



# The Martin News

Covering Worth County and Surrounding Counties

PO Box 5003 Sylvester, GA 31791

lmanley1210@gmail.com

www.themartinnews.org

December 5, 2022

# TATINA'S TAXES

229-778-0225



## Phoebe Worth Medical Center Holds Their Annual Tree Lighting Ceremony

Phoebe Worth Medical Center kicked off the holiday season with their Lights of Love tree lighting ceremony on Tuesday night, November 29th. Sylvester native, Lindsay Culpepper was our honorary tree lighter. Lindsay was diagnosed with cervical cancer, and while that was the most difficult time in her life it helped her discover a love for baking.

Lindsay makes delicious and elaborate cakes for folks in and around her hometown of Sylvester, but she hasn't always been so comfortable around a mixing bowl. "I'd always wanted to be that mom who baked their kids' birthday cakes and homemade treats for school events, but really, I was the one who showed up with a box of twinkies," Lindsay said. She only discovered her talent and love for baking during the most difficult time of her life. "I had never baked anything until two years ago, and I was able to use that to get back on my feet," she said. What knocked Lindsay off her feet was a terrifying diagnosis of cervical cancer that led her to seek the care of a gynecological oncologist in Tallahassee. "Even now, every time I go to the doctor, I expect some terrible news because every time I would go there, they would tell me it was over, but it wasn't," she said. That cancer specialist initially thought Lindsay may only need surgery to remove the cancerous part of her cervix, but then she required a radical trachelectomy to remove her entire cervix and surrounding tissue. After that, cancer was found in her lymph nodes, so she needed chemotherapy and radiation. That's when she came to the Phoebe Cancer Center. "When I met Dr. (Adam) Jones and Dr. (Chirag) Jani, things started going a good bit smoother," she said. Lindsay needed 25 radiation treatments, weekly chemotherapy for five weeks and three rounds of brachytherapy – an advanced, internal radiation therapy designed to target a very specific area. The treatments took a physical toll. "There were days when I would have to pull over on the side of the road on the way home and throw up," she said. Coming at a time when Lindsay's older daughter, Ansley, was settling into college at Georgia Southern University, it was also a difficult time emotionally. "I had to try to stay really strong, so she



wouldn't think she would have to come home. I did a really good job of acting like everything was fine." She also had to lean on her younger daughter, Alayna, more than she would have liked. "My 13-year-old had to flush my PICC line every day. She would saran-wrap me so I could take a shower. We can laugh about it now, but it was awful at the time," Lindsay said. Sometimes she simply couldn't hold her emotions in. "With Dr. Jones, I don't know how many times I went in there crying, and he would always be so calm and patient and sit and talk with me for as long as I needed. He's very caring and compassionate," Lindsay said. She has the same appreciation for the rest of the Phoebe Cancer Center team who cared for her. "I had the best nurses and radiation therapists. Their team is the best. I got really, really lucky with the doctors and nurses who took care of me." During her treatments, Lindsay was unable to work full-time, and she lost her job, only adding to the stress and hardship. Her care team at Phoebe stepped in to help then, too. "My radiation therapists made casseroles for us for Thanksgiving and even sponsored my kids for Christmas, and my chemo nurses got together and gave me big gift card." Her family also received financial support from Cancer Ties, an Albany-based charity that helps local cancer patients with medical costs and household expenses. "There were just blessings everywhere," Lindsay said. Lindsay is doing great today. She's cancer-free. She's proud of her daughters. She's grateful for the team at Phoebe who cared for her, the friends and family who supported her and the faith that sustained her. "I don't know how anybody could get through this without a faith in God," she said. And she's happy that, in the midst of so many challenges, she found her new passion. "My Aunt Connie taught me to make a 12-layer chocolate cake for my brother's birthday, and it was so easy. I just started selling a few cakes here and there on the side, and it really took off," she said. Eventually, Lindsay hopes to operate her own food truck and maybe open a small bakery one day. For now, she's content to work out of her kitchen, baking beautiful creations that put smiles on faces – including hers. "Cakes make people happy. That's fun. It's definitely a blessing." A blessing which, like her health, she will never take for granted.

More than \$1 million in Lights of Love donations have made an impact on cancer patients and their families since its inception 40 years ago. This year is no different, as gifts will benefit the Oncology Wellness Center, where cancer patients and survivors benefit from wellness classes and support groups. A symbolic light of love can be purchased for a suggested \$25 each. Donations can also be sent to Lights of Love, PO Box 3770, Albany, GA 31706. For questions and more information, please contact Phoebe Foundation at 229-312-4483. You can honor Lindsay, or someone close to you, and help local cancer patients by donating at [https://bit.ly/Lights\\_Of\\_Love](https://bit.ly/Lights_Of_Love).

Source: Phoebe Photo Credit: Lindsay Culpepper

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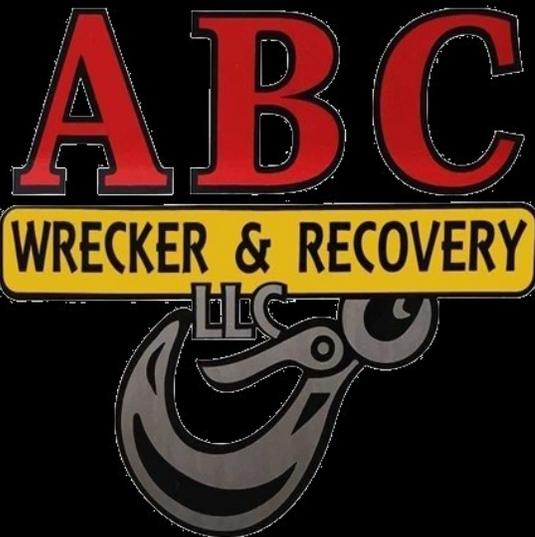
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## Yummy Healthy Holiday Snacks



Yummy snacks are good anytime and especially at Christmas time. Most children love bananas so why not make these cute snacks for them and even their friends at Christmas time. Simply get a skewer and put on a banana slice, a round piece of marshmallow, a slice of strawberry and then a small marshmallow at the top. Simply get some sprinkles for the eyes and M&M's for the nose. These are the cutest snacks and children will love them. When Larry was little, I use to love to do cute snacks like these and they were healthy too, so it was a win, win for everyone. Be sure to share some of your great snack ideas for the holidays with us at The Martin News. We would love to share them with all our viewers. The Martin News hopes everyone has a very Merry Christmas.



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## Good Ole Gingerbread Houses

Gingerbread House Day is a day that can be celebrated in a wide variety of fun ways and will be a day that children will really enjoy and always remember. However, remember some of us adults love it too! Celebrating National Gingerbread House Day involves creating a gingerbread house. But the best part is that once the house has been created it can be devoured! And it will be yummy! Gingerbread House Day should be a social event and be used as something that engages children and adults alike. Children and parents can make a gingerbread house together and then, later, the gingerbread houses can be eaten at a party especially laid on for the occasion. Alternatively, a giant gingerbread house can be created by several people, with guests invited to decorate it with icing, sugar or sweets. Did you know that charities also benefit via Gingerbread House Day. Portions of a gingerbread house or mini gingerbread houses can be sold to raise funds for the charity which is used as a great fundraiser. Larry and I love to build gingerbread houses because you don't have to be perfect in building it and you can be as creative as you want or not creative at all. We love to build the houses but then we love to eat some of it too! Have fun building your gingerbread house today and be sure to post them on Facebook for everyone to see.

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home



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# *Dates to Remember*

## *December*

**5th ~ Food Drive at WCPS**

**5th ~ City of Sylvester Council Meeting 6pm**

**6th ~ Food Drive at WCPS**

**6th ~ Worth County Commissioners Meeting 7pm**

**7th ~ Food Drive at WCPS**

**7th ~ Kiwanis Meeting at Noon**

**8th ~ Food Drive at WCPS**

**8th ~ BFHS Monthly Meeting 6:30pm**

**8th ~ Worth County Board of Education Meeting 7pm**

**9th ~ Food Drive at WCPS**

**10th ~ Ashburn Christmas Parade**

**10th ~ Charity Golf Tournament - Sylvester**

**10th ~ A Country Christmas at Possum Poke 5pm - 9pm**

**12th ~ Food Drive at WCPS**

**12th ~ Town of Sumner Council Meeting 7pm**

**13th ~ Food Drive at WCPS**

**13th ~ BFHS Bingo Night 6pm**

**14th ~ Food Drive at WCPS**

**14th ~ Kiwanis Meeting at Noon**

**17th ~ Fancy's Exhibit Presents: Christmas Pop Up Shop 11am - 5pm**

**19th ~ City of Sylvester Council Meeting 6pm**

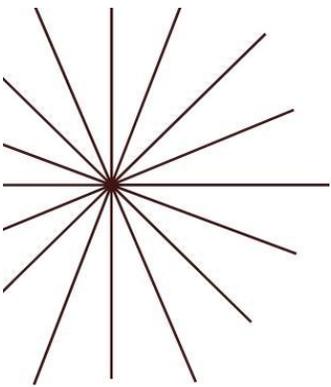
**20th ~ City of Warwick Council Meeting 7pm**

**21st ~ Kiwanis Meeting at Noon**

**25th ~ Merry Christmas from The Martin News**

**27th ~ City of Poulan Council Meeting 6:30pm**

**28th ~ Kiwanis Meeting at Noon**

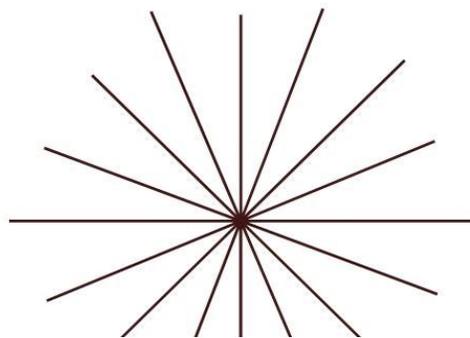


# Get Wrapped Up in a Good Book

AT MJPL

Check out a book wrapped in  
Christmas wrapping paper to be  
entered in our Christmas  
drawing!

**November 21 – December 21**





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

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## Former Tiftonite John Berry To Bring Annual Christmas Tour To Tift Theatre



Country music Grammy Award-winner John Berry, a former Tifton resident, will end his 26th Annual Nationwide Christmas Tour in Tifton on Dec. 20. "Twenty-six years – I could not have imagined that I would be so blessed to have this opportunity to share my music, celebrating the birth of Christ all these years," Berry said. "It has meant so much to me to have many of you come time and again with your families and friends to share in the music of the season. I look for-

ward to singing for all of you that have been with me before, as well as those that will be joining us for the first time." Berry is well known for his seasonal, fan-favorite holiday performances, which are filled with traditional Christmas songs, many of his most requested hit songs, and a few of his childhood stories. The Christmas tour began Nov. 25 in Sugar Hill, Ga., then moves to North Carolina, West Virginia, Indiana, Ohio, South Carolina, and Alabama, returning to Georgia with performances in Cedartown, Athens, Macon, Augusta, and Tifton. A decade ago, Berry lived for a time in Tifton before moving to Tennessee. In 2019, he was diagnosed with throat cancer, requiring a combined 35 treatments of radiation and chemotherapy. Berry has had 20 singles on the country hit parade charts, six of which went Top 5 as well as a No. 1 on the Billboard and Radio & Records country charts. He has earned numerous Gold and Platinum records. Berry's co-written "A Mind Of Her Own" and "Kiss Me In The Car" introduced him to radio audiences in 1993. "Your Love Amazes Me," "What's In It For Me," and "You And Only You" thrust him to stardom in 1994. "Standing On The Edge Of Goodbye," "I Think About It All The Time," and "If I Had Any Pride Left At All" were all major hits the following year. "Your Love Amazes Me" earned Berry a 1995 Grammy nomination. In 1996, he scored a Grammy win for his participation in "Amazing Grace: A Country Salute to Gospel." Berry took "Change My Mind" into the country music Top 5 in 1996, and "She's Taken A Shine" became an even bigger hit in 1997. He was nominated for CMA Vocal Event of the Year for "Long Haired Country Boy" with Charlie Daniels and Hal Ketchum.

Source: Tifton Grapevine



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### Tift 4-H Teams Score High In District Competition

Tift County 4-H members did well recently in the Southwest District Cotton Boll and Consumer Judging Contest, part of the Georgia 4-H Healthy Living Program. Placing second in district competition, the Tift County senior 4-H team consisted of Molly Wells, Philycia Hamilton, Coleman Mangham, Pranav Shankar, and Bethany Samuel. Coleman received the Second High Individual Overall Senior and second in Senior Judging and Reasons awards. Molly was recognized as the Third High Individual Overall Senior, and Bethany received the Third High Cotton Boll Commercial award. The top four individuals on the senior team, Pranav, Molly, Bethany, and Coleman, have qualified to compete at the state level contest at Rock Eagle 4-H Center on Dec. 10. Among the Tift County Cloverleaf team members, Camden Williamson was the Third High Individual Overall Cloverleaf and received the Second High Cotton Boll Commercial award. Kamsi Nnaeto received third in Cloverleaf Judging and Reasons. The Tift County 4-H Cotton Boll and Consumer Judging teams were coached by Ashley Carroll, Tift County 4-H agent; with assistance from Lauren Dubberly, Tift 4-H educator; and Annabelle Putman, Tift 4-H AmeriCorps service member. More than 80 youths from eight counties participated in the district competition. The competitive judging contest teaches 4-H'ers about cotton as an agriculture commodity in Georgia as well as cotton promotion through commercials and advertisements. The competition offers youth the chance to build skills in critical thinking, public speaking, and consumer economics. Tift County 4-H junior and senior team members are Pranav Shankar, Kamsi Nnaeto, Molly Wells, Bethany Samuel, Coleman Mangham, Philycia Hamilton, and Camden Williamson.

Source: Tifton Grapevine



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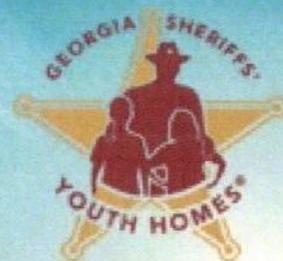
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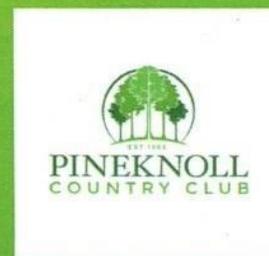
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Christmas  
Decorations



**Mrs. Claus and Elf Kaylee from Margaret Jones Public Library delivered books to Backyard Buddies on Wednesday, November 30th. Mrs. Claus and Elf Kaylee would like to say thank you to Sylvester-Worth County Family Connection for providing each child a book to take home.**

**Source: MJPL**



**Proud Sponsor  
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## Christmas Book Countdown

Jessa May's Mom started a new holiday tradition last year. She wrapped 25 books to countdown to Christmas. Each day she will unwrap and read a book to Jessa May. This is a great way to help your children read a thousand books before kindergarten. At The Margaret Jones Public Library, they are there to help you reach this goal with your little ones. The library recognizes the connection between reading to young children early, library use and educational success. The National Commission on Reading concluded that, "The single most important activity for building the knowledge required for eventual success in reading is reading aloud to children." The Margaret Jones Public Library is committed to instilling a love for reading in the very young child. They provide a variety of children's books in several different age-appropriate formats. For babies and toddlers, they have durable little board books. For preschoolers through third grade, they have picture books. Easy readers allow beginning readers to begin the formal process of reading and word recognition. The Margaret Jones Public Library also has Juvenile nonfiction and chapter books for grades 2nd through 8th. Kids have their very own card catalog at <http://gapines.org/kpac>. Only those 350,000-plus books, DVDs, CDs and other items that have been cataloged in PINES as children's materials will show up in search results. Books & Bubbles is their story time for children ages zero to three and it is presented on Tuesday mornings at 10:30 am at the Margaret Jones Public Library. The group sing songs, use flannel stories and rhymes, and read books of course in this 20 minute story time. Then they have a time of play. Pre-School Story time is for children ages three to five and it is presented on Thursday mornings at 10 am. In this 60 minute story time they read books, sing songs, and create crafts all related to a theme. During the summer months when school is out, the library offers the Summer Reading Program. Research has shown that reading over the summer break helps prevent students from losing ground and helps prepare them for the next school year. Participating in the library's Summer Reading Program is a great way to stop the "summer slide". Each year there is a new theme. Check the library's event calendar for more details. Whether you need help locating a good book to read or information to complete a school project, we're here to help. Come by the Library to pick out some holiday books to share with your little ones.

# FANCY'S EXHIBIT CHRISTMAS POP UP SHOP

SATURDAY, DECEMBER 17TH, 2022

TIME: 11AM-5PM

LOCATION: THE LIONS CLUB/THE OLD SCHOOL

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## Staying Warm on a Cold Winter Day

I know there are days that it is cold outside in the morning and feels like winter, however winter does not officially begin until December 21st. I keep hearing from several sources that this will be a hard winter on every state, not just the northern states. So what does winter have in store for Georgia? Winter will be warmer and rainier than normal, with below-normal snowfall. The coldest periods will be in early January and early February. The best chances for snow will be in early January and early February. April and May will be drier than normal. Temperatures will be near normal in the south and below in the north. Summer will be slightly hotter than normal, on average, with above-normal rainfall. The hottest periods will be in early to mid-June, early August, and mid- to late August. Overall, September and October will be warmer and drier than normal. Watch for a tropical storm threat in early to mid-September. Let's see how close they will be on any of this. With it mentioning snow, they surely cannot be talking about Sylvester. HA! So many times during the winter we try to figure out things to do inside so that we don't have to go out in the freezing cold weather. You may be like me though; I often sit and wonder what can we do? While I was looking around on the internet at the almanac, I found a few good ideas. I wanted to share them with you. These are only a few but some you may really enjoy. How about make a great big breakfast. Time to step it up from the on-the-run breakfast you usually have and make some French toast, bacon, or eggs to enjoy. Or try something different, but easy, like skillet apple pancakes. Everyone usually likes breakfast. Me and my family love to eat breakfast for supper. Another task for the winter is Redecorate! How fun is that? I love to rearrange things and make what I have look new again. Moving things around in your home can be fun and refreshing if you are into decorating. Try hanging your pictures in different places, rearranging your furniture, or dreaming up new ideas online. Sometimes even looking online will show you how to take things you have a put a different twist on them. If you have children, they would love to rearrange and decorate their rooms too. It gives you a great time to clean out things too! I have started watching videos of ideas how to turn your dollar tree finds into great unique items. I have even learned a few ideas using the videos for decorating at Christmas. How does Pajama Day sound?... Sounds like a wonderful idea to me! Just plan to stay in your PJ's all day and enjoy the whole day. There is no need to schedule appointments, go buy groceries, etc. Just stay put and stay comfy should be the plan. Another idea is great if you have children or grandchildren. Turn your living room into a fort by using chairs and blankets to make a cozy hideout for the day. Children love making forts and playing. Here's a good idea too... Movie and Popcorn Day. That sounds like tons of fun. There are great new movies to check out and popcorn is always a hit! So, these are just a few things to do when it is too cold to go outside. You can always add so many new ideas as well. Stay warm this winter and have a blast!

## HAPPY PLACE NUTRITION

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*Christian Brown & Blan Bryant  
January 1, 2023*

*Karlee Dixon & Joseph Spinks  
January 21, 2023*

*Tonya Webb & Ryan Marchant  
March 4, 2023*

*Halleigh Lane & Tripp Lovein  
March 11, 2023*



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### Doughnuts Anyone?



Look how adorable these are? This is a great idea whether you are giving out goodies from your business or giving them out at school to your children's friends. Simply bag the powdered doughnuts in a small cellophane bag and close the end. Cut out a snowman hat and add it to the top of the bag of doughnuts. Add a red ribbon for his scarf and draw on the snowman's face and his buttons. It will be so cute and who doesn't like doughnuts? Most children do and even most adults do too so this would even be a great idea for your girlfriends! What great ideas for simple goodies to give away this Christmas. Merry Christmas from The Martin News.

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| <b>MEDICAL (PART B)</b>   | <b>03-01-2016</b>                 |

## Cotton Candy Anyone?



Wednesday is National Cotton Candy Day! Another day to celebrate....AND I love these days to celebrate. It is so much fun. I even like to share it with others. Do you like Cotton Candy? I love it! My favorite color is the blue or the pink and blue mixed. You can even buy buckets of Cotton Candy in the stores now. The Dollar Tree has small buckets of Cotton Candy that would be great for stocking stuffers or just as little gifts to drop

off to friends. My mother LOVES cotton candy so we make sure that we get her some often. And again what a great item to add to the Christmas stockings this year. We, at The Martin News, are hoping everyone is having a great holiday season.

**WILD  
ADVENTURES  
Christmas**

**SELECT DAYS  
NOV. 25 - DEC. 31**

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