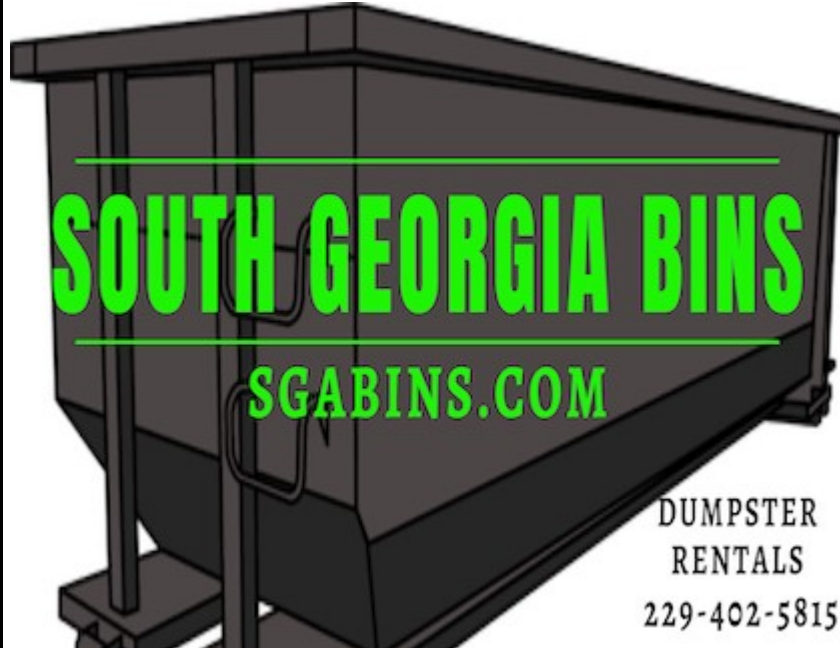
For All Your Physical Therapy Needs

*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)



The YLC Kindness Campaign Kicked Off At WCHS



The new Worth County High School “YLC Kindness Campaign” kicked-off their 1st act of service on Wednesday afternoon. The “YLC Kindness Campaign” is made up of students who want to spread kindness around the halls of WCHS and the community through service and random acts of kindness. The students cleaned and organized the “The Exchange.” The “Exchange” is a place where our students can feel comfortable coming to get clothes, hygiene items, or food. The Exchange runs on donations of new or

gently used clothes. The “Kindness Ambassadors” each also wrote a short note to any adult they wanted to on campus to brighten their day. These notes were delivered and were very much appreciated. If you are a WCHS student and are interested in spreading kindness through doing things for others, please contact Mrs. Amy Cummings (acummings@worthschools.net) or Mrs. Kim Perrin (kperrin@worthschools.net).

Source: WCSD



Men United Sylvester Lodge 01

&



American Legion Sylvester Post 335 Inc.

*Will host our 1st Annual Christmas Unity Dinner
December 18, 2021*

*Dinners can be picked up at
The Shipp Center starting at 12 noon!
The Sylvester Police Department will make deliveries
for the elderly and homebound!*





**SYLVESTER-WORTH COUNTY
CHAMBER OF COMMERCE**

SANTA CLAUS IS COMING TO TOWN!

Come visit with Santa at:
122 N. Main Street
Sylvester, GA 31791

He will be in his sleigh and available for
photo opportunities!

**DECEMBER 23, 2021
STARTING AT 9:00 AM**



TIRED OF LOW RATES ON YOUR CD'S AND IRA's?

Then Call Junior Dees today in Tifton at 229-472-8824

WE HAVE THE HIGHEST FIXED RATES IN TIFTON!

What's Your New Year's Resolution?

A new year is upon us. I can't believe it is almost 2022. New Year's Day has traditionally been seen as the ideal time to make your all important New Year's resolution. Unfortunately, while our heart and minds are in the right place, New Year's resolutions can cause a lot of unneeded stress. Don't set yourself up for failure in 2022 by vowing to make changes that will be hard to keep. Instead use these steps to help make your resolutions for the New Year a success. 1. Pick one thing to change. If you want to change your life or your lifestyle don't try to change the whole thing at once. It won't work. Instead pick one area of your life to change to begin with. Make it something concrete so you know exactly what change you're planning to make. If you're successful with the first change you can go ahead and make another change after a few weeks. Changing one thing at time will make you more likely to stick with the changes. 2. Realize ahead of time that it won't be easy, but it will be worth it. Anticipate the problems you might face with the changes you want to make. Once you've identified these problems, they will be easier to cope with when they arise. 3. Pick a start date. You don't have to make these changes on New Year's Day. Pick a day when you know you will be enthusiastic and surrounded by positive people. 4. Accept failure. If you do fail, don't hate yourself for it. Make a note of what caused your set back and learn from it. Trying is the key. Keep trying and you will succeed. 5. Reward yourself. Rewarding yourself will help keep you going during the hard days. Remember, the harder you work at obtaining your goals, the more you will deserve and feel you have earned those rewards. I am looking forward to 2022 with great new visions and plans for the new year! A new me is a better me, so start making plans for your new you. Good Luck at being the best you that you can be in 2022!

THE THAXTON TURNER



- Men's Shirts
- Women's Shirts
- Children's Shirt
- Bags

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



Monday - Saturday, 10am-6pm & Sunday 11am - 3pm
323 Main Street · Tifton · 229-396-4363
Merry Christmas and thank you for supporting our small business!



YOU'RE INVITED

AUTOMOTIVE CORE SUPPLY & SCRAP

RIBBON CUTTING

Join ACS for their
Ribbon Cutting Ceremony on
Wednesday, December 15th at 10:00am.

455 Highway 82 NW
Poulan, GA 31781



Yummy Kisses for the Holidays

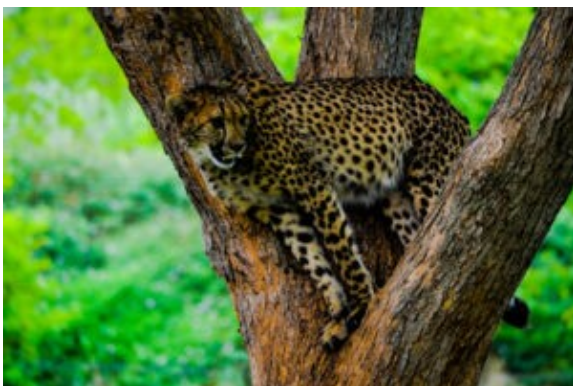
Whether fall or winter, these will be yummy to the tummy! You will definitely want to add these to your goody table during the holidays. Who doesn't like Hershey Kisses? So be sure to enjoy these this Christmas! Your guests will grab these by the handfuls. We hope each and every one of you have a very Merry Christmas.



SHOPPING AT ITS BEST
www.sugarhillscharm.com

**Be sure to like our
Facebook page:
Sugar Hills Charms
Boutique**

A Trip to the Zoo



December 27th, 2021 is "Visit a Zoo" day. If you are looking to make your zoo trip an overnight adventure for your family, consider visiting Zoo Atlanta in Atlanta, Georgia. Zoo Atlanta dates back to 1889 when it was a traveling carnival operated by George W. Hall. It is home to some of the most exotic animals in the world. A number of rare and endangered species are featured in the park, including Komodo dragons, Arakan forest turtles and clouded leopards. In 1999, Zoo Atlanta introduced an exhibit of giant pandas, becoming the fourth zoo in the US to house the rare animals. The grounds of Zoo Atlanta cover 40 acres. It is open every day of the year except Thanksgiving and Christmas. An indoor playground, an outdoor playground, a petting zoo and an interactive naked mole rat tunnel play area are available for children to enjoy. A zoo gift shop sells mementos, toys and collectible items. Always remember for a day trip, Chehaw in Albany is a great zoo to enjoy for the day with the family. There is a park to play in and enjoy a picnic, animals to visit, feed and interact with, train ride, gift shop to browse around in and much more. Be sure to plan your zoo trip and have a great time with the family.

Worth County Elementary School Toy Drive 2021

WCES would like to help local families this year
by sponsoring a toy drive.

If you would like to help, please donate
an unwrapped toy to WCES starting
Monday, December 6th – Friday, December 17th.

All donations will be given to
the Sylvester - Worth County
Chamber of Commerce.

If you are in need of help in
providing gifts for your child
on Christmas morning,
please contact the Chamber of
Commerce at 229-776-7718.

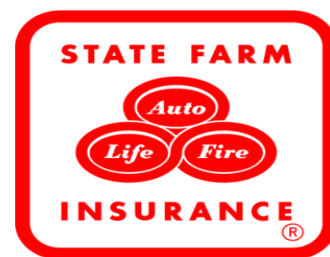


State Farm

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.**

Campbell

Construction & Roofing

705 South Ridge Ave., Tifton, GA

229-456-0478



Commercial & Residential
Don't Gamble
Call Campbell
FREE ROOF INSPECTION
LICENSED & INSURED

Just A Few Snapshots From Poulan's 2021 Christmas Parade





**"We're committed to bringing your car
back to pre-collision condition."**

229-436-8011

COLLISION REPAIR • COMPLETE BODY REPAIRS • REFINISHING

Tree Of Life Honors Friends, Loved Ones



Tift Regional Medical Center and Southwell are once again offering the sale of lights for its Tree of Life for the 36th year. People may purchase a light in honor of friends and loved ones. The proceeds help provide for the special needs of patients of the Hospice of Tift Area and the Anita Stewart Oncology Center of Tift Regional Medical Center. Each light is in memory or honor of one person. The lighting of this year's Tree of Life will once again be virtual at 6 p.m. Thursday, Dec. 16, on Southwell's Facebook page. The Tifton Junior Woman's Club will aid with the virtual event, which includes music and a presentation honoring the friends and loved ones represented. Contributions to the Tree of Life are tax deductible and are being accepted until the end of December. For information, call 229-353-6330 or visit mysouthwell.com/TOL/.

Source: Tifton Grapevine

Dr. Lora Efaw's Book, Published Shortly Before Her Death, Chronicles Faith During Crisis



Dr. Lora Fulp Efaw of Tifton, who lost her struggle with cancer in October, published a book shortly before she died – “Don’t Set Limits on God,” a private look into her experiences with faith during her health crises. The book's publisher, Christian Faith Publishing, calls Efaw's book "an inspiring exploration of a fight against cancer and the complications that can arise from treatment and how faith played an integral part in the author's battles." Efaw was a former Naval officer, a family physician and doctor of integrative holistic medicine who had a popular local practice. In a press release the other day, Christian Faith Publishing said that Efaw's book is a "powerful testament to the power of faith. ... Through her many years of cancer battles, Dr. Efaw discovered that God's love and actions are boundless. Dr. Efaw's experiences as a cancer patient lifted her faith to a whole new level, sending her on an inspiring journey to spread praise and help patients in new and innovative ways. "When facing cancer and the complications that come with fighting the disease, many people distance themselves from God. In Dr. Efaw's case, she became a transformed soul, growing closer to God. The challenges she faced led Dr. Efaw to fully understand that God uses trials and tribulations to facilitate spiritual growth. Through her unique medical practice and the sharing of her experiences, Dr. Efaw has lifted up countless people within the community she served," the press release states. "This book chronicles Dr.

Efaw's journey of spiritual discovery while fighting cancer and facing other personal obstacles along the way. She discusses how she learned that grace is the key to living the life God has called all of us to live." "Don't Set Limits on God" is available in traditional book stores and online.

Source: Tifton Grapevine



Events, Dining, Shopping...
SMALL TOWN with loads of
SOUTHERN HOSPITALITY

visit us at
TiftonTourism.com



Think Tifton



ThinkTiftonGA

Tifton Neighborhood's Luminary Result Of A Young Girl's Dream



The year was 2016, and it was the Christmas season. One little five-year-old Tifton girl, Norah Campbell, thought it would be magical to have her whole neighborhood lit up with candles, a luminary event.

What would be so complicated about putting out some candles to celebrate the season? "In her mind, it was as simple as putting a few candles in bags around the yard," says her mother, Maghan Campbell. She says that her and her husband Jeremy's "lives were anything but simple with two three-year-old boys and an already chaotic work and volunteer schedule" at the time.

"Nevertheless, Norah's eagerness for a neighborhood luminary event

was impossible to deny. I remember trying to explain to her that 'someone has to organize it,' and she quite plainly said, 'OK, so why can't we?'" Maghan recalls. There wasn't a neighborhood Facebook page at the time for the Tift Terrace and the Orchard neighborhoods, so, with Norah's persistence, Maghan undertook drafting a physical letter, recruiting a dozen friends to help distribute the letters, and "answered a ton of questions, and hoped for the best." The ensuing neighborhood luminary was a success. "That first year was truly inspiring," Maghan says. "The magic of this event begins long before we light the candles; it's in the rare simplicity of engaging with friends and neighbors that offers a momentary pause from the urgency of the season. The smiles and greetings are rich in authenticity; everyone walking the streets, face to face, talking and helping each other. "I remember very distinctly the beauty of seeing so many neighbors outside together, convening at the corners, and realizing how rare these moments are." For the sixth season, the Tift Terrace and the Orchard neighborhoods – Emmett Drive to Love Avenue, and 20th to 30th streets, including Willingham Way – will come together on Tuesday, Dec. 21, for a holiday luminary event. As Maghan Campbell tells the Tifton Grapevine: "For the community, luminary night provides a little escape for family and friends to take a drive together – no electronics, no obligations – just the opportunity to slow down, be present, and take inventory of the things that really matter." And sometimes, it takes a child to remind us of all that. Pictured is Norah Campbell, who was five years old at the time, pictured at the first luminary in her neighborhood in 2016. Norah pushed for creating the luminary event in the Tift Terrace and the Orchard neighborhoods, now in its sixth year on Dec. 21.

Source: Tifton Grapevine



Events, Dining, Shopping...
SMALL TOWN with loads of
SOUTHERN HOSPITALITY

visit us at

TiftonTourism.com



Think Tifton



ThinkTiftonGA

Worth County Middle School 7th Grade Students of the Month for November.

Anna Marie Worn
Ansley Malone
Elaine Day
Grace Price
Harmony Calhoun
Ian Gustafson
Larry Baldwin
Mikhayla Stephens
Samuel Gohn
Zaikeriah Williams

Source: WCSD



Worth County Middle School 6th Grade Students of the Month "G.O.A.T." for November.

Brock Mayhew
Garrett Carter
Mabree Fennell
Rainah Lee
Raniyah Jones
Robinho Gillis
Samorie Davis
Shanlynn Harp
Tristan Adams
Za'Lasia Brown

Source: WCSD



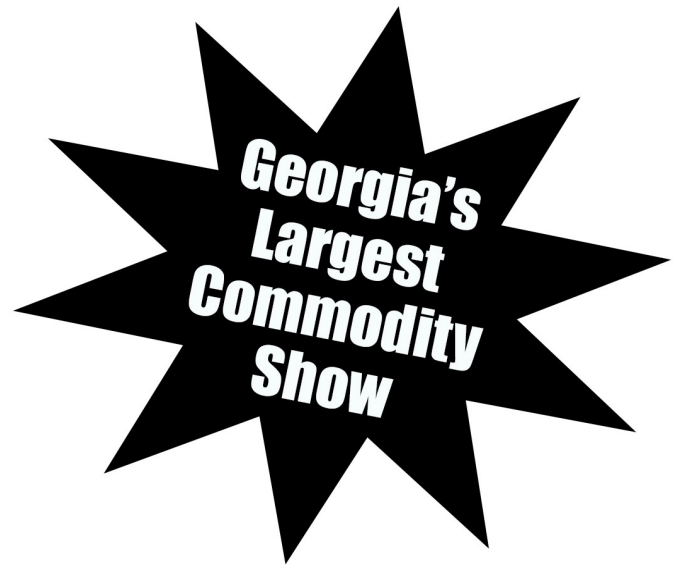
Our mission is to make this a perfect day for you.
Gin Creek will be the most unique and beautiful experience you have ever
been a part of in your entire life.

251 Demott Road
Hartsfield, GA 31756
229-941-2989
info@gincreek.com

'tis the season...
TO ROCK
UGLY
SWEATERS



45th Annual
Georgia
PEANUT
Farm Show
& Conference



Jan. 19-20, 2022

Wednesday - 1:00 p.m. to 5:00 p.m.

Thursday - 8:00 a.m. to 2:30 p.m.

UGA Tifton Campus Conference Center
Tifton, Georgia

- Free farmer lunch
- Production & Seed Seminars
- Pesticide certification
- Nearly 100 Exhibits
- Blood Drive
- Door prizes



Georgia
Peanut
Commission

For more information contact:
Georgia Peanut Commission
P.O. Box 967, Tifton GA 31793
Phone: 229-386-3470
www.gapeanuts.com



LITTLE HIPPIE CHICK

334 Main Street
Tifton, GA 31794

229-256-5694

www.littlehippiechick.com

Facebook @littlehippiechickstore
Instagram @littlehippiechickstore

*Shop local for all
those on your Christmas
list this year!*

WCMS Band Students Selected for District Honor Band



Auditions for the District Honor Band were held recently. WCMS had four students selected as part of this elite band. This is a type of "all-star" band made up of band students from our surrounding area. Students audition and based on their performance are selected as part of the District Honor Band. Congratulations to the following students for being selected as part of the District Honor Band. This is a great accomplishment and we are proud of our students!

Azariyah Dowdell - 1st chair flute

Reese Everett - flute

Katelyn Stephens - clarinet

Stephanie Resendiz - trumpet

8th Grade Students of the Month "B.O.S.S." - November (BOSS> Breakout Star Student)

Alie Powell, Brady Weaver, Browning Watts, Davon Haugabook, Ethan Deal, Hailey McIntosh, Josie Roberts, Larry Williams, Madison Gay, Madison Prophitt, Payton Hinson and Sher'miah Donaldson.

Source: WCSD



Proud Sponsor
of This Weeks'
SCHOOL
SNAPSHOTS!

TOMLINSON

OUTDOOR WASHING

COMMERCIAL



RESIDENTIAL

(229) 854-1736



Kaylee and Mrs. Santa Claus from the Margaret Jones Public Library read to their friends at Backyard Buddies recently. Sylvester - Worth County Family Connection provided books for every child in the class. Kaylee and Mrs. Claus reported to Santa they are all on his NICE list.

Source: MJPL



Movie Night At WCES

Family Movie Night was held on Friday night at Worth County Elementary School for everyone to enjoy The Christmas Chronicles. All the families enjoyed cookies and milk provided by WCES. Children wore their PJ's and camped out on the gym floor with their pillows, blankets and sleeping bags. Fun was had by all.

Source: WCSD



Holiday Spirit Week

Monday: Santa vs. Grinch Day

Support Santa or the Grinch- Wear Red or Green, Grinch shirt, Santa shirt, Santa hat, etc.

Tuesday: Holiday Bling

Deck out in your holiday accessories- Jingle bells, garland, jewelry, necklaces, headwear, etc.

Wednesday: Santa's Helpers

Dress up like an elf, reindeer, snowman, Mrs. Claus, etc.

Thursday: Christmas Spirit

Wear your ugly Christmas sweater, vest, socks, scarf, or hat

Friday: Christmas Book/Movie Day

Dress up as your favorite book or movie character
(Christmas Vacation, The Grinch, Elf, Frosty the Snowman, Frozen, Home Alone, A Christmas Carol, etc.)

WORTH COUNTY MIDDLE SCHOOL

Dates to Remember

December

- 14th ~ Books & Barks at Margaret Jones Public Library 4pm
- 14th ~ Worth the Read Book Club December Meeting at the Margaret Jones Public Library 5:30pm
- 14th ~ Bingo Night at Ed's Truck Stop 6pm
- 14th ~ City of Poulan Council Meeting 6:30pm
- 15th ~ Kiwanis Meeting at Noon
- 15th ~ St. Teresa's December Bingo in Albany
- 16th ~ Worth County Board of Education Meeting
- 16th ~ American Red Cross Blood Drive at Phoebe Northwest 10am-6pm
- 16th ~ Santa Exhibit at Thronateeska Science Museum 10am-4pm
- 16th ~ American Red Cross Blood Drive at Byne Memorial Baptist Church 2pm-7pm
- 17th ~ Christmas Clearing House Donation Deadline
- 17th ~ 50/50 Raffle Ticket Drawing
- 17th ~ Flint RiverQuarium Festivities
- 17th ~ Santa Exhibit at Thronateeska Science Museum 10am-4pm
- 17th ~ St. Teresa's December Bingo in Albany
- 17th ~ Festival of Lights at Chehaw 6pm-9pm
- 18th ~ Santa Exhibit at Thronateeska Science Museum 10am-4pm
- 18th ~ Festival of Lights at Chehaw 6pm-9pm
- 19th ~ Festival of Lights at Chehaw 6pm-9pm
- 20th ~ Holidays for Worth County Schools
- 20th ~ American Red Cross Blood Drive at Dougherty County Community 1pm-6pm
- 20th ~ American Red Cross Blood Drive at Flint River Entertainment Complex 3pm-7pm
- 20th ~ Festival of Lights at Chehaw 6pm-9pm
- 21st ~ City of Warwick Council Meeting 7pm
- 21st ~ Holidays for Worth County Schools
- 21st ~ American Red Cross Blood Drive at US 19 Church of Christ 1:30pm - 6:30pm
- 21st ~ American Red Cross Blood Drive at Tifton Methodist Church 12:30pm - 5:30pm
- 21st ~ Festival of Lights at Chehaw 6pm-9pm
- 22nd ~ Holidays for Worth County Schools
- 22nd ~ St. Teresa's December Bingo in Albany
- 22nd ~ American Red Cross Blood Drive at Tifton Mall 3pm - 7pm
- 22nd ~ Festival of Lights at Chehaw 6pm-9pm
- 23rd ~ Holidays for Worth County Schools
- 23rd ~ Santa Exhibit at Thronateeska Science Museum 10am-4pm
- 23rd ~ American Red Cross Blood Drive at Tifton Mall 3pm - 7pm
- 23rd ~ Festival of Lights at Chehaw 6pm-9pm
- 24th ~ Holidays for Worth County Schools
- 24th ~ Festival of Lights at Chehaw 6pm-9pm
- 25th ~ Merry Christmas from The Martin News
- 26th ~ Festival of Lights at Chehaw 6pm-9pm
- 27th ~ Holidays for Worth County Schools
- 28th ~ Holidays for Worth County Schools
- 28th ~ Sylvester - Worth County Family Connections Meeting
- 29th ~ Kiwanis Meeting at Noon
- 29th ~ Holidays for Worth County Schools
- 29th ~ St. Teresa's December Bingo in Albany
- 30th ~ Holidays for Worth County Schools
- 30th ~ Santa Exhibit at Thronateeska Science Museum 10am-4pm
- 31st ~ Holidays for Worth County Schools
- 31st ~ Santa Exhibit at Thronateeska Science Museum 10am-4pm



Ruth's Cottage A "Triple-Care" Provider

Ruth's Cottage and the Patticake House (RCPH) is one of only four "triple-care" providers in the state and the only one in South Georgia, Nancy Bryan, RCPH executive director, told the Tifton Rotary Club on Wednesday. This designation means that the Tifton-based nonprofit provides services to victims of domestic violence, sexual assault, and child abuse. The organization is a private nonprofit serving the judicial circuit of Tift, Turner, Worth, and Irwin counties. Currently, the Ruth's Cottage shelter is at capacity with 13 adults, seven children, and a family of four on the way, she said. This year through November, the 24/7 hotline has received 861 calls, and the shelter has served 124 adults and 84 children thus far.

The facility has three fulltime legal advocates to help with the requests that come in via the helpline. They help provide safety plans for callers, such as legal protective orders. A bilingual advocate who serves as an outreach Latino manager is allowing RCPH to provide more service to Latinos. The violent death of a Latina woman earlier this year "woke up that community in a big way, and they came to us seeing education," Bryan said. "We're letting them know that there are options," she said, "that people don't have to live with that kind of violence." She said there has also been an increase in children witnessing violent crime, needing counseling and support. Outreach and education to the community has also increased. She said area residents are invited to volunteer on a variety of committees and get involved in projects such as Suitcases for Kids, which provides a travel bag for kids in foster care with pajamas and toiletries, among other items.

Source: Tifton Grapevine

Ho-Ho-Holiday Spirit Week
December 13th-17th

Monday - Holiday Hat
Tuesday - Blizzard! (Wear all white!)
Wednesday - Ugly Sweater
Thursday - Festive Flannel
Friday - Holiday Characters

WORTH COUNTY HIGH SCHOOL

destiny FITNESS

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

204 E Kelley Street.
 Sylvester, GA 31791

www.destinyfitness.com

SRTC Graduates Over 350



Southern Regional Technical College (SRTC) held a graduation ceremony Tuesday for more than 350 graduates who completed their programs during fall semester. The ceremony in Bainbridge included graduates from all SRTC sites and campuses, including Tift, Turner, and Worth counties. SRTC's graduation was a morning of conferring degrees, diplomas, and certificates to students who have completed their respective credit programs or high school equivalency credentials. Many graduates received multiple honors as some programs have embedded certificates that are obtained when completing specified programs in its entirety. In total, 144 degrees, 109 diplomas, 100 technical certificates of credit, and 24 high school equivalency credentials were conferred. Dr. Tammy A. Miller, a 1984 graduate of the respiratory therapy program at the former Thomas Area Technical School (now SRTC), was commencement speaker. Miller, who has degrees from Berry College and Valdosta State University, has served as an SRTC faculty member and program chair since 1991. She told graduates that that her experience as a technical education student was foundational to her own career success. "I chose to teach in technical education so that I could help students in their career journey and perhaps make a difference in their lives in the same way that technical education changed my life," she said.

Source: Tifton Grapevine

Chiquita Wilburn

229-881-0451



CRW Tax Services LLC

Tax Preparation Services



Santa is so busy this time of year preparing for Christmas so he sent Mrs. Claus along with Kaylee Hatcher, both with the Margaret Jones Public Library and Lisa Dylinski with the Sylvester - Worth County Family Connections to read to his Pre-K friends at Worth County Primary School. The Sylvester - Worth County Family Connections provided a box of books to every student. Reading to our children is very important. It helps with cognitive development. Children acquire a deep understanding of their world and receive background knowledge. This helps them make sense of what they see, hear, and read, which aids their cognitive development. It helps with better vocabulary. Reading at an early age not only helps children learn new words and new ways to express themselves, but it also improves their grammar and teaches new concepts. Reading also allows children to understand various emotions. This helps in their emotional and social development since they learn to associate their feelings with words and find a way to express themselves better. Reading to children also allows bonding between parent and child. Reading time is a beautiful ritual that allows parents and children to connect and unwind. Children love to hear stories from parents while parents find it relaxing to be in a space of fantasy and wonder. Stories trigger conversations and questions that help a child learn and express. Not only is this ritual enjoyable but it also triggers a positive association in a child's mind. Did you know that reading to children can spark their curiosity? Only a curious mind attempts to learn. Stories are an insight into parts of the world that are yet unknown to children. Reading to children also develops concentration and creativity. Children are so creative and while they are growing and learning, we need to let that imagination run wild.

Source: MJPL

Making Memories: Sponsored by Tatina's Taxes

TT's Taxes
Tatina's Taxes
 229-778-0225

- Experience you can count on
- Knowledge you can trust
 - E-filing
- Follow us on Facebook



Merry
Christmas

**2021
CHRISTMAS CLEARING HOUSE**

HELP MAKE THIS CHRISTMAS SPECIAL!

PLEASE CONSIDER DONATING **NEW** ITEMS FOR
CHILDREN (0 MONTHS - 10 YEARS OLD) AND SENIOR CITIZENS.

PLEASE MAKE ALL DONATIONS BY DECEMBER 17TH, 2021!

THANK YOU!

SUGGESTED ITEMS:

NON-PERISHABLE FOOD

TOYS (AGES 0-10)

SOCKS

LEARNING TOYS

SCARVES

CLOTHING (0-10 YEARS)

BLANKETS

SPACE HEATERS

WE KINDLY ASK THAT YOU DO NOT DONATE TOY GUNS OR SWORDS!





WCHS iRAMBOTS presents THE STEAM CLUB



Our Worth County iRAMBOTS team is proud to bring THE STEAM Club back to the community. We are offering monthly sessions at the Margaret Jones Public Library in Sylvester, Ga.

Students between third and eighth grade are invited to join us for each 1-1/2 hour session as we explore different science, technology, engineering, art, and math concepts. Each session is led by our robotics team members and our coach, Mrs. Michelle Smith.

Each session is \$10 per student and covers the cost of the supplies for the activities. You may either bring your child to the library for the in-person session or you may purchase the kit and complete the kit at home with your child. Payment will be collected when you arrive on the day of the event (cash or checks only). Checks should be made payable to the WCHS Robotics Team.

Please reserve your child's spot by contacting one of the following contacts listed below. We will need your child's name and grade, your name and contact info, and any special needs/concerns (allergies, etc.).

Please contact any of the following with questions:

Michelle Smith
(229) 344-6869
mismith@worthschools.net

Leigh Wiley
(229) 776 - 2096
leigh@worthlib.org

Find out more about our team!

Facebook page -@WCHSiRambots

Instagram -Irambots7470_wchs

Website:

<https://sites.google.com/worthschools.net/irambots7470/home>

DATE/TIME	TOPIC		DATE/TIME	TOPIC
DEC. 4th 10:30am - 12pm	Electricity: Robots and Sparks Flying		MAY 6th 4:30 - 6 pm	Ecology: Dessert Ecosystem & Garden Lampshades
JAN. 7th 4:30 - 6 pm	Motion: Cars & Kites		JUNE 3rd 4:30 - 6 pm	Chemistry: Water Filtration and Slime
FEB VIRTUAL DATE TBA	Programming: Building Websites & Coded Bracelets		JULY 8th 4:30—6 pm	Biology: Cell Sandwich, Germs, & DNA
MAR VIRTUAL TBA	Weather: Snow, Tornadoes, and Storms		AUG 5th 4:30—6 pm	Forces: Towers, Planes, and Rockets
APR VIRTUAL DATE TBA	Plants: Bean Sprouts and Tree Identification		SEPT 2nd 4:30—6 pm	Escape Room: Use STEM skills to find the answers.

Conger LP Gas Gets Presidential Award From S GA Home Builders



Conger LP Gas has been awarded the 2020-2021 Presidential Choice Award from the Home Builders Association of South Georgia. The award was presented to Conger LP Gas by Derek Shaw, president of the Home Builders Association, at its 56th Annual Membership and Awards Dinner on Dec. 2, in Lake Park. Conger LP Gas, which joined earlier this year, has participated in several association events and hosted a "Lunch & Learn" in October for members to learn about the benefits of propane and all applications for using it in new-home construction. "We are honored and humbled to receive this recognition from the South Georgia Home Builder's Association and its president, Derek Shaw, who is one of the premier homebuilders in the Valdosta area," said Dan Richardson, Conger president and CEO. "Homebuilders in South Georgia are seeing the value of having propane appliances in their homes, and the response with this association has

already been amazing. Builders are replacing electric-tank water heaters with efficient propane tankless water heaters, and the homeowners love them." Conger LP Gas is one of the largest independent propane companies in South Georgia, serving residential, commercial, and agricultural customers in more than 30 counties. The company has four locations in Tifton, Sylvester, Vidalia, and Moultrie. Pictured is Mr. Bill Moore of Conger LP Gas, right, accepts the Presidential Award from Derek Shaw of the Home Builders Association of South Georgia.

Source: Tifton Grapevine



Johnson Tax & Bookkeeping Service, LLC

We are a locally owned hometown business, serving this area for over 55 years. Our commitment to excellence is our highest priority.

Services Offered: Consultations, Bookkeeping, Payroll, Notary Services, Tax Preparation and E-file

**115 Front Street
Sylvester, Georgia 31791
229-776-6682**



National Cupcake Day

December 15

www.NationalDayCalendar.com



National Chocolate Covered Anything Day

December 16

www.NationalDayCalendar.com

SENIOR OPTIONS & SOLUTIONS



678-633-2321



Are you caregiving for a loved one at home?



Are you living alone & have no family available to help?



Are you unable to be as "hands on" with your loved ones as you would like to be?



Are you feeling lost on where to turn for answers for your aging loved ones?



Do you feel like you are drowning in a sea of healthcare questions?

If yes to any of the above, we can help!

Our Services Include:



Personalized plans of care



Routine wellness checks for you or your loved ones living at home or in a facility



Transitional Care Assistance - including coordination of transportation to new location (in or out of state), assistance in cleaning/preparing home for sale



Coordination of Referral & Placement Services



& MUCH MORE!

**WE ARE YOUR ONE STOP
FOR ALL SENIOR CARE SOLUTIONS!
CALL TODAY TO SCHEDULE A CONSULTATION!**

Staying Safe in the Bath

January will be here before we know it. That is a month recognized as National Bath Safety Month. Water and smooth surfaces can together convert the bath into a risky place. The most frequented room of the house, bathroom, is believed to be the most dangerous too. Bath safety is an integral part of general home safety. A study points that one-third of falls occurring at homes occur in the bath. All family members, despite their age or health are at risk. Bath safety products play a vital role in ensuring the safety of a person while in the bath. People with limited mobility need to be extra cautious when it comes to bath safety; in the bathtub; shower and toilet. These areas of the bath should be tailored to suit individual requirements. To ensure bath safety, it is always good to identify areas that are very slippery. Identifying these ahead of time will possibly prevent falls. Look out for areas that are difficult to move about and identify areas that pose a threat. You always want to check if you have any fixtures in the bath that are difficult to reach, use or clean. An important thing to remember is bath safety can be split into two parts: Bath safety procedures and bath safety equipment/products and facilities like modified bathtubs, showers and toilets. Remembering some of these safety tips will help to prevent accidents in your bath. Always use anti skid flooring material in the bath if possible. Keep the floor clean and dry. Install grab bars inside the bathtub and shower. These are good for any age person, not just an elderly or disabled person. Use non-slip strips in your tub or shower. Select impact-resistant shower and bathtub attachments. Put a bath mat with non-skid base next to the bathtub and shower. Install scald-prevention devices. These devices will keep a check on the water temperature which will prevent shower/bath burns. Electrical switches and plugs should always be kept away from water sources. Make sure all electrical outlets have ground fault circuit interrupters. Use door locks that can be unlocked from both sides. This allows someone to get to you if you are ever in need of help. There are concerns though for the safety of seniors while bathing. Bath safety is of vital importance for older persons. Over 75% of slip-fall deaths happen to people who are 65 years and above. The bath area of the house can prove to be extremely hazardous for elderly people if it is not modified to suit their requirements. Bath safety for people who are elderly or have disabilities is further complicated by issues such as medication side-effects, reduced physical ability and diminished vision. These are great bath safety tips for seniors. A transfer bench with adjustable legs is useful for elderly people. They have to sit on the portion of the transfer bench that extends outward and slide into the tub. Latex coated or non-skid bath mat can be placed alongside the tub, this will provide firm footing. Non-slip suction mats or rubber silicone treads fit to the tub will prevent falls. A portable, hand-held shower head is convenient for use. An angle bar fixed to two walls offers support while standing to shower and for sitting and getting up in the bathtub. For elderly people grab bars should be mounted on walls around the tub. Grab bars around the bathtub are required for the safety of older persons. A vertically placed U bar, fixed to the side wall at the base of the tub, ensures safe entry and exit. Horizontally placed support bars are appropriate for lowering or raising the body in the tub. Diagonally placed grab bars are not suggested as the hand may slip thus increasing the chances of a fall. Numerous types of portable seats, chairs, and benches are available for people who find it difficult to sit on the bathtub floor. Inside-the-tub chairs with back support offer great comfort. Chairs with backs that can be placed inside the tub are available in the market; these chairs give the bather a comfortable feel while in the shower. Be sure to check for non-slip rubber tips on the legs of the chair or bench as they provide ample safety. Mechanical bath lifts can help in lowering the person into the bathtub. Some elderly people might have reduced feeling in their hands, and thus they may misjudge the water temperature. A bathing thermometer or plastic water monitor will help them to check the right water temperature before they step into the bathtub. Keeping everyone safe in the bath is very important. Thanks to "A Medical Company" for the great tips on bath safety!

**TATINA'S
TAXES**

229-778-0225