

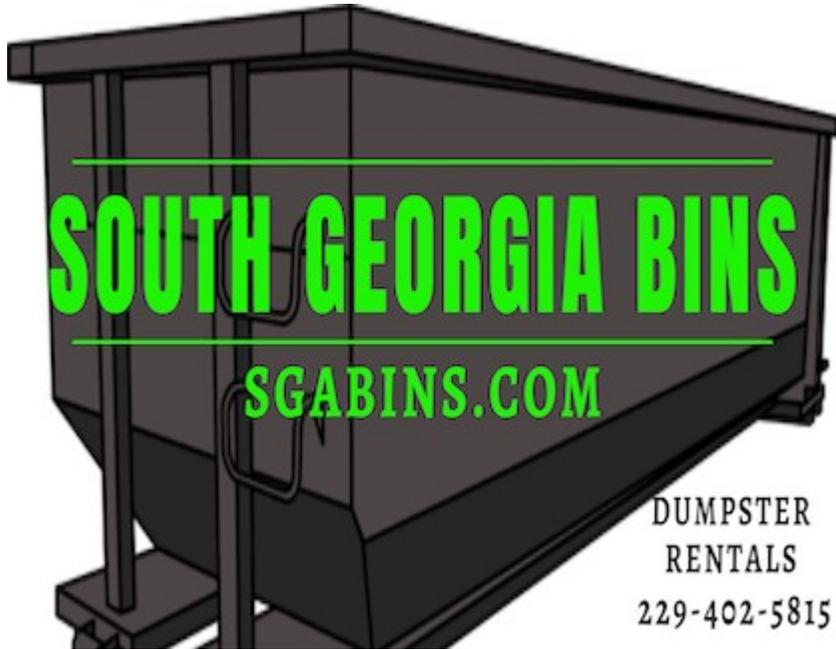


# The Martin News

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## Local "Polar Bears" To Plung Into YMCA Pool on January 1st

The Tiftarea YMCA is holding its annual Polar Bear Plunge on New Year's Day to help support local nonprofit organizations. Seven challengers are vying to raise the most contributions for their charity of choice. The charity of the person raising the most will get 100% of that person's fundraising, as long as the individual takes the plunge into the YMCA pool on Jan. 1. All other charities represented will receive a 50% split with the Tiftarea YMCA if their corresponding representative takes the plunge. This year's challengers are: Paul Horst, raising contributions for the Tift Area Greenways Association (TAGA), Vikki Taft for Hospice of Tiftarea, Mac Sims for Tifton Animal Rescue, Mike Beman for Ruth's Cottage, Andy Marzen for the Tift County Foundation for Educational Excellence, Bret Wagenhorst for Meals on Wheels, and Jason Bishoff for the YMCA. The plunge into the "arctic chill" will take place at 11 a.m. Jan. 1, at the Stafford Aquatic Center at the YMCA's Hunt Park, 1823 Westover Road in Tifton.

Source: Tifton Grapevine

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## Some Day We Will Laugh About This

Well I want you to look a here... There's another day to celebrate! I love these kind of days. They can be so much fun and bring many laughs. So this day is "Some Day We Will Laugh About This". Do you have one of those moments in your life? Well I sure do. We laugh now but we were NOT laughing then. When I was about 13 or 14, I took my mother's car for a spin through mother and daddy's pecan orchard. Now I had learned to drive about the age of 11. Mother and Daddy wanted me to learn early because of my sister's terrible driving record. So by 13 or 14, I was pretty dog gone good at driving. Well it was on a Saturday and mother was getting ready to go to work at my aunt's restaurant, Blackbeard's. She was in the house getting ready and I took her nice car for a spin. My friend, Allison Elam, was with me and she had learned at an early age to drive also. So we both could drive very well. Well I was spinning around those trees like a pro. Allison was waiting for me to get back when mother came out the garage door and said "Where's Lynn, Where's my car"... about that time I come around and saw her and I pulled right to her and slammed on those breaks. Boy did she look mad so I locked the doors and got out on the other side so I could get a running start. Oh boy she was past mad... BUT she did not spank me nor put me on restriction for any of my fun things so I thought I was good UNTIL she said I could not drive for a month! I think my heart skipped two or three beats. Do you know how terrible that was?? It was awful. We lived in the big ole country of Gordy and I could drive to my grandma and grandpa Dupree's anytime I wanted but I didn't for that month and when I got my privileges back, I NEVER broke the rules of driving again. We laugh now but I was NOT laughing then and neither was my mother! Boy times sure have changed but those were definitely the good ole days. What kind of stories do you have like that make you laugh now but didn't make you laugh so much then? I often think about this time in my life now that my 18 year old is driving all over the place. He likes to drive but he doesn't mention spinning around the pecan orchard so I think I am safe for now. The last few years has shown me that we all need those memories that make us laugh. They may not have made us laugh at the moment but boy oh boy do they make us laugh now.



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## Ladies Joining In The Welding Field

Three years ago, S'Nyha Brown was the only female in her SRTC Dual Enrollment Welding class at Worth County High School. In fact, she was the only female welding student at the whole high school. By the fall semester of this year, Alexx Marshall, Stephanie Parsley, Samantha Reynolds, Stormi Kirkland, Pele Parker, Elizabeth Gohn, Elaina Woody, Autumn Lewis, Abby Bridges, and Olivia Clark had joined her in welding class. The young women became interested in welding for reasons as numerous and unique as they are. Some are interested in the welding field because of the lucrative job opportunities available to welders. Some want to master a useful skill. Some are carrying on a family tradition. Some are looking for a new form of creative expression for their art. Some are there because their friends convinced them to try. Some are just there to prove they are better than the boys. Whatever reason the girls have decided to learn welding, they are joining a rapidly growing number of women welders in America. In just three years, the number of professional female welders in the country increased by 30%, according to the Bureau of Labor Statistics. That is good news, because while the demand for skilled labor is increasing, the number of individuals learning the trade is not. By 2024, there is expected to be a nationwide shortage of 400,000 skilled welders. Simply put, we need more welders in this country, and more and more women are rolling up their sleeves to get the job done. Ladies, we are so proud that you are learning this valuable trade, and that you chose to #StartHere!

Source:  
Southern Regional Technical College

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### **Door Company To Locate \$16M Plant In Turner County Distribution Facility Will Create 200 Jobs**

Steves & Sons Inc., a family-owned door manufacturing company, will invest more than \$16 million in a "distribution and value added facility" in Ashburn and Turner County, creating 200 new jobs, Gov. Brian P. Kemp announced Monday. Hiring will begin immediately and increase as operations get underway. "We are thrilled to welcome Steves & Sons to our diverse manufacturing community in Georgia, and we are glad this family-owned company is generating the largest economic investment Turner County has witnessed in decades," Kemp said in a written statement. "Thanks to our pro-business policies, companies continue to recognize the benefits of putting down roots in rural regions of our state, which also benefits the hardworking Georgians that live, work, and raise a family there," the governor said. Based in San Antonio, Texas, Steves & Sons produces interior and exterior doors, which can be found in more than 323 Georgia-based Home Depots and are offered by other distributors in Georgia and around the nation. The 155-year-old company has door-assembly plants in Lebanon, Tenn., and Richmond, Va. The company says the new Georgia facility will help create efficiency in its key markets. "By utilizing Georgia's world-class Savannah port, we solve many of our company's key logistical challenges, with the state centrally located in key markets we serve from two of our other assembly plants," said Scott Lovett, Steves & Sons' vice president of operations. Steves & Sons is buying and renovating an existing 150,000-square-foot facility, with an additional 30,000 square feet for truck docking space, located at 1737 Industrial Drive in Ashburn. Renovations will begin immediately, and the majority of new positions will be in light production and distribution. The company plans to hire forklift operators, machine operators, maintenance technicians, shippers, and managers. "As the largest manufacturing expansion in the last 40 years in Turner County, these are very exciting times for the community. This is a true testament to what rural Georgia has to offer," said Sam McCard, executive director of the Turner County Development Authority.



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### **AT&T Georgia Recently Made A \$25,000 Contribution To The Abraham Baldwin Agricultural College Foundation To Support Multicultural Programs**

"At AT&T, we understand the importance of closing the digital divide," said Gary Sanchez, external affairs director for AT&T Georgia. "We are proud to support Abraham Baldwin Agricultural College's multicultural educational program, helping equip traditionally underserved students with resources to reach their academic dreams." Olga Contreras-Martinez, ABAC multicultural education programs director, said the programs touch students' lives daily, including:

- The Migrant Education Program (MEP) Consortium serves more than 400 migrant and seasonal farm-worker students and their families in 70 school districts. MEP is a federally funded program designed to support educational programs for migrant children to help reduce problems that result from repeated moves.
- The High School Equivalency Program (HEP) has been a part of ABAC's multicultural education efforts since 2001. Designed to serve students from migrant or seasonal farm-worker backgrounds, HEP assists students in their academic preparation to obtain a General Education Diploma (GED) and subsequently to obtain better employment, enroll in an institution of higher education, or join the military.
- The College Assistance Migrant Program (CAMP) supports migrant and seasonal farmworker students so they can enroll and complete their first year of college and offers resources for their retention in higher education at ABAC. The program primarily targets the agriculturally dependent South Georgia counties of Appling, Colquitt, Coffee, Tattnall, Tift, and Toombs.

ABAC Upward Bound is a federally funded college preparatory program serving high school students from low-income families who will be first-generation college students. The goal is to increase the rate at which participants complete secondary education and enroll in and graduate from institutions of postsecondary education.

## Tift Gnat Drop Returns To Bring In New Year



First responders will be honored at Tift County's Annual Gnat Drop Festival beginning at 7 p.m. Friday, Dec. 31, outside the Charles Kent County Administration Building on Tift Avenue, says Tift County Commission Vice Chair Melissa Hughes. The gnat will drop at midnight New Year's Eve. "Bring in the new year with Matt the Gnat!" Hughes said. "Bring your lawn chairs and enjoy live music, dancing in the streets, food vendors, and fun." Live entertainment will include MardyMar of Atlanta, a positive rapper for children; country singer Kasey King, who handles the county's information technology; and the "saxsational" Harold E. Thomas of Macon, Hughes said.

Source: Tifton Grapevine



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## Blue Devils Headline Tifton Invitational Basketball Tourney



The 12th McDonald's Tifton Invitational basketball tournament returns on Tuesday, Dec. 28 and Wednesday, Dec. 29. Games both nights are 4:30 p.m., 6 p.m., and 7:30 p.m. Last year's invitational was canceled because of the pandemic. "We are excited about the return of the tournament and will do our part to ensure it's a safe event for all," said tournament title sponsor Wendell Morgan of the Tifton McDonald's. The tournament will provide custom masks and hand sanitizer to everyone as part of enhanced safety protocols. Tournament chair Joyce Danford said organizers "spent this year planning it with a team of dedicated community volunteers. This tournament gives back to the student athletes at Tift High and is great for the small businesses in the area." Six teams, headlined by

the Tift County High Blue Devils, include Cook County, Irwin County, Turner County, Fitzgerald, and Americus-Sumter high schools. New invitational sponsor, Tifton Coca-Cola, will recognize local first responders, active-duty military, and veterans on Tuesday during the presentation of the colors before the 7:30 p.m. Tift County game. Violinist Eddy Fabrizio Castellanos from Valdosta State University will perform at halftime.

Source: Tifton Grapevine



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## DOT Awards Improvement Grants To Fitzgerald, Sylvester



Federal transportation grants recently awarded to Ben Hill and Worth counties will help improve median parks and develop streetscape projects to enhance pedestrian safety. The grants are among \$4.5 million in nine Transportation Alternatives Program (TAP) grants awarded through the Ga. Department of Transportation, in partnership with the Federal Highway Administration. Other Southwest Georgia counties receiving the grants, are Dougherty and Thomas counties. The grants pay 80% of the project cost and require a 20% local match. The total award amount is a combination of the two. The largest award of \$900,000 will return eight median parks in Fitzgerald (Ben Hill County) to pedestrian and bicycle-friendly spaces, as originally designed. Grants were also awarded for preliminary engineering of streetscape improvements in Sylvester (Worth County), for right of way needed for sidewalk construction and drainage improvements in Thomasville (Thomas County), and for preliminary engineering in development of a 13.62-mile paved multi-use trail that connects northwest Albany (Dougherty County) to Sasser in Terrell County.

Source: Tifton Grapevine



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### Dangerously Low Blood Supply

This is serious. The Red Cross is experiencing the worst blood shortage in over a decade. The dangerously low blood supply levels have forced some hospitals to defer patients from major surgery, including organ transplants. Your donation is desperately needed this holiday season. Please schedule an appointment to give now. It is very important to donate blood. About 328 million people currently live in the U.S. Each year, approximately 6.8 million people in the U.S donate blood. Annually, this adds up to about 13.6 million units of whole blood collected for donation in the U.S. The Red Cross provides about 40% of our nation's blood and blood cell components to donors. Your blood donations are used for patients in need of surgery, cancer treatment and transfusions for blood loss from traumatic injuries. For cancer patients, blood transfusions can act as a resource to implement platelets back into the body after heavy treatments such as chemo or radiation therapy. For cancer patients, blood cells that are made in the bone marrow are often at risk. This lack of blood cell production can cause chronic diseases over time which may affect organs such as the kidneys, spleen and liver. There is importance of diversity in the blood supply as well. Maintaining diversity in the blood supply is essential. Some blood types are quite rare and are likeliest to be found among people with shared ancestral origins. Visit our Blood and Diversity page for more information on the need for diversity in the blood supply. CMV is known as the cytomegalovirus. CMV is a flu-like virus to which an estimated 85% of adults in the United States will be exposed by the age of 40. This means that the majority of adults in the United States carry CMV antibodies. Unfortunately, these antibodies might pose a danger to particularly vulnerable patients. That's why CMV-negative blood is preferred for use in some cases. In a medical setting, CMV-negative blood may be utilized for transfusions for pediatric-specific conditions for newborns and premature babies, as well as for immune-compromised adults. Blood donations can yield a variety of blood products, including red cells, platelets and plasma. You may be most familiar with the typical whole blood donation drive seen at workplaces, schools and community events, but there are a few other ways to help give more life through the Red Cross. As the name implies, "whole blood" donation includes all of the contents within the blood. This includes red blood cells, white blood cells, platelets and plasma. Whole blood donations are typically used to help patients fight cancer, blood disorders and traumatic injuries. The Power Red donation enables the donor to safely donate two units of red blood cells at just one appointment! The Power Red donation is similar to the whole blood donation, except a phlebotomist uses a special machine to ensure two units of exclusively red blood cells are collected. The machine returns the other blood components to you. Think of it as a more efficient way to yield more fuel for patients. The Red Cross highly encourages donors with O+, O-, A- and B- blood types to try a Power Red donation. For more information on eligibility to donate visit the power red donations information page. People often ask about platelet donation vs plasma donation. Platelets help your body create clots to stop bleeding. Platelet donations are critical for patients who are fighting cancer, chronic diseases and traumatic injuries. The collection process is unique and a bit different than the whole blood donations, both arms are involved. One arm is used to send blood through the apheresis process using a sterile centrifuge. The centrifuge separates the red blood cells from the platelets. The heavier red cells sink to the bottom during the process. These red blood cells are returned to you through the other arm. It's important to note that an appointment needs to be scheduled at a specific Red Cross donation center rather than at a mobile blood drive. During a plasma donation, called plasmapheresis, blood is drawn from one arm and sent to the centrifuge that separates out the plasma. The red blood cells and platelets are then returned to you in the same arm. Plasma is used to help patients with severe burns, cancer or other potentially life-threatening conditions. The Red Cross encourages donors with the AB blood type to donate plasma, as this is the universal plasma donor type. One donation provides up to four units of plasma for patients in need. As you can see, blood donations are one of the most important things you can do to help others in need. There is no substitute for blood, and it can't be manufactured. Every day, blood donors help patients of all ages from all backgrounds.

# Santa Claus Came To Town, Visiting At The Sylvester - Worth County Chamber of Commerce on December 23rd

Source: Sylvester - Worth County Chamber of Commerce



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### Gov. Kemp Proposes Program to Support Georgia Farmers and Food Banks

Atlanta, GA – Governor Brian P. Kemp yesterday joined the Georgia Department of Agriculture, the Georgia Department of Human Services, members of the Georgia General Assembly, the Georgia Food Bank Association, the Atlanta Community Food Bank, the Georgia Farm Bureau, the Georgia Agribusiness Council, and the Georgia Fruit and Vegetable Growers Association to announce a proposal which will benefit Georgia farmers and food banks. "At a time when demand for Georgia food bank services has increased, we are proposing legislation to support and leverage an underutilized law that combats agricultural waste and addresses fresh produce shortages in regional food banks," said Governor Brian Kemp. "Together, we will continue to fight hunger and support our farm families." Regional food banks currently receive funding from the U.S. Department of Agriculture's Emergency Food Assistance Program (TEFAP). At the state level, funds have not been appropriated to a complementary program since its inception in 1998. Governor Kemp is proposing legislation which will improve the applicable Georgia code and provide a more clear path for the implementation of this program at the state level. To complement legislative updates, Governor Kemp will also include funding in his budget proposal to support this program. Ultimately, these actions will allow more farmers to enter the market and be compensated at a level equal to input costs plus half of appreciation for unsold produce rather than wasting 4-5 million pounds of surplus produce, as has been the case in recent years. This program also helps food banks by giving them more resources to purchase Georgia Grown fresh produce, open the market for increased bartering, and better serve their clients. By opening this market, food banks can stretch program funding over more purchases. Additionally, implementation of this program will increase the amount of matching funds Georgia is eligible for under the TEFAP.

Source: Georgia.gov

# Dates to Remember

## December

- 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 ~ Happy New Year's Eve From The Martin News
- 31st ~ Santa Exhibit at Thronateeska Science Museum 10am-4pm

## January

- 1st ~ Happy New Year from The Martin News
- 3rd ~ Worth County Schools Out
- 4th ~ Worth County Schools Out
- 4th ~ Sylvester Community Blood Drive at Margaret Jones Public Library 2pm-7pm
- 5th ~ Kiwanis Club Meeting at Noon
- 7th ~ Worth County High Schools Varsity Basketball - Girls 6pm Home
- 7th ~ Worth County High Schools Varsity Basketball - Boys 7:30pm Home
- 8th ~ Worth County High Schools Varsity Basketball - Girls 6pm Away
- 8th ~ Worth County High Schools Varsity Basketball - Boys 7:30pm Away
- 10th ~ Snowman Paint Night at Margaret Jones Public Library
- 12th ~ Kiwanis Club Meeting at Noon
- 14th ~ WCMS Picture Retake Day
- 14th ~ Worth County High School JV Basketball Girls - Home 4:30pm
- 14th ~ Worth County High School Varsity Basketball Girls 6pm Home
- 15th ~ Worth County High School JV Basketball Boys 4:30pm Away
- 15th ~ Worth County High Schools Varsity Basketball - Girls 6pm Away
- 15th ~ Worth County High Schools Varsity Basketball - Boys 7:30pm Home
- 17th ~ MLK Jr Day
- 17th ~ Worth County Schools Out
- 19th ~ Kiwanis Club Meeting at Noon
- 21st ~ Worth County High Schools Varsity Basketball - Girls 6pm Away
- 21st ~ Worth County High Schools Varsity Basketball - Boys 7:30pm Home
- 25th ~ Family Connections Meeting at Noon
- 26th ~ Kiwanis Club Meeting at Noon



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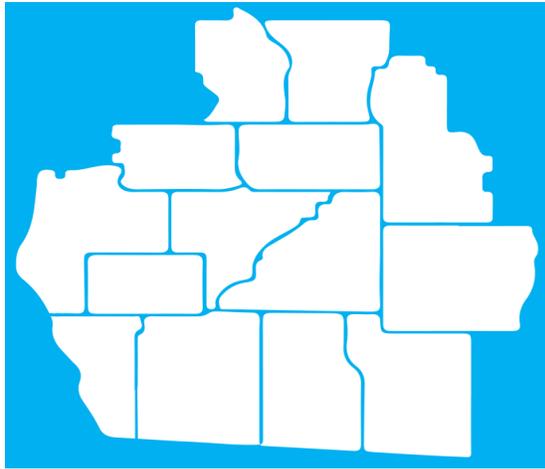
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## What Sowega Council on Aging Has To Offer To Seniors and Disabled Adults



The Sowega Council on Aging –has been a trusted nonprofit organization since 1966. They provide unbiased information, programs and services to more than 60,000 seniors and disabled adults annually in 14 counties across southwest Georgia. They promote the independence, health, and dignity of older adults in-need through compassion, education, and advocacy. The Albany-Dougherty Council on Aging was incorporated in 1966. In 1979, to reflect the 14-county service area -a 6,000 square mile region- the name was changed to the Sowega (Southwest Georgia) Council on Aging. The Sowega Council on Aging operates as an Area Agency on Aging (AAA) and as

an Aging and Disability Resource Connection (ARDC). An Area Agency on Aging (AAA) is a public or private nonprofit agency designated by a state to address the needs and concerns of all older persons at the regional and local levels. Area Agencies on Aging coordinate and offer services that help older adults remain in their homes, if that is their preference, aided by services such as home-delivered meals, homemaker assistance, and whatever else it may take to make independent living a viable option. The Aging & Disability Resource Connection (ADRC) is a highly visible and trusted resource for people of all ages, incomes and disabilities to find information on the full range of long-term support options, and:

Serves as the “no wrong door” for information, resources and services

Provides information and assistance to individuals needing either public or private resources, to professionals seeking assistance on behalf of their clients, and to individuals planning for their future long-term care needs

Provides easy access to information

Offers screening for services and options counseling

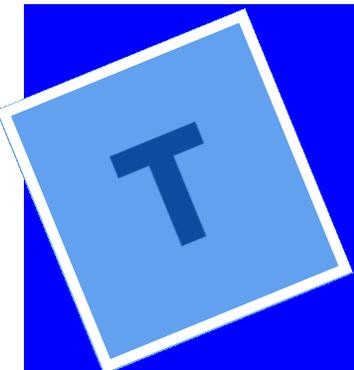
Provides resources and services that support the individual’s range of needs

Creates a person-centered, community-based environment that promotes independence and dignity for individuals

To find out the latest options available at Sowega Council on Aging, Southwest Georgia’s Area Agency on Aging, call the local Aging & Disability Resource Connection Hotline at 800-282-6612.

Source: Sowega Council on Aging

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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, Tornados, 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.

# SENIOR OPTIONS & SOLUTIONS



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-  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!**

*3rd Annual "Snow Better Time to  
Read" Adult / Teen Reading  
Challenge*

**Read 10 books between Dec. 20th  
and March 11th to be entered into a  
drawing for a prize. More than 1  
bookmark can be submitted.**

**Fore more information, please  
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[worthlib.org](http://worthlib.org)**



## Time to Get Organized in 2022

WebMD suggests that we all take the time to get organized in the New Year. First, start by finding a place for every item. One reason things pile up on counters, tables, and floors is that they have no certain place to go. Storing items in the room where they're used helps ensure they get put away when you're done, and usually it's best to store similar items together. If it's something you use frequently, make sure the storage place is easy to access. Play clutter cop. The better you are about keeping things out of your home, the less likely things will pile up inside. Take freebies for example. It's nice to get a T-shirt or coffee mug, but will you really use it? Enjoy it? If not, decline it. Or let's say you're a voracious reader. You could buy books but why not borrow and return them from your public library? And take a minute to opt out of mailings from credit card companies and other direct marketers. Bottom line be sure to always look for ways to block unneeded items before they cross your threshold. Do some detective work. Periodically scan your home for clutter hot spots, and spend some time figuring out why stuff accumulates there. Often, it's not what you think. Hold off on container shopping. Clutter victims often think the solution is to stock up on organizing products, so they head to the nearest superstore and stock up on bins and boxes. A big mistake is that people love to go out and buy containers, but getting organized does not start out with a shopping trip. Dump duplicates. Why have two nonstick spatulas when one is enough? Why have six hairbrushes or 17 coffee mugs? A rule WebMD suggests a simple rule to remember is One in, one out. Anytime you get something new, get rid of something like it that is old. Beware nostalgia. If you're a doting parent, it's not easy to discard a child's creation, whether it's pastel drawings from the second grade or that cooler-sized medieval castle. But if you're serious about minimizing clutter, you must. One good way to de-clutter the drawings and crafts of our children's is to take a picture of your child with the creation, and letting that be your keepsake. Weed out your wardrobe. Odds are your clothes closet is chockablock with clothes that are rarely worn. Does a particular garment no longer fit, or maybe it's uncomfortable? Toss it into a box. Then take the box to a favorite charity or a consignment store. And don't hold onto things because you think you might need them someday. One key to de-cluttering is getting rid of things, not simply rearranging them. Tidying up is not the same as organizing. A good recommendation that I am so tempted to try is to turn all your hanging clothes the opposite way. After six months, the ones that you don't turn back around are ready to go. Look for simple clutter control solutions. Often, there's an easy solution to even stubborn clutter problems. Think home organization kits. Buy some clear plastic shoebox-sized containers, and use them to create kits where you store all the items you need for a particular task. For instance, you could create a shoeshine kit, a bill-paying kit, a manicure kit, and so on. That way, you can easily find everything you need to accomplish everyday tasks. Stick to a schedule. Some spaces, like kitchen counters, need daily de-cluttering. Others can be tackled weekly or monthly. When that time comes, be systematic. Take all the items in a defined area which could be a cabinet, a desk drawer, etc and spread them out so you can see what you're facing. If you're de-cluttering the drawer where you keep kitchen utensils, for example, spread them on the counter, and then sort into two piles: utensils you use regularly and those you don't use. Be patient because effective de-cluttering takes time. Whatever happens, try not to feel embarrassed about clutter. It's important to remember that organizing need not be perfect, and that "good enough" really is." I personally have started organizing and de-cluttering and love it! I also have gotten some ideas off of Pinterest of not just organizing but how to use things we want to but not sure how to use. One idea I put into place once was pictures. We all have snap shot pictures that we love but not sure where to put them! I took some clothes pins and put them on my laundry room cabinet doors with the pictures clipped on. LOVED IT!



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