

#### Shipp Has Signed With Mercer University In Macon



"First off I want to thank God for giving me the ability to play football at such a high level and for allowing my dreams to come true. I also want to thank my family, coaches and teammates for always having the belief in me that I will accomplish great things. I want to also thank the coaches who have recruited me and giving me a shot at the next level. With that being said I am committing to play Division 1 Football at Mercer University in Macon" ~ Tayshaun Shipp



Congratulations Tayshaun! We are very proud of you. It has been a pleasure watching you as a Worth County Ram and cheer you on and now we will all cheer you on while you attend and play for Mercer University as a Bear!

Tayshaun is the son of Thomas and Anissa Shipp of Sylvester. Thomas is a former Worth County Ram as well. We are so excited for the Shipp family.

The Mercer Bears football program is the intercollegiate football team of Mercer University located in Macon, Georgia. The team competes in the NCAA Division I Football Championship Subdivision and is a member of the Southern Conference.



Tayshaun plans to become a Biology Teacher and a Football Coach. Congratulations again Tayshaun. We wish you the very best!

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future". Jeremiah 29:11

Source: Shipp Family & The Martin News





#### Collins Selected As J3 Foundation Scholarship Recipient

Congratulations to Worth County High School Senior, Tamya Collins for being selected as the J3 Foundation Scholarship Recipient. She will receive a \$500 scholarship. Ms. Collins has demonstrated excellence academically, a high motivation to achieve, leadership outside the academic setting and has shown strong promise for succeeding in college and beyond. Congratulations and we will help you every step of the way as your next journey awaits at Kennesaw University.

Source: Jakori Edwards



Boys Doubles Winners Ace Carter & Spencer Daniels Aiden Souter & Camden Stalvey Honorable Mention Performance Taylor Isdell Carley Souter

Girls Doubles Winners Eternity Mallard & Dakota Farmer









# YOU'RE INVITED! **DENTAL PARTNERS** RIBBON CUTTING



RIBBON COTTIN

Join Dr. Sauls at Dental Partners for a Ribbon Cutting Ceremony Wednesday, March 3rd at 1:30pm.

106 EAST WILLINGHAM STREET SYLVESTER, GA 31791







3<sup>rd</sup> Grade Kaylee Kardamis *The Day the Library Books Started Talking* 



Worth County Elementary School Young Georgia Authors Competition Grade Level Winners

> 4<sup>th</sup> Grade Anna Leigh Crowe *Koala Love*



5<sup>th</sup> Grade Jayden Jones *The Diary of Jayden Jones* 

11



The Martin News Sylvester, Georgia 3-1-2021

#### Governor Extends Vaccinations To Teachers, Others

Beginning March 8, teachers, school staffs and additional vulnerable Georgians will be eligible for COVID-19 vaccinations, Gov. Brian Kemp said Thursday. "Thanks to increased supply and significant progress in vaccinating frontline workers and the most vulnerable, more Georgians will be eligible to receive the vaccine starting March 8," Kemp said. But in his press conference the governor added: "We will continue to see more demand than we have supply." Eligible Georgians for the vaccine will now include pre-K through 12th-grade teachers and staff, employees of preschools and day cares, adults with intellectual and developmental disabilities and their caregivers, and parents of children with "complex medical conditions." These groups will be added to the current criteria for the vaccine, which includes first responders, residents and staff of long-term care facilities and Georgians age 65 and older along with their caregivers. Eligible residents may preregister for vaccinations at MyVaccineGeorgia.com. Georgia has administered more than 1.8 million doses of vaccine, according to the Ga. department of Public Health (DPH). Also, the DPH reported Thursday that Tift County has seen 24 cases during the past week and 37 cases in the past two weeks, or 91 cases per 100,000 population. Tift's testing positivity rate is 4.1 percent in the past two weeks. Tift has reported 3,351 total cases and 91 related deaths. Georgia saw 2,206 new cases on Thursday and 107 related deaths, the DPH said. Overall, the state has reported 812,612 cases and 14,989 related deaths.

Source: Tifton Grapevine

# 2021 Spirit & Competition CHEER, TRYOUTS

MANDATORY Parent Meeting April 1st

> WCHS Tryouts: April 19th - 23rd

WCMS Tryouts: April 26th -30th

\*\*\* Girls interested in making the Competition Squad should enroll in Muscle Train Fitness tumbling classes in Albany.

#### **Coach Contact Info**

Haley Watson Nancy Burrell Kieyessa Bodiford <sub>Wall.com</sub> Ashley Judy hwatson@worthschools.net nburrell@worthschools.net kbodiford@worthschools.net ajudy@worthschools.net

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You have to get your sheet stamped/marked at every store on the route to be eligible for the prizes. Another way to be eligible is to make a purchase of \$25 or more and bring your receipt and get a ticket to be eligible for the grand prize.

There will be hand sanitizing at each store and at registration. Please practice social distancing and masks are recommended.  $\star\star\star$ 

Please follow Sylvester Main Street on Facebook for more details.



#### March 2nd Celebrates Dr. Seuss....

# Happy Birthday Dr. Seuss!

#### Lucas Discusses Plans For Upcoming Election

Mr. Justin M. Lucas, candidate for City Councilman Ward 4 is getting ready for Election Day on March 16th. Here he has listed a few of his plans as your next City Councilman for Ward 4.

- Road improvement and development
- Classes for neighborhood watch
- Applying for grants through the city for an adult literacy program
- Writing and computer skills in the adult literacy program for Ward 4 and Sylvester as a whole
- Housing development
- Increase police presence in our neighborhoods
- Work with the Mayor and Council to revitalize Shipp Park
- Build upon the recreation department
- Last but definitely not least, have a street renamed as Larry Johnson Lane

Thank you in advance for your vote and support. Please vote to elect me on March 16<sup>th</sup>, Justin M. Lucas, Ward 4 City Councilman.

Source: Mr. Justin M. Lucas

## SOUTHWEST HEALTH DISTRICT PRESENTS

# Eating Smart Being Active

Adults ages 18- 64, come learn about nutrition, food safety, and physical activity.

> \*Join us for 8 virtual sessions \*This is a FREE event\* \*Receive weekly recipes and giveaways\*

Location: Online via Zoom Please download Zoom on phone, tablet, or computer in advance. Virtual meeting information will be provided to enrolled participants.

Thursdays at 6 PM-7PM

DATES: March 4, 2021 March 11, 2021, March 18, 2021, March 25, 2021, April 1, 2021, April 8, 2021, April 15, 2021, April 22, 2021

#### Click <u>HERE</u> to sign up.

For more information, contact Ebonee Phinazee at 229-352-4275 Ext. 6516 or Ebonee.Phinazee@dph.ga.gov







THIS MATERIAL WAS FUNDED BY USDA'S SUPPLEMENTAL NUTRITION ASSISTANCE PROCRAM-SWAP This institution is an equal upportunity provider.

The Martin News Sylvester, Georgia 3-1-2021

#### Fields Fun Day at Fun Park

Charles McDonald with Fields Funeral Home along with his management staff enjoyed an afternoon with the Field Boys and some of their friends. On Sunday afternoon, February 21st, Mr. McDonald and staff enjoyed some fun time at Fun Park in Albany. Bowling and games were just a good way to relax and reward the staff for all their hard work and dedication. Mr. McDonald believes in giving back to his staff but also to the community. He strives to teach the boys how to become young men and be productive in the community. His motto is "Grooming Boys to Men" Photo Credit: Fields Funeral Home

Sharing Memories: Sponsored by TT's Taxes

*TT's Taxes* Tatína's Taxes 229-778-0225

P1

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Contact the Sylvester-Worth County Chamber of Commerce for the Scholarship Application.

(229)776-7718 info@swcountychamber.com





#### DEADLINE: APRIL 1ST, 2021

#### **REQUIREMENTS**:

-Child/Grandchild of a Worth County Farmer **OR** 

-FFA Student/4-H Member during your Jr. & Sr. Year **OR** 

-Pursuing Agricultural Related Studies



#### Congratulations to the WCHS 20-2021 Young Georgia Authors Grade-Level Winners!



9th Grade Sadie Holt 1/34 10<sup>th</sup> Grade Kylie Langford Art the Great





II<sup>th</sup> Grade Jocelyn Milner The Dragans Creation of the World Savannah Pritchard When Winter Care in Spring

12th Grade

Winners Of The Young Georgia Authors Writing Competition at WCHS

Congratulations to the WCHS 2020-21 Grade-Level Winners of the Young Georgia Authors Writing Competition! The winners are:

9th Grade - Sadie Holt - "13" 10th Grade - Kylie Langford - Art the Great 11th Grade - Jocelyn Milner - The Dragons Creation of the World 12th Grade - Savannah Pritchard - When Winter Came in the Spring

Worth County System winners will be recognized at the March 18th, 2021, BOE Meeting at 7:00 pm. The purpose of the Young Georgia Authors Writing Competition is to encourage students to develop an enthusiasm for and expertise in their writing, to provide a context to celebrate their writing successes, and to recognize student achievement in arts and academics. The winning entries will now advance to the district level for further judging. Congratulations to these students!

Source: WCSD

#### National Peanut Butter Lover's Day History

National Peanut Butter Lover's Day first made its appearance in 1990 commemorating the anniversary of when peanut butter made its commercial debut in the United States. Promoted by both the Adult Peanut Butter Lovers Fan Club and the National Peanut Board, the day found full cover peanut butter spreads in newspapers across the country. An un-named doctor was given credit for first providing peanut butter to his patients. In March of 1890, he began providing the spread to those patients who had difficulty chewing. More than 100 years later, we continue to celebrate the benefits of peanut butter, and its history, too. March 1st is National Peanut Butter Lover's Day. Fall in love with some peanut butter or a new peanut butter combination. Try peanut butter and apples. Or maybe fried peaches and peanut butter. Try one of the recipes above. Or how about peanut butter and bacon. Use hashtag #PeanutButterLoversDay to post on social media. And since Sylvester is the Peanut Capital of the World, what a great reason to eat some peanut butter.

# INFINITE 57812 REGISTER NOW!! for ages 8-14

## Video and hard copy instructions Only \$10.00 per month

2 Monthly STEM Lab Kits Contact info: Michelle Smith

mismith@worthschools.net

Parents must be present during labs Terms and conditions must be signed EARN Fun Labs At Home

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#### WCPS Healthy Heart Challenge Top Fundraisers



Avery Mae Mitchell

Madden Jones



Overall top fundraiser Wyatt Jennings



Hunter Arnett

Asher Shipp Awesome job WCPS!

# WCPS Healthy Heart Challenge Top Jumpers



# WCPS Healthy Heart Challenge Top Artwork













#### Kid's Heart Challenge/Jump Rope for Heart Was A Great Success At WCPS

The Worth County Primary School raised close to \$14,000 this year for Kid's Heart Challenge/Jump Rope for Heart. This year's total was four times greater than their previous top amount from last year. Despite the challenges that this year has presented, WCPS showed up and you showed out! WCPS is a perfect example and testament of what working together, we can accomplish. The PE department would like to thank you for making a difference in the lives of so many. They could not do what they do without the amazing administrators, teachers, students and families at your WCPS.

Raising these funds helps to educate against heart and stroke disease. Healthy hearts are very important. These are just some of the educational pieces that are shared for those with possible heart and stroke symptoms. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach. Shortness of breath can occur with or without chest discomfort. Other signs may include breaking out in a cold sweat, nausea or lightheadedness. If you are having any of these or are feeling bad in general and need immediate help, please call 911. Stroke symptoms are important to spot F.A.S.T. F is for Face Drooping. Does one side of the face droop or is it numb? Ask the person to smile. A is for Arm Weakness. Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward? S is for Speech Difficulty. Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly? T is for Time to Call 911. If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

Congratulations to the students pictured to the left. They are the top fundraisers, top jumpers and top artwork for WCPS! Great job students and staff!

#### WORTH COUNTY HEALTH DEPARTMENT

# COVID-19 VACCINES

## APPOINTMENTS REQUIRED

# Call to schedule an appointment: (229) 777-2150 or (229) 352-6567

## NOW VACCINATING PHASE 1A+

- Healthcare workers (physicians, nurses, laboratory technicians, EMS personnel, environmental services in healthcare settings, etc.)
- Residents and staff of long-term care facilities
- Adults aged 65+ and their caregivers
- Law enforcement
- Firefighters
- 911 operators and dispatchers



The Martin News Sylvester, Georgia 3-1-2021



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**American Red Cross** 

Give blood. Help save lives.



#### Sylvester Community Blood Drive Sponsored by American Legion Post 335 Margaret Jones Library

Sumner Room 205 East Pope Street Sylvester, GA 31791

#### Tuesday, March 2, 2021 2:00 p.m. to 7:00 p.m.

All blood donations will be tested for COVID-19 antibodies and results will be available through the Red Cross App and RedCrossBlood.org in 7-10 days. RedCrossBlood.org/antibodytesting

Please visit RedCrossBlood.org and enter: SYLVESTER to schedule an appointment



Download the Blood Donor App today. Get your digital donor card, schedule your next appointment, track your lifetime donations, view your blood pressure, and follow your donation on its way to a hospital.

#### **Blood Drive Scheduled for March 2nd**

Blood donation is a community responsibility. While you're reading this, did you know a local patient needs blood? Blood is needed every two seconds. About one in seven people entering a hospital needs blood. Blood is always needed for treatment of accident victims, cancer patients, hemophiliacs, surgery patients and o the recent COVID-19 patients. Blood cannot be manufactured. Only 37 percent of our country's population is eligible to give blood, and less than 10 percent of those who can donate actually do donate annually. What if everyone eligible to donate became complacent and decided they didn't need to donate because someone else would? What if there wasn't enough donated blood available when you, a loved one - anyone - needed it? The blood supply comes from caring donors like you. It takes about one hour of your time. When you give blood, it gives someone another smile, another hug, another chance. It is the gift of life. In order to give, there a couple of things you need to know. You must be in good health. You must weigh at least 110 pounds. (You may have to weigh more, depending on your height). You must meet screening criteria which is determined by your medical history, a drop of blood from your finger to estimate hematocrit level, pulse, blood pressure and temperature. You can safely give eight weeks (56 days) after your last whole blood donation. Be a Hero. Give Blood.

1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App 5001 The American National Red Cross

# THE STRENGTH OF OUR LGHT THE DARKNESS OF ALZHEIMER'S. THE LONGEST DAY

alzheimer's  $\ref{eq:station}^{s}$ 



#### Kids Spring Art Boxes are now available for pre-order!

Order Now through March 12, 2021 at <u>www.tiftonmuseum.org/art\_boxes.</u>

The Spring Art Box theme is "Think Green!" Boxes are perfect for children ages 5-12. Each box will contain all the art supplies and instructions for eight spring and environmental themed art projects, activities, and a STEAM (Science, Technology, Engineering, Art, and Math) project. These hands on activities will keep your kiddos busy over Spring Break and teach them about caring for our planet.

**Example Projects Include** 

- Acrylic Painting Virtual Class
- Paper Mache Light-up Globe
- Build your own aquarium STEAM Project
- Cookie Decorating from Cole's Cakery

**Please pre-order your Spring Art Box by Friday, March 12, 2021**. Only 100 boxes are available. Boxes will be available to pick up at the Museum on Thursday, April 1st.

Pre-order at <u>www.tiftonmuseum.org/art\_boxes</u>

For more information about the boxes please contact Joy Yost at <u>joy.yost@tiftonmuseum.org.</u>

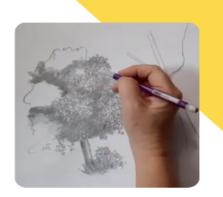
## Tifton Museum J ARTS & HERITAGE MARCH CLASSES



Chocolate & a Canvas "Liquid Gold" Tuesday, March 9 6:30pm Registration: \$30 Supply Kit: \$3-8



**Kids at Art** *"Bubble Trouble"* Saturday, March 27 11:00am Registration: \$30 Supply Kit: \$3-8



Intro to Drawing: Landscapes Ages: 12 - 112 Thursday, March 18 6:30pm Registration: \$30

#### Register at www.tiftonmuseum.org



#### Shop & Stroll Scheduled For March 12th In Downtown Sylvester

Shop and Stroll is scheduled on March 12th beginning at 5pm in Downtown Sylvester. Mrs. Karen Singletary, Main Street Manager, is excited about the upcoming event and hopes everyone plans to join her. In the coming days, she will post on the Sylvester Main Street Facebook page the different stores and specials that will be occurring. Please make sure to like the Sylvester Main Street Facebook page so that you don't miss any updates.

At the Shop & Stroll, they are bringing back the stamp/initial sheets. You have to visit every store on the list to be in a drawing for \$75 downtown bucks and \$50 downtown bucks. There will also be another drawing. If you spend \$25 in any downtown store or restaurant on March 12th, between the hours of 5pm until closing, just take your receipt to the registration table or take it to Karen Singletary on Monday after the Shop and Stroll, and you will be entered in a drawing for \$100 downtown bucks.

Hand sanitizer will be at the registration table and at each store. They are asking that you please practice social distancing and masks are recommended.

family and have loads of fun. Be sure to post them on Facebook and tag them with the hashtag #SylvesterMainStreet and #CityOfSylvester. Please be sure to tell all your friends! Hope to see you all there.

Painting isn't for everyone but for these ladies, it was for them on Monday night. Monday, February 22nd was Paint Night at the Margaret Jones Public Library. Each month there is a new theme for painting provided by Allison Tate Kilcrease with Allison Kilcrease Art. There is a small supply fee and sign up is through the library. Please make sure that you like the Margaret Jones Public Library Facebook page so that you will know the latest for all the events. See you next month!

**Photo Credit: MJPL** 





Proud Sponsor of This Weeks' SCHOOL SNAPSHOTS!



Hello! My name is Nancy Burrell and I'm excited to announce an amazing community service opportunity for you and your organization. We are setting up "Cheffchange" at Worth County High School. Theffchange will be a clothing and personal hygiene item closet open to all students of WCHS. We are asking for the entire Worth County community to get involved in this exciting venture. We will be accepting new and gently used clothing as well as new personal hygiene products. We would love for you and your organization to get involved. Below is a list of items we hope to be able to stock in Cheffchange.

If you would like to donate or have any further questions please contact me at <u>nburrell@worthschools.net</u> or 229-344-1389.

Personal Hygiene Items	Suggested Clothing Items
Soap	Blue Jeans (male & female)
Deodorant	t-shirts (male & female)
Shampoo	sweaters
Conditioner	polo style shirts
Toothbrush	button up shirts
Toothpaste	skirts
Brush	underwear (new)
Comb	socks (new)
Pick	
Tampons	
Maxi Pads	

#### Welcome To Ed's



Just as this sign says, "Welcome to Ed's", it means just that. Ed's Truck Stop located in Poulan, Georgia always welcomes you to their place. Gail Lee, owner, along with her staff loves to see everyone come in their restaurant. Gail's sisters, Betty Dorsey and Tammie Farmer, help Gail out with the truck stop. In addition to the daily restaurant duties, Gail along with her sisters and her staff are constantly coming up with things to do with the community. Gail has took what she learned from Mr. Ed Souter through out the years of working with him at Ed's and added to it which has only made the truck stop grow by leaps and bounds.

Some of the community fun includes scavenger hunts. They have scavenger hunts through out the year which is so much fun. I personally enjoy seeing people post selfies on Facebook together looking for the prize. Whether they win or not, they all are out having fun and enjoying each other's company.

Whether it's breakfast, lunch or supper that you are in the mood for, they have you covered. They have a great breakfast menu to cover all of your likings. Lunch is pretty great too! They have the regular menu in addition to a meat and three vegetables plate that will hit the spot everyday at lunch. Supper will help you wrap up the day too! They are open 7 days a week, closing after lunch on Sunday's.

If you want to stop by there and grab you something to cook at home, that is easy too! Mr. Jack has the meat market with just about anything you can think of to cook up at the house. Stop and see him!

Ed's Truck Stop enjoys their customers which all become family. Gail and her staff enjoys watching the families grow and enjoys with them birthday's, graduations, weddings, babies and more however with all the great times, comes sadness. Gail and her staff have learned oh so often over the last year the sadness that comes with losing customers. The staff at Ed's Truck Stop treats us all like family and when a customer passes away, they have truly lost a family member. A little while back, Gail and the staff created a "Wall of Memories" with pictures of their Truck Stop family members that have passed away. This wall is precious. I have seen the wall and I know what it means but I can feel the love from Gail, Betty, Tammie and the entire Ed's Truck Stop when they lose a customer.

Gail, thank you for all you do for Ed's Truck Stop and for the community. Your hard work, dedication and love for the community does not go unnoticed. I have seen your love for the community through COVID-19 and the help that you have given to each and everyone that you could. You kept going on days that you were ready to give up. I see your Facebook posts that show love and compassion to all of the families that support Ed's Truck Stop. You and your sisters love unconditionally and continue to help everyone that you can. I remember your parents very well and they would be so proud of all three of you if they were here today! I am proud to call all three of you my friend. My mother visits Ed's Truck Stop everyday and I promise when daddy reached Heaven, he was still looking for Ed's Truck Stop!



#### Items Needed At Best Friends Humane Society



Our friends at Best Friends Humane Society could use our help. The shelter currently needs the following items: paper towels, cat litter and cleaning supplies such as Odiban, Clorox, multi-surface cleaners, dish soap and laundry detergent. Items can be dropped off at the shelter, at Sylvester Animal Hospital or mailed to 787 Ephesus Church Rd., Poulan, GA 31781. Thank you in advance for your support

Source: BFHS



#### ABAC Student Newspaper Named Best In State



The student newspaper at Abraham Baldwin Agricultural College was recently recognized by the Georgia College Press Association (GCPA) Better Newspaper Contest as the best overall publication in its division in Georgia. Dr. Thomas Grant, advisor for The Stallion, said the newspaper has been the best in the state in its classification for decades, beginning when Helen Strickland took over as the advisor in 1968. "Then ABAC became a four-year college in 2008, and our students had to compete against schools like Georgia College and State University, Berry College, and Morehouse," Grant said. "That increased the level of competition. The fact that The Stallion continues to earn awards as the best small college newspaper in the state shows how talented ABAC students are. They can compete with anyone." Grant said The Stallion competes in GCPA Division B, representing colleges with less than 8,000 students. The Stallion placed first in General Photography Excellence, Best Campus Community Service in Features and News, and General Excellence. The General Excellence Award means The Stallion was the best overall compared to the other colleges in the division. The Stallion also received awards in General Advertising Excellence, Layout and Design Excellence, and Best Campus Community Service in Sports and Editorials. Grant said when writers for The Stallion graduate, they are getting jobs in media around the Southeast. He believes that's because ABAC is a hands-on college, and students develop practical skills in communication and student media.

Source: Tifton Grapevine

### Look What Lynn Found...

The Martin News Sylvester, Georgia 3-1-2021



Jones Antique Co in Sylvester located on Kelly Street has some of the cutest things for your house, both inside and outside. They have gotten in new inventory this week that you will not want to miss. These above are some of my favorite! Be sure to go check them out and start decorating your house for the Spring.





This is the time of the year to make your yard look fabulous! Go see the staff at Wal-Mart and they will get you stocked up Fletcher Yearta Jewelers on Main Street is getting ready for the Spring with these new outfits. Look how colorful and adorable this shirt is and perfect jewelry to go with it. Be sure to stop by and see them for many things to choose from.



It's almost Spring time and what a great time to change out your door hanger or add a new one to the bunch! These are some that they have at Daughtry's "Empire" Market. Stock up today!

Ready for Spring and Summer? It's almost short time. Go see the girls at

almost short time. Go see the girls at The Gift Barn and stock up on these great shorts! WCPS and Miss Georgee's Play-Kare is excited about Read Across America Week



The Martin News Sylvester, Georgia 3-1-2021

#### **Kicking Off National Nutrition Month**

March will be National Nutrition Month and part of leading a healthy life means eating a healthy diet and being physically active. A recent CDC study highlights when, where, and how U.S. adults and children are eating a healthy diet. Those who are not getting enough fruits and veggies can take small steps towards meeting recommended amounts, including adding more fruit to your usual breakfast routine or adding vegetables to your meals. Eating a diet rich in fruits and vegetables can help reduce the risk of many leading causes of illness and death, add important nutrients to your diet, and help with weight control. The recent study shows that adults get most of their fruit during breakfast and snacking whether they eat recommended amounts or not. Those who are not getting enough could aim to add more at breakfast or through snacks such as eating a small apple or banana. On the other hand, children tend to eat fruit throughout the day. Children who need more could add extra fruit to their breakfast, lunch, or snack routines. Dinnertime tends to be when adults and children eat most of their vegetables. However, for those who are not eating enough vegetables, try adding vegetables to your lunchtime salad or sandwich (e.g., tomato slices or baby carrots) or mixing them into what you are having for dinner (e.g., adding broccoli into your pasta).

> Source: Centers for Disease **Control and Prevention**

#### PO Box 189 Sylvester, GA 31791-0189 Phone (229) 776-6906 Fax (229) 776-0149

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# GAHRA

# GEORGIA ASSOCIATION OF HOUSING AND REDEVELOPMENT AUTHORITIES 2021 ADULT SCHOLARSHIP PROGRAM

#### THREE ACADEMIC AWARDS

\$2,500.00 \$2,000.00 \$1,500.00

#### FOUR TECHNICAL/VOCATIONAL AWARDS

\$2,500.00 \$1,500.00 \$1,000.00 \$1,000.00

#### WHO CAN APPLY?

- Current residents with at least 2 years of residency in Federally assisted housing (public housing, RAD, or Section 8) or as a recipient of residence through the Community Development Block Grant Program.
- 2. In good standing (no lease violations) with their Housing Authority or Community Development Agency.
- 3. Must have earned high school diploma or GED at least 1 year ago.
- 4. Must *currently* be enrolled in a full or part time undergraduate course of study at an accredited two or four Year College, university or vocational/technical school.
- 5. Must "NOT" have previously been awarded a GAHRA scholarship.
- 6. Please have your housing authority e-mail and mail hard copy to: dhousing@bellsouth.net - Dublin Housing Authority

c/o Brenda Smith 500 W. Mary Street Dublin, GA 31021

Applications are due March 19, 2021.

The Martin News Sylvester, Georgia 3-1-2021

#### No Appointment Needed At New COVID Vaccination Site In Albany

The state is now providing four new mass vaccination sites for COVID-19 vaccinations, and no appointment is necessary for eligible Georgians at the new Albany site. The new Albany location, administered by the Georgia Emergency Management and Homeland Security Agency (GEMA/HS), is at Albany's Georgia Forestry Site, 1150 West Oakridge Drive. Eligibility is still limited to state residents who are included in Phase 1A+. This encompasses healthcare workers, residents and staff of long-term care facilities, adults aged 65+ and their caregivers, and first responders (law enforcement, fire personnel including volunteer fire departments, dispatchers and 9-1-1 operators). "In order to increase the number of vaccines distributed, at the Albany site only, we are allowing eligible people to drive up with no appointment necessary," said GEMA Director Chris Stallings. "If you have an appointment you are guaranteed to receive a vaccine as scheduled, but if you don't, we will administer vaccines until we run out of each day's allotment." Other new mass vaccination sites have been opened at the Habersham County Fairgrounds in Clarkesville, at the Macon Farmers Market, and at the Delta Air Lines Museum in Hapeville. As of Tuesday, there have been a total of 1.8 million Georgians vaccinated, says the Ga. Department of Public Health (DPH). In Tift County, a total of 15,312 residents have been vaccinated -9,345 receiving the first dose and 5,967 getting the second dose. Also, the Veterans Administration's Tifton Outpatient Clinic has begun administering vaccinations of veterans. "We started here in Tifton on Presidents Day and vaccinated 220 veterans, and we will do the second one on March 13 and will do 50 more veterans that day for 270," said Dr. Donna C. Ammons, the clinic manager. The Tifton VA Clinic is under the auspices of the Carl Vinson VA Medical Center in Dublin. Throughout the Vinson Center's regional VA clinics, 6,806 first doses of the vaccine has been given, and 2,385 second doses as of Tuesday, according to VA data.

Source: Tifton Grapevine

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eorgia Authors Winners 2021

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AUTHOR

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WORK

1st -Kinslee Gibbs

2nd - Jacey Potts

www.destinyfitness.com

#### **Celebrate Your Name Week**

This week is Celebrate Your Name Week. I love to celebrate all the fun dates of celebrating. So what is your full name and what meaning does it have personally? I was born as Valerie Lynn Meeks. Daddy wanted me to have the name Valerie after my aunt which was his sister, Valerie Sue. She passed away as a teenager due to leukemia. Everyone always said I looked just like her. I went by the name Lynn. When I married, I carried by maiden name as well and dropped using my first name. So then I became Lynn Meeks Manley. I decided to keep my maiden name in with my married name because no one from this area knew me as Lynn Manley and to this day, many people still call me Lynn Meeks. Most of the people that knew my daddy and mother always referred to us as the Meeks girls, never our married last names which still works for me and my sister. So what's your name?

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#### **New Mayor For Poulan**



Poulan has a new Mayor! Mr. Robert Greer was sworn in on Tuesday night, February 23rd. He is now the Mayor for Poulan after the passing of Mr. Dustin Grubbs in October of 2020. Poulan, Georgia is a small, safe, and family orient-

ed community located in Southwest Georgia. Poulan is dedicated to their communities needs and strive to offer exceptional services. Poulan was established in 1899 and was at one time a busy cotton mill town. Long ago, there was once a bank and pharmacy which are still standing on Broad Street in Poulan. Poulan is also home to the only two historical registered properties in Worth County, which are the Poulan Library and Possum Poke. Possum Poke, located on Possum Lane in Poulan, was at one time home to the late Michigan Governor Chase S. Osborne. Poulan was settled in around 1877 along the Brunswick and Albany railroad. The city was named for Judge W.A. Poulan.

Photo Credit: David Acord



A WEEK OF ACTION FROM HOME



# Dates to Remember

### March

1st ~ WCMS Baseball Home 1st ~ WCMS Soccer Girls/Boys Home 1st ~ Early Voting Sylvester Ward 4 City Councilman 2nd ~ Early Voting Sylvester Ward 4 City Councilman 2nd ~ WCMS Baseball Home 2nd ~ WCHS Tennis Away 2nd ~ WCHS JV Baseball Away 2nd ~ WCMS Soccer Girls/Boys Away 2nd ~ WCHS Soccer Away 2nd ~ WCHS Varsity Baseball Away 2nd ~ Golden Celebrities at Unity Baptist Church 3rd ~ WCMS Tennis Home 3rd ~ Kiwanis Meeting at Noon 3rd ~ Ribbon Cutting with Dental Partners 1:30pm 3rd ~ Brews & Bingo at Pretoria Fields 6pm-8pm 3rd ~ Early Voting Sylvester Ward 4 City Councilman 4th ~ Early Voting Sylvester Ward 4 City Councilman 4th ~ WCHS Tennis Away 4th ~ WCMS Soccer Girls/Boys Home 4th ~ WCHS Varsity Baseball Away 5th ~ WCHS Soccer Home 5th ~ Early Voting Sylvester Ward 4 City Councilman 5th ~ Chehaw Cubs Program at Chehaw Park & Zoo 10am-11am 6th ~ WCHS Track & Field Away 6th ~ WCHS Varsity Baseball Away 6th ~ Cash for CASA Raffle 6th ~ Auction for Worth County Schools with 3G's Auction 6th ~ Presidential Flyer Excursion Train at Georgia Veterans State Park 8th ~ Early Voting Sylvester Ward 4 City Councilman 9th ~ Early Voting Sylvester Ward 4 City Councilman 9th ~ Worth the Read Book Club March Meeting at Margaret Jones Public Library 9th ~ 3G's Online Auction 6:30pm 10th ~ Kiwanis Meeting at Noon 10th ~ Brews & Bingo at Pretoria Fields 6pm-8pm 10th ~ Virtual Learning Day for Worth County Schools 10th ~ Early Voting Sylvester Ward 4 City Councilman 11th ~ Early Voting Sylvester Ward 4 City Councilman 11th ~ Best Friends Humane Society Board Meeting at Shipp Senior Center 6:30pm 12th ~ St. Patrick's Day Shop & Stroll 5pm 12th ~ Early Voting Sylvester Ward 4 City Councilman 13th ~ Pretoria Fields Collective St. Patrick's Day 5K & 1 Mile Fun Run 2pm -415pm 16th ~ Voting for Sylvester Ward 4 City Councilman 17th ~ Kiwanis Meeting at Noon 17th ~ Happy St. Patrick's Day from The Martin News 17th ~ Brews & Bingo at Pretoria Fields 6pm-8pm 18th ~ Board of Education Meeting 7pm 20th ~ Manna Drop at Unity Baptist Church 20th ~ Presidential Flyer Excursion Train at Georgia Veterans State Park 23rd ~ Sylvester - Worth County Family Connections Meeting 24th ~ Kiwanis Meeting at Noon 24th ~ Brews & Bingo at Pretoria Fields 6pm-8pm 31st ~ Brews & Bingo at Pretoria Fields 6pm-8pm

31st ~ Kiwanis Meeting at Noon

# 2nd Annual "Snow Better Time to Read" Adult Reading Challenge

Read 10 books between January 11 and March 16 to be entered into a drawing for a prize . Bookmarks/reading lists can be

picked up at the library's front desk.

All bookmarks must be returned to the Margaret Jones Public Library by March 16th.

#### **Think Tifton**

#### **Bruce Willis Filming New Movie In Tifton**



ald.

Action film star Bruce Willis is shooting his latest action thriller in Tifton – the star's fourth movie made in South Georgia, says Alexander Kane, co-owner of Fitzgeraldbased TMG Studios One. "Film crews are currently filming. One hundred people are in town with the production," Kane told the Tifton Grapevine. It is being filmed in downtown Tifton and in Fitzgerald. "We will be spending hundreds of thousands of dollars in Tift and Ben Hill counties," said Kane, a producer and actor. "I only shoot here and bring the films to Fitzgerald because I love my hometown." In Tifton, the movie is report-

edly being filmed on Commerce Way in the area where food trucks were set up for a downtown event in December. The movie is also expected to use the former Hawk-Eye BBQ restaurant's downtown location. No details about the title or subject matter has been released about the current film. Earlier this month, Bruce Willis wrapped up filming "Reactor" in Fitzgerald and the Cordele area. Regarding Willis' other movies shot in South Georgia, Kane said, "Breach' and 'American Siege' were filmed 100 percent in Fitzgerald. 'Reactor' was at Lake Blackshear." Kane declined to say if Willis is in Tifton at the moment. "I can't legally confirm when he is here or where he is until after he leaves." During his past visits to the area, Willis has been spotted dining at Fresco Italiano on Tift Avenue. "We've shot over \$13 million dollars' worth of films in the area since Nov. 1, 2020 – \$25 million since November 2018," Kane said. He said that his team has at least six more productions on the books for this year. "I deeply care for Fitzgerald and South Georgia," said Kane, a Fitzgerald native. "I want to create jobs and opportunities." A different film crew was in Tifton during late 2019 shooting "The Tiger Rising" starring Queen Latifah and Dennis Quaid. That movie was filmed at Tifton's Town Terrace "Pink Motel" and in Thomasville. Its release date has not yet been set. Bruce Willis, left, co-star Cody Kearsley and Alexander Kane of Fitzgerald on the set of the recently released film "Breach," shot in Fitzger-

Source: Tifton Grapevine



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

#### visit us at TiftonTourism.com





Think Tifton

#### **Baldwin Players To Film Morality Stories**



Seven Abraham Baldwin Agricultural College students and an ABAC alumnus have been selected as cast members for the Baldwin Players' upcoming video performance. Baldwin Players' Director Brian Ray, a professor of English and theater, said the cast will be playing characters in a film version of three separate morality stories. The actors will appear in at least two of the stories, and a few of them will appear in all three. Cast members include Justin Walls, a general studies major with a concentration in engineering from Cordele; Kaylee Myers, an agricultural education major from Dothan, Ala.; Harley Normand, an art major from Tifton; Jaylin Croft, a history and government major from Moultrie; Dontavious Bell, a vocal music major from Tifton; Roderick Baisden, a theatre major

from Tifton; and Craig Mark Wells, a 1979 ABAC graduate. The stories include "Wisdom," a 15th century morality play in the medieval tradition; "Hansel and Gretel," an adaptation of the Grimm's Fairy Tale; and "The Game," an early 20th century sketch morality interlude. Preparation will be held through the remainder of February and March. The performance will be filmed the last week of March and available to the public by the end of April.

Source: Tifton Grapevine



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

#### visit us at TiftonTourism.com





Think Tifton

The Martin News Sylvester, Georgia 3-1-2021

22 Veterans Commit Suicide Every Day

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Sylvester's 1st Annual eran Suicide Awareness Event

YOU ARE NO

22 Veterans Commit Suicide Every Day

DON'T FORGE

Where: Worth County Ag Pavillion 102 Rebecca Dr, Sylvester, GA 31791 When: June 5, 2021 Event will begin at 10am with presentation of colors, live national anthem, dual taps, and a prayer.

Several Food Vendors Will be Present as well as Veteran owned Valdosta Kettle Works LLC



Patriotic Art Silent Auction Any local or South Georgia artist are invited to donate a patriotic piece to be silent auctioned at the event! Any ages are welcome!



#### Classic Car/Truck show

- Oldest Around
- Overall Favorite
- Farthest Traveled
  Abi's Choice

Pre-Registration \$15 Late Registration \$20

> Surprise Guest Speakers and special guest on Veteran Suicide Awareness



THE

Big Ticket Raffle Items \$1 per ticket

121212

There will also be live music from local artist and bands



#### AWARENESS IS THE ANSWER

All profit from this event will go directly to a well researched veteran focused local charity If you would like to sign up for any of these events or sponsor it please contact: Cody Humphrey (229)376-4426 Emma Lynn (229)603-8859 Adam Ivey (229)206-1427



All registered The Longest Day participants who raise or make a self-donation of \$100+ between February 22 and March 5 receive a special invitation to this virtual private event!



www.sugarhillscharm.com

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

#### 2021 COAG Scholarship Now Open

Three scholarships available, each for \$500 from the Constitutional Officers Association of Georgia. The COAG Scholarship is open to any Georgia high school senior (or a GED equivalency dated December 31, 2020 to May 31, 2021) who is a United States and Georgia citizen graduating by the spring of 2021. You must be seeking an undergraduate degree, not a diploma, certification, master's or doctoral degree. The criteria for the award include:

- presenting a letter of acceptance or letter of enrollment from a school of accredited higher education located within Georgia (four-year college, junior college or technical college);
- providing proof of residency in the State of Georgia (GA Driver's License or GA ID Card);
- submitting a 1,000-word essay; and presenting a COAG scholarship application (may be downloaded from 2021 www.coagonline.org).

The 1,000-word essay MUST be typed or computer generated, double-spaced, Times New Roman 12 point font, on 8 ½ x 11 unlined white paper and in the English language. Handwritten essays or those in any other format will be disqualified. The essay must have a title page. The essay cannot contain any reference to the city, town or county where the applicant resides or any reference to the high school attended by the applicant or the applicant's name. You may reference an office, but names of elected officials or county must not be used. Any such reference will disqualify the applicant. All essays must be original, factually accurate and must not infringe upon any material protected by copyright. Failure to meet all of the above-mentioned requirements will disqualify the applicant.

Essay Theme 2021: Every county in the State of Georgia has elected government officials known as "constitutional officers." County constitutional officers include the clerk of the superior court, judge of probate court, sheriff, and tax commissioner. County constitutional officers are elected for four-year terms and have such powers and duties as provided by general law. Interview and describe things that the county constitutional officers do on a daily basis, why they ran for office, and other questions you would like to find out information for your essay. Also do research and include who the last three people who held that office and how long they were in office prior to the current person. Interview your Clerk of Superior Court, Probate Judge, Sheriff, or Tax Commissioner. Call their office and schedule a phone interview or virtual appointment regarding the COAG Scholarship Essay. Due to COVID-19, we are asking that these interviews be done over the phone or virtually. All entries will be reviewed by the Constitutional Officers Association of Georgia, Inc. (COAG) Scholarship Committee. The committee members will select the scholarship recipients based on the content of the essay. All essays become the property of COAG. Winners names may be released to the public and news media for promotional purposes. The scholarship will be announced April 20, 2021 and will be payable to the individual winners in-person. Your completed application, residency documentation, acceptance letter, title page, and essay should be EMAILED to coagdirector@gmail.com no through a local constitutional officer. To be entered into the scholarship contest, the subject line of the email MUST say: "2021 COAG SCHOLARSHIP SUBMISSION". All applications must be received by email at coagdirector@gmail.com no later than midnight on March 15, 2021 or they will be deemed ineligible. NO LATE ENTRIES WILL BE ACCEPTED. The packet that you are to submit should include the following items:

1) Scholarship Application Form - 1 original

2) Title Page – 1 original

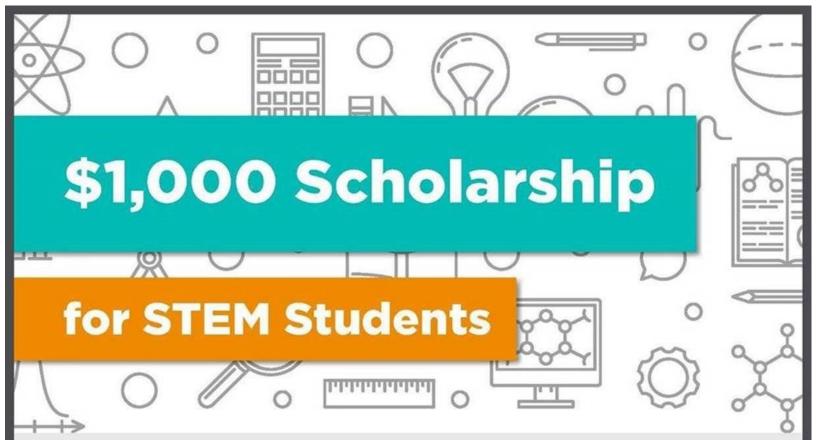
3) 1,000 Word Essay - 1 original

4) Proof of acceptance from a school of accredited higher education located within Georgia (four-year college, junior college or technical college) - 1

copy

5) Proof of Georgia residency (photocopy of GA Driver's License or state issued identification card) - 1 copy

Questions? Please contact: Missy Tolbert, Executive Director of COAG, Email: coagdirector@gmail.com



A minimum of five \$1000 scholarships are available to be awarded.

## **Apply Today**

Application deadline: 5 p.m. on March 14, 2021 geicc.org/scholarship



Painting For Corín ....

## Books & Brushes March 12 at 6 pm Kids Paint to Benefit Corin Gibson at Margaret Jones Public Library



Hear a story and paint a glow in the dark rocket for out of this world glow art fun

The Martin News Sylvester, Georgia 3-1-2021

#### Window Visits Have Become The Best

Things have most definitely changed during COVID-19 but one thing has not changed for sure and that is the love we have for our family. Mrs. Allison Tate Kilcrease along with her husband and children recently went to visit their Gma. She was at Magnolia Manor in Moultrie for rehabilitation before getting to return home. Allison and her family went to visit her however during COVID-19, families are not allowed to go into a facility but can have window visits and that is exactly what they did. As Allison said, "it's such a strange time we are living in, but I am happy I got to see her". This is how most families are having to see loved ones that are in assisted living facilities, rehabilitation centers and nursing homes but we all have learned to adjust during the times of COVID-19. Allison said her Gma was so happy to see Coco. These pictures are absolutely priceless. We are so glad that Gma is home and doing better.

#### Photo Credit: Allison Tate Kilcrease



#### **News From BFHS**

Mr. John McPhaul with Best Friends Humane Society recently published the BFHS newsletter to update everyone with the great things happening with the Humane Society. He stated there was a lot of news to cover but first he wanted to say they were all doing well at BFHS which is great to hear.

BFHS is well on their way to constructing an outdoor cat enclosure for many of their cat friends to romp and play. It will be a 20' X 40' fenced area with a 12' X 16' house attached for shelter. Complete with A/C and lights and lots of play things, it will allow our cat visitors to be outside and not in cramped cages. Visitors can come and just watch or pick out one for adoption. Completion is scheduled for April. While the cats are getting some attention, BFHS still has dogs for adoption. Thankfully, they still have the good fortune of transporting many of their dog visitors up north to Happy Homes. But, they still have plenty to choose from at the shelter. The influx of both dogs and cats never stops, reminding us all to Spay & Neuter, Please!

The Best Friends Humane Society staff is slowly growing with volunteers and part time employees. That allows the ACOs and the Shelter Manager to do more of their real job. They are also reaching out to Worth County High School CTAE program for students in the Animal Pathway for 'recruits'. A new volunteer is putting data into the Shelter Manager software, a needed task that is easy to put on the back burner. During the short staffing period, they got behind. Mr. McPhaul and staff appreciates all their volunteers and new staff for providing work that needs to be done.

COVID-19 was a real bummer last year and it shut down a lot of our big fundraisers stated Mr. McPhaul. It looks like this year may be the same but they do have a few new ideas, and there will be news about them later. Remember, BFHS is doing Bingo every other week at Ed's and the next one is March 2nd. They will be every other week at 6pm until approximately May and then every third week but they will update closer to time. And, to all our Donators, Thank You. If you would like to donate prizes to the BINGO for BFHS, please feel free to as they can use the prizes. Prizes can be anything, for both men and women. Prizes are usually valued at \$5-\$8 and the bigger prizes are used for black out BINGO prizes.

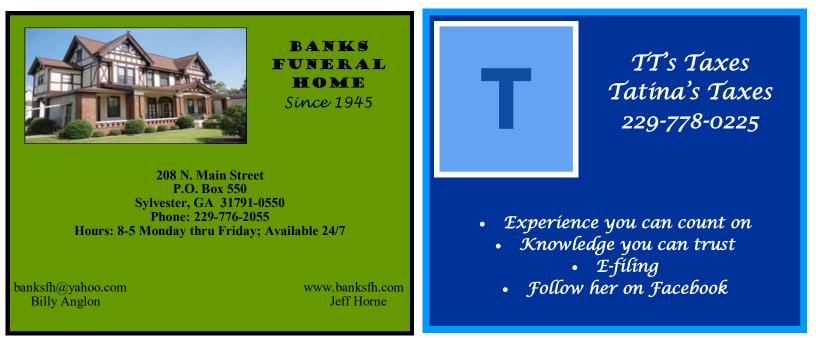
There are some upcoming fundraisers that are being planned. BFHS has sent in an order for 200 more cookbooks (reprint of our first one) for sale. If you want one, call Shelly to reserve. They are going to be \$25. They anticipate them to be ready by the end of March, first of April. BFHS Shirts with Funny Sayings will be available soon along with pet candles. The date the shirts will be ready is not set as of yet but there will be two designs and they will come in size medium, large and xlarge. These are some of the shirt designs BFHS has sold in the past and since they were such a hit, they are bringing them back. How exciting! Now the pet candles... I bet you are wandering what those are? They are candles that will help combat pet fumes. They are a big hit and will be here soon. Watch for a Dog Wash at Tractor Supply in March, and a Golf Tournament in May.

The truck that BFHS uses was in bad shape and needed some work. They did it, and it runs better, but they are always looking for a newer one with less problems. If you know of one that is 'reasonable', please let them know.

BFHS has changed their monthly board meeting site to the Shipp Center. It is larger and allows for more social distancing. If you'd like to attend, it's always on the second Thursday of every month at 6:30 pm. Also, the whole 'Membership' thing with dues and cards was not worth the effort and is no longer in effect. If you want to volunteer/help or be permanent part of BFHS, come to the meeting or call the Shelter. 777-7774. Or call Mr. John McPhaul or Mrs. Shelly McPhaul at 272-6200. Last year, BFHS applied for and received funds from the government in the PPP program. It helped immensely during the bad COVID season. PPP-2 is now available and they will apply for that soon.

Some landscaping has been done at the shelter and by next spring they will have some beautiful Bradford Pear Trees and others blooming in the field west of the shelter. Many thanks to 3G's Auction for donating the trees and to Mr. & Mrs. Parkman for their services in digging holes, straw, watering and such. (The Shelter Staff helped too). It should be nice in April. There is plans for a shelter improvement day in April.

Last but not least, the shelter is in need of paper towels, cat litter and cleaning supplies. They appreciate your kindness. BFHS hopes you and yours have weathered the COVID storm and they pray for those that didn't. Mr. Buddy Harris, a former member, lost his battle with it. Take care of yourselves and be careful.



Source: BFHS (Mr. John and Mrs. Shelly McPhaul)