



# The Martin News

PO Box 5003 Sylvester, GA 31791  
lmanley1210@gmail.com  
www.themartinnews.org  
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March 22, 2021

## SGT

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### WCMS Baseball is 1st Place Heading into Playoffs

Our WCMS baseball team is having a successful season sitting first in the region heading into the playoff games. The first round of playoffs will be Wednesday, March 24th, starting at 4:30pm at Worth Co Middle School baseball field against Thomasville. Prior to playoff game one, the team will play against Cook on Monday, March 22nd starting at 4pm at home. Make plans to come to support our student-athletes. Go RAMS!

Source: WCSD  
Source: Photo by Marsha Hickox





## Links

[www.facebook.com/WCHSiRambots/](https://www.facebook.com/WCHSiRambots/)  
[www.instagram.com/irambots7470\\_wchs](https://www.instagram.com/irambots7470_wchs)  
[www.twitter.com/irambots](https://www.twitter.com/irambots)  
 Email: [irambots7470@gmail.com](mailto:irambots7470@gmail.com)



# Infinite STEMZ

Brought to you by  
 iRambots  
 7470

## Helpful Contacts

Hannah Fletcher:

Email:

[hannah1234567840@gmail.com](mailto:hannah1234567840@gmail.com)

Phone Number: (229) 733-5542

Michelle Smith

Email: [mismith@worthschools.net](mailto:mismith@worthschools.net)



## Price:

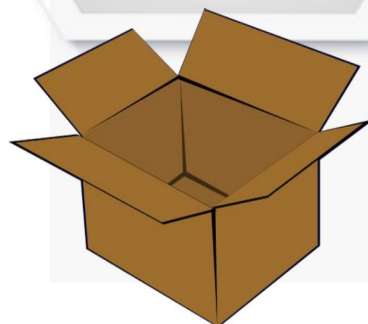
Each month, we offer two kits. You may choose to purchase both kits for **\$15** or choose just one for **\$10**.

## How it Works

Once the kits have been picked up on the scheduled time from Worth County High School, students will read instructions and watch the youtube tutorial to complete labs. Parents are expected to watch over the students to be sure safety is a number on priority. If any question arise feel free to Contact either Mrs.Smith or the video host, Hannah Fletcher (229 733-5542). There will also be a scheduled zoom meeting for each lab.

## Infinite STEMZ Kits

March	Physics Kit
April	Bean Kit
May	Sparks Flying Kit
June	Build a Website Kit
August	Personality Quiz
September	Ecosystem Kit
	Among Us Kit
	Climate Kit
	Weather Kit
	Transportation Kit
	Rocket Kit
	Escape Room Kit



## Why Infinite STEMZ?

Due to COVID-19 many students have chosen to learn virtually. The downside to virtual learning the lack of hands-on activities. The Infinite STEMZ box allows students to get hand-on experience in STEM (Science, Technology, Engineering, and Mathematics) related topics.

## Who are We?

We are the iRambots - also known as the WCHS Robotics Team. Our mission is to stimulate interest in STEAM using hands-on learning and real-life experiences, while encouraging creativity, communication, critical thinking skills, and collaboration to prepare students for their future. Supporting our team helps us be able to fulfill this mission.



# 17<sup>TH</sup> ANNUAL Champions of Hope Sporting Clays Tournament



**BENEFITTING**

Ruth's Cottage & the Patticake House



## Saturday, April 17

**BIG CREEK PLANTATION, 2349 GA HIGHWAY 32 WEST, OCILLA**

**TWO SHOOTING SESSIONS 9:30AM AND 1:30PM**

**15-Station Course, Beautiful Scenery, Game Tower**

**REGISTRATION OPENS AT 8AM**

**\$100 PER PERSON • \$400 PER TEAM OF FOUR**

**Register Online: [www.StopTheHurtGA.org](http://www.StopTheHurtGA.org) 229-387-9697**

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*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	hwatson@worthschools.net
Nancy Burrell	nburrell@worthschools.net
Kieyessa Bodiford	kbodiford@worthschools.net
Ashley Judy	ajudy@worthschools.net



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 [HERE](#) to sign up.

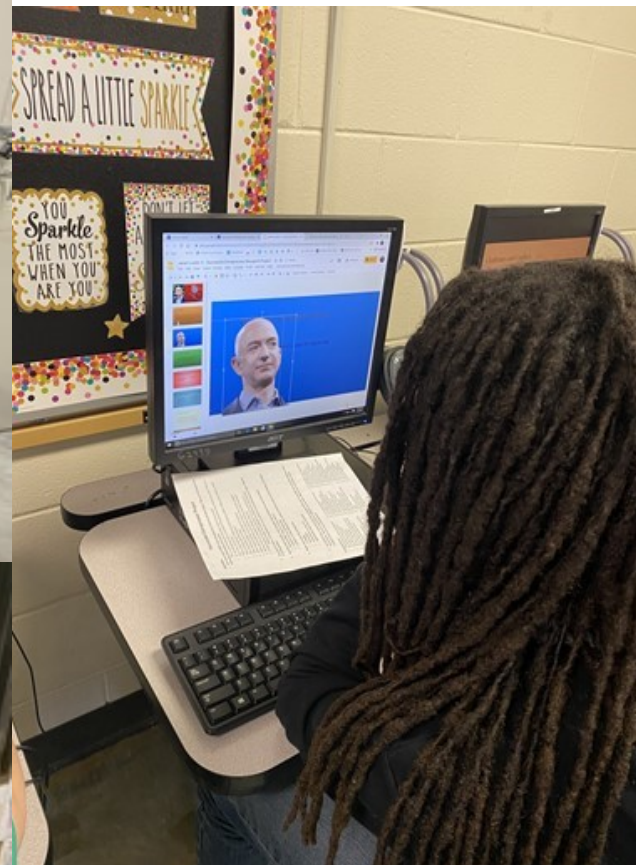
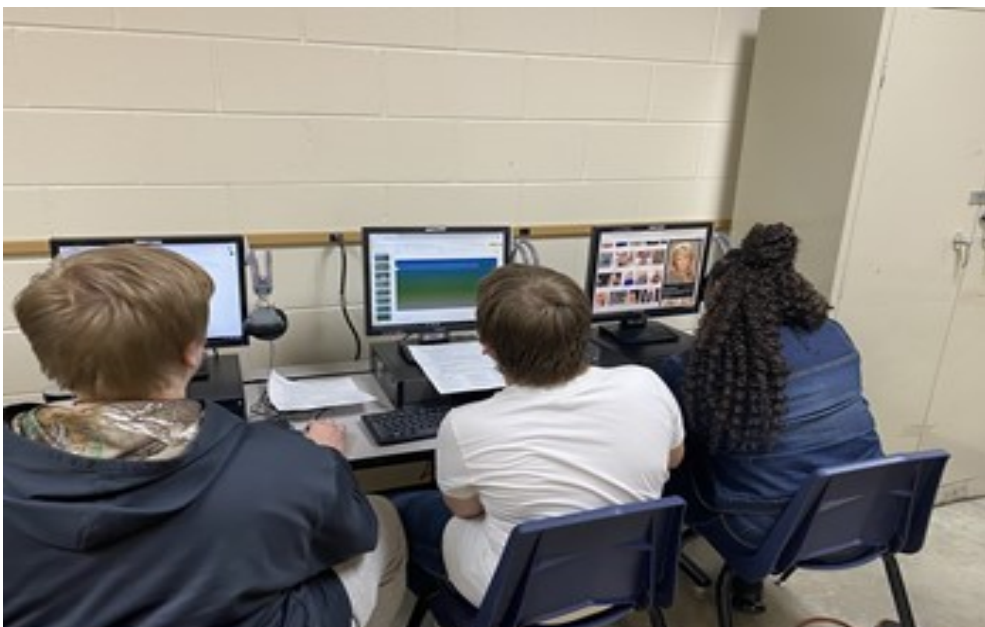
**For more information, contact Ebonee Phinazee at 229-352-4275 Ext.  
6516 or [Ebonee.Phinazee@dph.ga.gov](mailto:Ebonee.Phinazee@dph.ga.gov)**



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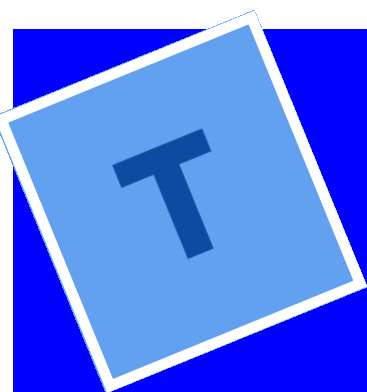


### Mrs. Mitchell's Business Students Research Entrepreneurs

Mrs. Mitchell's business students at Worth County Middle School are researching entrepreneurs. They're learning how these people turned an idea into a business. Students are investigating how these entrepreneurs recognized a business opportunity, started a business, operated, and maintained a business. Students are sharing their research in Google Slides presentations.

What a great way to inspire students on starting their own business one day. Even though I am an Entrepreneur, I have college degrees as well. I always have a back up plan. I don't have back up plans because I think my plans will fail, I have back up plans to be prepared at any given moment to change if I need too.

Source: WCSD/The Martin News



## Sharing Memories: Sponsored by TT's Taxes

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# 2021 SYLVESTER-WORTH COUNTY CHAMBER AGRICULTURE COMMITTEE SCHOLARSHIPS

## THREE \$1,000 SCHOLARSHIPS

Are you a Worth County Resident?

This may be the scholarship for you!

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

(229)776-7718

[info@swcountychamber.com](mailto: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





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### **Congressional Art Competition Open To High School Artists**

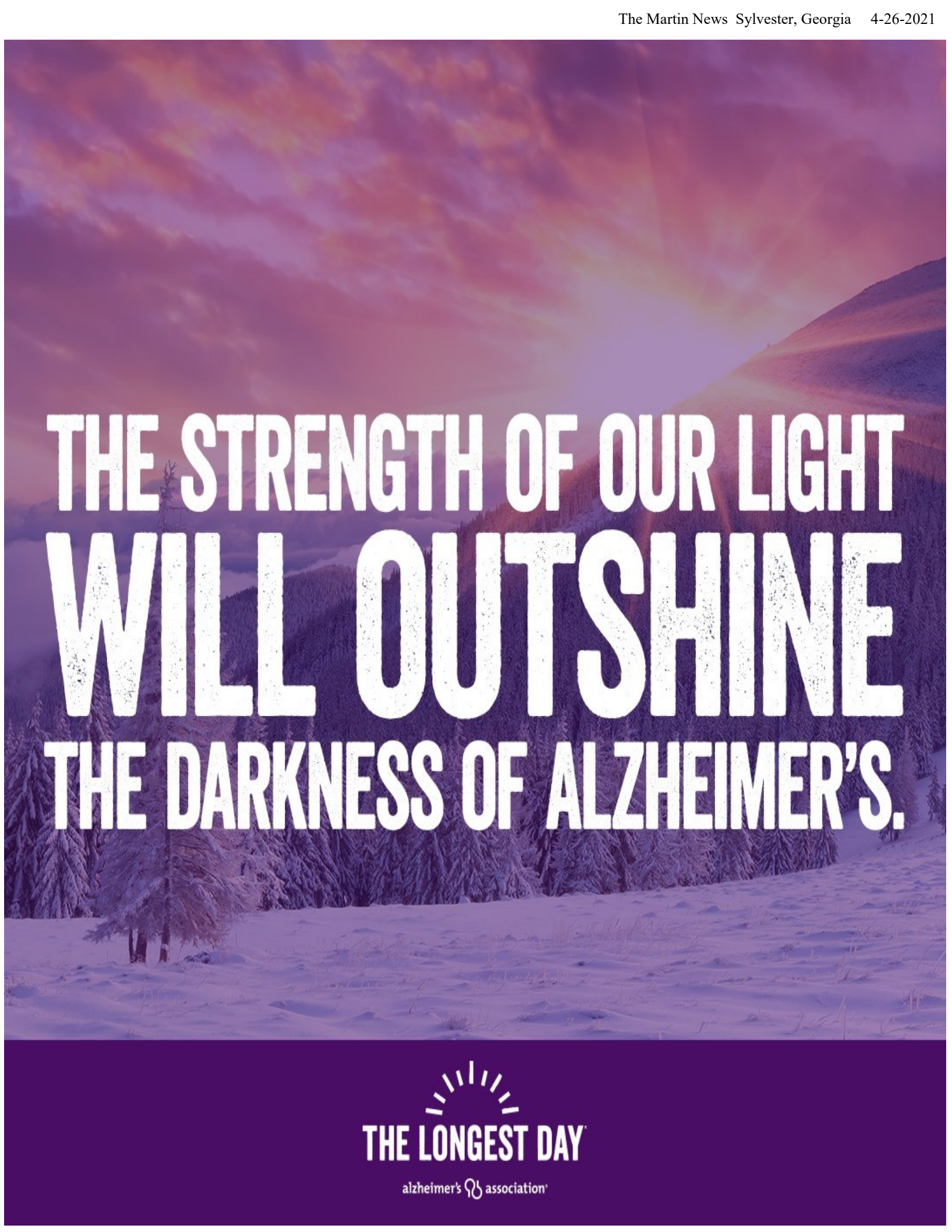


U.S. Rep. Austin Scott, R-Tifton, has announced the start of the 2021 Congressional Art Competition. All high school students in the 9th-12th grades who reside in or attend school in the Eighth Congressional District may participate. The winning entry will be

displayed in the U.S. Capitol for one year alongside artwork from every congressional district across the country. "The Congressional Art Competition is a great opportunity to feature the incredible creativity and talents of high school students right here in Middle and South Georgia. I look forward to seeing what our students create and displaying the winning pieces in the U.S. Capitol and my offices for all to see," Scott said. The first-place artwork will be displayed at the Capitol for an 11-month exhibit beginning in June. The winning student will receive two airline tickets to Washington, D.C., for the national ceremony and ribbon cutting of the exhibit, COVID-19 regulations permitting. Second- and third-place winners will be displayed in Scott's Tifton and Warner Robins congressional district offices. In addition to community professionals judging the top artwork, Scott will continue the popular "People's Choice Award." All submitted entries will be posted on his Facebook page, giving constituents the opportunity to choose their favorite. The "People's Choice Award" winner's artwork will be displayed in Scott's Washington office, unless it is the same piece that wins the overall competition. This year, the congressman is asking students and teachers to submit a high-resolution photo via email of the artwork by April 16. Additional details, including a release form for participants to complete and the email address to submit artwork, can be found on Scott's website here. For information, call 229-396-5175.

Source: Tifton Grapevine





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WILL OUTSHINE  
THE DARKNESS OF ALZHEIMER'S.**



**THE LONGEST DAY**  
alzheimer's  association





Tifton Museum of  
**ARTS & HERITAGE**  
**MARCH CLASSES**



**Chocolate & a Canvas**

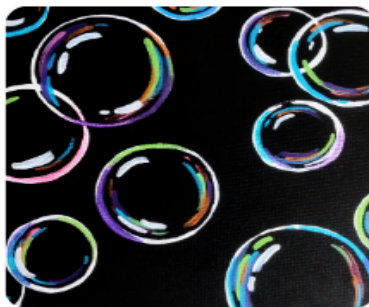
*"Liquid Gold"*

Tuesday, March 9

6:30pm

Registration: \$30

Supply Kit: \$3-8



**Kids at Art**

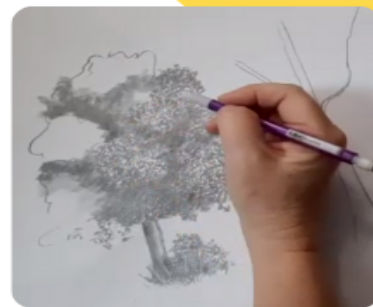
*"Bubble Trouble"*

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](http://www.tiftonmuseum.org)



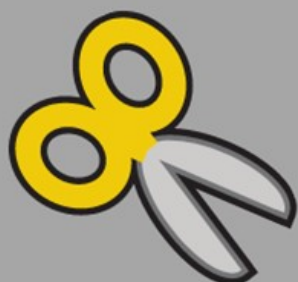
**YOU'RE INVITED**

**J & J ENTERPRISES**

**RIBBON CUTTING**

Join us Thursday April 1st, 2021 at 11:30am for  
J & J Enterprises Ribbon Cutting Ceremony!

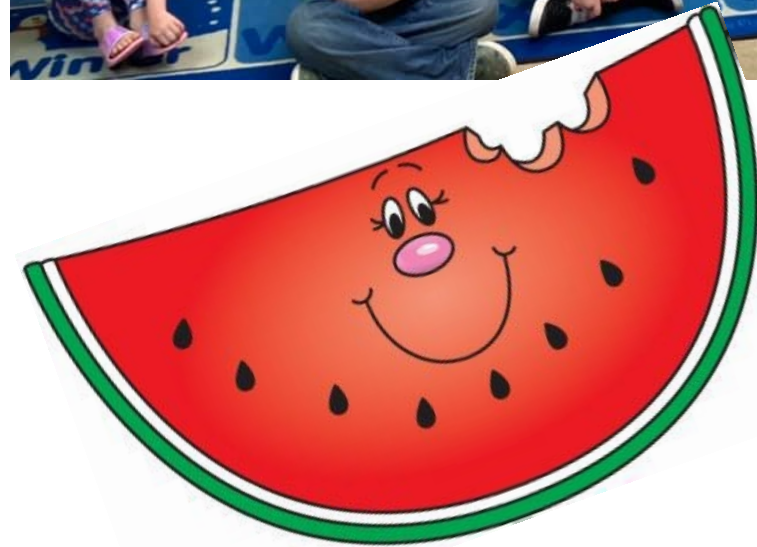
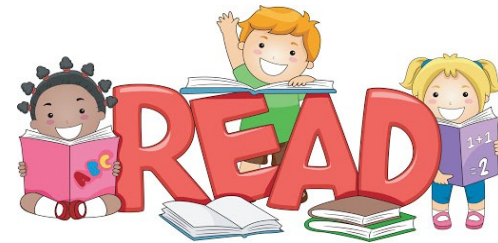
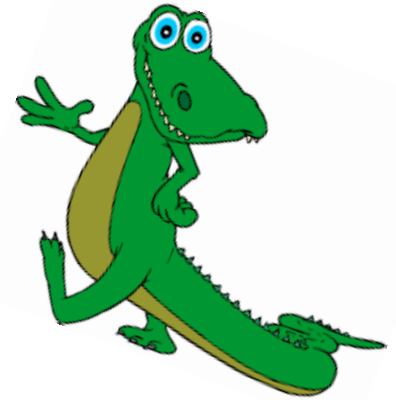
125 Franklin Street  
Sylvester, GA 31791





The Margaret Jones Public Library staff loves sharing books with their Pre-K friends at Worth County Primary School. Leigh Wiley and her staff at the library love all their friends in the school system and they love reading to them. Go by the library and see them any time. Check out a few books and enjoy time reading with your children at home too.

Source: MJPL



Proud Sponsor  
of This Weeks'  
SCHOOL  
SNAPSHOTS!



4PM on March 23, 2021

# SENIOR DAY

WORTH RAMS vs COOK HORNETS



Tiamaya Woodard & Belle Pritchard

**We are asking community members to bring items  
for our two seniors. This can include:**

- \*Gatorade**
- \*Snacks**
- \*Gift Cards**
- \*Tennis Balls**
- \*Words of Encouragement**

**SEE YOU AT THE COURTS!!!!!!**





**Coming soon**  
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&  
Ribbon Cutting*  
**April 3rd, 2021  
11:00am**

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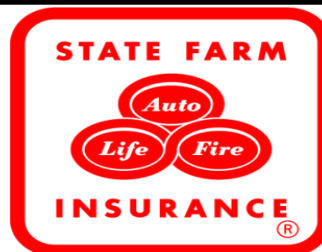
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**Thank you for your loyalty.  
We appreciate you.**



## May I Borrow A Pencil?

How many times have we all asked that question? More times than I can remember personally. Everyone always needs a pencil! On March 30th is National Pencil Day. My friend Judy, from North Georgia, takes pencils to a whole new meaning. When I met her in 2001, she collected pencils. She has so many different kinds of pencils. Around 2003, my daddy built her a pencil holder that held about 250 pencils and she filled it up. It was the coolest thing he built and neat to see all of her pencils. It's the smallest things in life that makes us smile.



## Make it Your Own Holiday!

March celebrates “make up your own holiday”. What would yours be? I think that would be so cool to have our own holiday that we made up our self and it was designed and carried out just the way we wanted it. It is hard for me to think what my own holiday would be. I am thinking though it would be something around children since I love hanging out with my 17 year old. It’s hard to settle on just one made up holiday. Wouldn’t it be cool to have more than one? I enjoy celebrating all the cute holidays they have to celebrate. I follow many of the ones on brownielocks.com. When you have some time, check those out. They are so much fun to follow and learn about.

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## Georgia Peanut Commission and Alfredo make Peanut Butter Donation Over 1,400 Jars Donated to Canine Assistants



TIFTON, Ga. (March 19, 2021) - In conjunction with the beginning of the NASCAR weekend at the Atlanta Motor Speedway, the Georgia Peanut Commission and the Be Your Own Hero Foundation partnered with Front Row Motorsports' NASCAR Cup Series driver Anthony

Alfredo to give back to the local community. Canine Assistants, a non-profit organization, dedicated to educating people and dogs so they may enhance the lives of one another, received 1,440 sixteen-ounce jars of creamy peanut butter, courtesy of the Georgia Peanut Commission. Alfredo was on-site to help make the delivery for Georgia Peanuts and the Be Your Own Hero Foundation #BraveLikeWyatt. “We can’t thank the Georgia Peanut Commission enough for this generous gift,” said Jennifer Arnold, Founder, Canine Assistants. “Many people are unaware the need we have for peanut butter to help train our service dogs. This donation serves an important need for us to help train our dogs and help get them to the people to depend on them.” The service dogs are placed with people who have difficulty with mobility, epilepsy/seizure disorders, or Type 1 Diabetes as well as dogs in pediatric hospitals and similar facilities. The Be Your Own Hero Foundation, the charity of choice of Fr8 Auctions, helped introduce the Georgia Peanut Commission to Canine Assistants for the donation. “This is a ‘gr8’ way for the Georgia Peanut Commission, Be Your Own Hero Foundation, Fr8 Auctions and Front Row Motorsports to start the weekend,” said Jessica Hatcher, Founder, Be Your Own Hero Foundation #BraveLikeWyatt. “This is what the NASCAR family is all about, coming together to help others. We know the people at Canine Assistants and when the Georgia Peanut Commission wanted to make a donation, we knew this was a perfect match.” Alfredo, who will be supported on the track this weekend by the Georgia Peanut Commission, was eager to jump in and help make the donation to Canine Assistants. “This is really cool what the Georgia Peanut Commission has done to help in the training of the service dogs and help others in need,” said Alfredo. “The things that you can do off the track to help others is special to me. I’m proud to be here today and represent all our partners in this event.” The Georgia Peanut Commission conducts programs in the areas of promotion, research and education. Funding is derived from a \$2 per ton assessment on all producers. Peanuts are a \$2.2 billion industry in Georgia and a vital part of the economy. They also give back to the community they work and live. “It’s our privilege to make this donation today,” said Joe Boddiford, Promotion Committee chairman for the Georgia Peanut Commission. “When we partnered with Front Row Motorsports and Anthony Alfredo for this weekend’s NASCAR activities at the Atlanta Motor Speedway, the first thing we wanted to do was make a donation and make a difference in the community. Helping others is something we’re proud to do today.” The website, [www.gapeanuts.com](http://www.gapeanuts.com) is the home for all NASCAR fans to learn more about the commission, download educational materials for the classroom, get health and nutrition information, recipe ideas and more. The Georgia Peanut Commission was established in 1961 under the state’s Commodities Promotion Act. Today, the commission represents Georgia’s 4,500 peanut farmers and conducts programs in the areas of promotion, research and education. To learn more, visit [gapeanuts.com](http://gapeanuts.com) or follow @gapeanuts on Facebook and Instagram or @GeorgiaPeanuts on Twitter. The Be Your Own Foundation is to honor Wyatt Hatcher who was born with Hypoplastic Left Heart Syndrome. Hatcher lived bravely each day and inspired others around him to also live bravely. Through his inspiration, the hashtag #BraveLieWayatt was born. The Foundation coordinates donation drives to benefit families who are inpatient at Children’s Healthcare of Atlanta. Past donations have included toys, pantry items and laundry detergent so families can have free snacks and can take care of basic needs. Front Row Motorsports (FRM) is a winning organization in the NASCAR Cup and Camping World Truck Series and the 2021 Daytona 500 champions. The team was founded in 2004 and is owned by successful entrepreneur, Bob Jenkins. FRM fields the No. 34 and the No. 38 NASCAR Cup Series teams along with the No. 38 NASCAR Camping World Truck Series team— from its Mooresville, N.C. headquarters. Visit [teamfrm.com](http://teamfrm.com) and follow FRM on social media: Twitter at @Team\_FRM, Instagram at @team\_frm and Facebook at [facebook.com/FrontRowMotorsports](https://facebook.com/FrontRowMotorsports).



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Worth County  
Middle School



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## **Georgia Peanut Commission Holds Referendum March 15 - April 16**

TIFTON, Ga. (March 15, 2021) - The Georgia Peanut Commission will hold a referendum March 15 through April 16 giving peanut producers an opportunity to vote on re-affirming the commission. State law mandates a referendum be held every three years. Georgia peanut producers invest \$2 per ton to fund the commission and its research, education, promotion and communication programs. The last referendum in 2018 passed with a 94.02 percent reaffirmation. "I urge all peanut producers to vote in this referendum. Research, education, and promotion continue to be the core focus of the commission," says Armond Morris, GPC chairman. "It is extremely important for growers to continue to focus their efforts on supporting research and promotional efforts through their checkoff dollars. One way for farmers to do that is by continuing their support of the Georgia Peanut Commission." GPC Executive Director Don Koehler urges producers to contact him by email at [don@gapeanuts.com](mailto:don@gapeanuts.com) or 229-386-3470 if they have any questions about the commission's activities or the referendum. Peanut producers who do not receive a ballot may obtain one by calling the commission. The commission requests that anyone who receives a ballot but is no longer farming to write, "no longer producing" on the certification envelope and return it to the commission. This will assist the commission in updating its mailing list. The commission's address is P.O. Box 967, Tifton, Georgia 31793. The Certified Public Accounting Firm of Allen, Pritchett, and Bassett will count the votes.

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# Dates to Remember

## March

- 22nd ~ Cherry Blossom Festival in Macon
- 22nd ~ Book Fair at Worth County Middle School
- 22nd ~ WCMS Tennis Against Crisp Away
- 22nd ~ WCMS Soccer Girls/Boys Fitzgerald Away
- 22nd ~ WCHS Soccer Away
- 22nd ~ WCMS Baseball Against Cook 4pm Home
- 23rd ~ WCHS Tennis Home
- 23rd ~ WCHS Soccer Home
- 23rd ~ WCHS Varsity Baseball Away
- 23rd ~ Cherry Blossom Festival in Macon
- 23rd ~ Sylvester - Worth County Family Connections Meeting
- 23rd ~ Book Fair at Worth County Middle School
- 24th ~ Book Fair at Worth County Middle School
- 24th ~ Kiwanis Meeting at Noon
- 24th ~ Brews & Bingo at Pretoria Fields 6pm-8pm
- 24th ~ Cherry Blossom Festival in Macon
- 24th ~ Heritage of Hope Benefit at Pretoria Fields 6pm-8pm
- 24th ~ WCMS Tennis Tournament All Day Away
- 24th ~ WCHS Track & Field Away
- 24th ~ WCMS Baseball Against Thomasville
- 25th ~ Cherry Blossom Festival in Macon
- 25th ~ Book Fair at Worth County Middle School
- 25th ~ WCHS Tennis Away
- 25th ~ Trivia at Pretoria Fields 7pm
- 25th ~ WCMS Track at Fitzgerald
- 25th ~ WCHS Soccer Away
- 26th ~ WCHS Varsity Baseball Home
- 26th ~ Book Fair at Worth County Middle School
- 26th ~ Cherry Blossom Festival in Macon
- 27th ~ Cherry Blossom Festival in Macon
- 27th ~ American Girl Spring Tea Party 2pm-4pm at Albany Museum of Arts
- 27th ~ WCHS Track & Field Away
- 28th ~ Cherry Blossom Festival in Macon
- 29th ~ WCMS Soccer Girls/Boys
- 29th ~ WCHS Golf
- 29th ~ WCMS Baseball Against Fitzgerald
- 29th ~ Spring Break Camp at Chehaw 9am-3pm
- 29th ~ Spring Break Camp at Chehaw 6pm-9pm
- 30th ~ WCHS JV Baseball Home
- 30th ~ WCHS Varsity Baseball Home
- 30th ~ Spring Break Camp at Chehaw 9am-3pm
- 30th ~ Spring Break Camp at Chehaw 6pm-9pm
- 31st ~ Brews & Bingo at Pretoria Fields 6pm-8pm
- 31st ~ Kiwanis Meeting at Noon
- 31st ~ Easter Egg Hunt at Unity Baptist Church 6:30pm
- 31st ~ Spring Break Camp at Chehaw 9am-3pm
- 31st ~ Spring Break Camp at Chehaw 6pm-9pm



**BOE OK's \$1,000 BONUS FOR ALL TIFT SCHOOL EMPLOYEES**

The Tift County Board of Education (BOE) has approved a \$1,000 one-time bonus to all employees of the school system, full-time and part-time. The BOE OK'd the measure Thursday night so that the bonus can get in employees' March paycheck before spring break.

Gov. Brian P. Kemp, in his State of the State Address in January, had called for the \$1,000 bonus for all K-12th grade teachers and staff for their efforts in the pandemic during the past year. On Feb. 15, Kemp signed a supplemental midyear state budget with the bonuses to be paid, directly or indirectly, from federal COVID-19 relief funds. Tift County Schools Superintendent Adam Hathaway recommended that the bonuses be paid to the "entire team," all employees. "We know that

the state will not reimburse us for everyone," Klinton Guess, the system's chief financial officer, told the school board members. But Hathaway said every school employee has stepped up during the pandemic, including teachers, staff, food service workers, bus drivers – everyone. "This is a token of appreciation for the hard work all of our staff has done since the beginning of the pandemic," Hathaway said. During the board's work session earlier in the week, Hathaway noted that "what our teachers in Tift County have done through the pandemic has been nothing short of greatness." The BOE unanimously approved the bonuses. "Everybody has definitely earned it," said Board Chairman Jonathan Jones. Also Thursday, the BOE approved a 2021-2022 school calendar that contains no half days for students next school year. School officials said half days present issues for both parents and teachers. The first day of school will be on July 30, and the last day of classes will be May 20 next year.

Source: Tifton Grapevine



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## ABAC Foundation Sets Record In Fundraising For Student Scholarships



Despite not having an in-person gala because of the pandemic, the ABAC Foundation set a record in February for raising funds virtually for student scholarships at Abraham Baldwin Agricultural College. ABAC Arts Connection Director Wayne Jones, who coordinated "A Week for ABAC," said the foundation set a record of nearly \$130,000 for more than 50 student scholarships. "When we first realized we would not be able to host an in-person event, there was no question that we would push forward and reimagine the event virtually," Jones said. "It's just too important for our students. "With the uncertainties the pandemic created for many parents with their jobs and businesses, a scholarship for their college-bound student often meant the difference between being able to attend or postponing their educational dreams." In recent years, the ABAC Foundation focused on sponsorships with a dinner and dance band for guests. Because of COVID-19 protocols, the annual dinner became a week-long series of activities this year which centered around ABAC's 113th birthday Feb. 20. "We were not sure how a virtual event would perform, but we were overwhelmed by the reaction of our sponsors and all those who participated in the online auction and donation appeal during A Week for ABAC," Jones said.

Source: Tifton Grapevine



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Think Tifton



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Co-Hosted by American Legion Post 335 and The Sons of the American Legion Squadron 335

# YOU ARE NOT ALONE



## Sylvester's 1st Annual Veteran Suicide Awareness Event

**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**



**Big Ticket  
Raffle Items  
\$1 per ticket**



There will also  
be live music  
from local  
artist and  
bands



# SAVE 22

**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**



# cocktails & CABARET

honoring Tony Bennett  
featuring Dan Britt  
& Amy Holloway



THE  
LONGEST  
DAY

alzheimer's association

# APRIL 8

## 6PM - 6:30 PM

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!



## American Diabetes Association Alert Day

American Diabetes Association Alert Day is observed annually on the fourth Tuesday in March. This one-day “wake-up call” informs the American public about the seriousness of diabetes and encourages all to take the diabetes risk test and learn about your family’s history of diabetes.

### Diabetes Facts:

- Diabetes impacts approximately 34.2 million Americans. That’s about 10.5 percent of the U.S. population.
- Of those living with diabetes, 7.3 million – 1 in 7 adults – don’t know they have it.
- The risk of developing diabetes increases with age. But there are other factors, too. Ethnic background may increase your risk.

An additional 1.5 million Americans are diagnosed with diabetes each year.

There are two types of diabetes. While Type 1 diabetes is not as preventable, it can be managed well with insulin injections. Managing Type 1 diabetes might also require frequent blood sugar monitoring, eating healthy foods, exercising regularly, and maintaining a healthy weight. Education is key to learning how to manage symptoms of Type 1 diabetes. However, type 2 is much more preventable, and some actions can be taken.

### Ways to Prevent Type 2 Diabetes:

- Eliminate sugar and refined carbs
- Work out regularly and avoiding a sedentary lifestyle
- Make water the primary beverage
  - Maintain a healthy weight
    - Quit smoking
    - Eat a high fiber diet
  - Optimize Vitamin D levels

Take natural herbs, such as curcumin and berberine, that increase insulin sensitivity

Type 2 diabetes is not preventable for everyone. However, making healthy choices provides the best chance of not getting it. In the United States, 9 out of every 10 cases of diabetes can be avoided if the above lifestyle changes are implemented. Families, schools, workplaces, communities, and healthcare providers can all work together to make healthy choices easy ones. The observance encourages you to discover if you or loved ones are at risk for type 2 diabetes. Consider taking this fast and easy Diabetes Risk Test.



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