

Coach Hammond Interviews With Phil Jones on ITG Next - Georgia

Ram fans are ready for the upcoming football season and so is Coach Hammond. On Tuesday, March 15th, Coach Hammond was a guest on Extra Point with Phil Jones which is on the Facebook page, ITG Next – Georgia.

Coach Hammond previously coached at Colquitt County under Coach Rush Propst for the 2008-2012 seasons and the 2016-2018 seasons as the Offensive Coordinator. When he went on board at Colquitt County, they were 2 and 8 for the 2007 season. As a coaching staff, they were able to turn that program around. For the 2019 season he took the Head Coach position at Spalding in Griffin. He then took the Offensive Coordinator position at Coffee County for the 2020 and 2021 seasons. He is now ready to be a Ram for the 2022 season!

Coach Hammond loves South Georgia Football. During the interview with Phil, Coach Hammond explained that Coach Ironside got the Rams back to a great start with a 4 and 6 record in back to back seasons. Coach Hammond explained that small town communities where football is important is the place to be and he is ready to get the Rams back to the spot that the community is accustomed too. Hammond talked about the proud traditions and history with Worth County Football. "We want to be one of the most physical teams on the schedule" Hammond expressed "Win-lose-draw we want the other team to know the next day they had played the Rams".

One of the things Coach Hammond would like to do is increase the number of players. At the end of the 2021 football season, there were roughly 50-60 players and he would like to see those numbers increase to 80, 90 or 100. Those would include 9th - 12th graders. Coach Hammond's goals are first to make it to the playoffs then win region and finally to make it to state championship and win it. Coach explained that these goals are not predicated on wins and losses but pulling together as a team. "Realistically, I don't know that we can win all the games right now" explained Coach Hammond "Win the games were supposed to, beat some teams that we're probably not supposed to and get in the playoffs, let's see what happens".

For the Ram Fans, Coach Hammond explained that he wants to get it back to the way it was. Stability and long term is very important for a successful program. Coach also explained that getting back to the Miller era would be great as well. He hopes to bring Coach Miller over to watch practice and even get him to speak to the players at some point. Coach Hammond wants to bring back some of the traditions from the 80s and 90s. "It wasn't broke then" expressed Coach Hammond "I want to get the fans back excited to say how 'bout those Rams". He expressed gratitude on the great job that Mrs. Edwards, Worth County High School Principal and Mr. Cummings, Worth County Schools Superintendent has done and he is excited to join the team.

Please take a few minutes of your time and go watch the interview on Facebook. Again it is located on the ITG Next – Georgia Facebook Page. Mr. Phil Jones always has a great program to enjoy weekly.





FEATURING Charlie Wilson

SATURDAY APRIL 23, 2022

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Let's Take A Walk

National Walking Day encourages the public to embrace a healthier lifestyle through walking, which has the lowest dropout rate of any physical activity. Adults nationwide are encouraged to make the pledge to start walking and become heart-healthy. Just 30 minutes of physical activity each day can improve heart-health. One suggested that the American Heart Association suggests is to wear red shoelaces to remind yourself of the benefits of exercise. Taking just 10 minutes three times a day to walk will help individuals live longer. In fact, studies show that just one hour of vigorous exercise will increase life expectancy by two hours. Physical inactivity doubles the risk of heart disease, which kills 1 in 3 people in every year. Becoming more active can lower your blood pressure by about as much as some high blood pressure medications. Walking, swimming, cycling, jogging, skiing, aerobic dancing or any of dozens of other activities can help your heart. They all cause you to feel warm, perspire and breathe heavily without being out of breath and without feeling any burning sensation in your muscles. Whether it is a structured exercise program or just part of your daily routine, all exercise adds up to a healthier heart. Take the first step by walking. It's free, easy to do and when you have a walking companion, you're more likely to stay motivated. Here are some tips for exercise success: Dress for success! Wear comfortable, properly fitted sneakers or flat shoes with laces and wear comfortable, loose-fitting clothing appropriate for the weather and the activity. Make the time! Start slowly. Gradually build up to at least 30 minutes of activity on most or all days of the week (or whatever your doctor recommends). Exercise at the same time of day so it becomes a regular part of your lifestyle. Look for chances to be more active during the day. Walk the mall before shopping, take the stairs instead of the escalator or take 10–15 minute breaks while watching TV or sitting for walking or some other activity. Don't get discouraged if you stop for a while. Get started again gradually and work up to your old pace. Don't exercise too vigorously right after meals, when it's very hot or humid, or when you just don't feel up to it. Make it fun and get started today!



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YOU ARE INVITED!

Worth County Schools Family Engagement Stakeholder Input Meeting

We need your input on the District and School Parent and Family Engagement Plans and School-Parent Compacts.

When: Wednesday, March 30, 2022 at 9:00 AM

Where: Worth County Board of Education, 103 Eldridge Street, Sylvester, GA 31791

RSVP: Please go to or click the following link to let us know you are coming: <u>https://bit.ly/FEInput</u>

HOPE TO SEE YOU THERE!

Message from the Media Center at Worth County Middle School

All books are due for check-in by March 31st. WCMS is excited about their update that will happen in the media center over the next few months. Teachers have access to class sets of books if your student needs a book for independent reading. All chromebooks are due for check-in by the last week of school. If your student no longer has a need for a chromebook, they can turn those in now.

Source: WCSD

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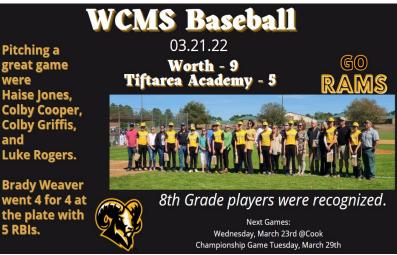
APRIL 2nd, 9th, 16th, 23rd & 30th



You are invited to join The American Legion and The City of Sylvester for the Annual Memorial Day Parade on Monday, May 30th at 10am in Downtown Sylvester

~ Parade Route is the same as the Peanut Parade ~





WCMS Baseball Team Defeats Tiftarea Academy

Worth County Middle School Baseball defeated Tiftarea Academy 9 to 5 on March 21st. Haise Jones, Colby Cooper, Colby Griffis, and Luke Rogers pitched a great game. Brady Weaver went 4 for 4 at the plate with 5 RBIs. The WCMS 8th grade players were recognized at this game. Tuesday, March the 29th is the Championship game at home! Make plans to come support our student-athletes and coaches.

Source: WCSD

Georgia Peanut Farmers Donate Over 10,000 Jars of Peanut Butter to Capital Area Food Bank During USPF Washington, D.C. Fly-In

Washington, D.C. (March 18, 2022) - The United States Peanut Federation (USPF) combined advocacy with service during their Spring 2022 Washington D.C. Fly-in. The Georgia Peanut Commission in conjunction with USPF proudly partnered with Peanut Proud, the peanut industry's humanitarian relief organization, to donate 10,080 jars of peanut butter to serve the Nation's Capital and surrounding area. The delivery of this donation was made possible by SouthernAG Carriers who graciously donated their truck carrier service to transport the peanut butter. The USPF members were joined on site at the Capital Area Food Bank warehouse by U.S. Congressman Sanford Bishop of Georgia. Congressman Bishop is the Chairman of the U.S. House Appropriations Subcommittee on Agriculture, Rural Development, FDA, and Related Agencies and is a champion of the peanut industry. "Peanut butter is nutrition packed, versatile, inexpensive, easy to store and is a convenient source of protein and heart-healthy fats," said Congressman Bishop. "It helps reduce insulin resistance and is a good source of fiber. On top of that, it's good!" "The peanut butter we're donating can be used to make more than 141,000 sandwiches," said USPF chairman Joe Boddiford. "Peanut butter is one of the most requested food items at food banks due to its long shelf life. We are grateful to partner with Peanut Proud and the Capital Area Food Bank to ensure that those affected by food insecurity can have access to safe, nutritional food, and delicious peanut butter." Molly McGlinchy, senior director for procurement and direct programs at the Capital Area Food Bank, expressed appreciation to the peanut industry representatives in attendance. "We are so thankful to be able to supply this to the children and families we serve," McGlinchy said. The food bank works to address hunger today and create brighter futures tomorrow for the half a million neighbors across the region experiencing food insecurity. As the anchor in the area's hunger relief infrastructure, they provide over 45 million meals to people in need each year by supplying food to hundreds of nonprofit organizations. They also work in partnership with organizations across the region to address hunger's root causes by pairing food with other critical services. For additional information, visit the Capital Area Food Bank website at www.capitalareafoodbank.org. The United States Peanut Federation (USPF) is comprised of the Southern Peanut Farmers Federation, the American Peanut Shellers Association, and the National Peanut Buying Points Association. USPF serves as a unified voice in Washington D.C. for all sectors of the peanut industry and advocates actively for strong agricultural policy. For additional information, contact Bob Redding at (202) 543-7464 or by emailing rlredding@reddingfirm.com.

1st Prize - \$250 2nd Prize - \$150 3rd Prize - \$75 Tasters' Choice - \$150



GRITS COOK OFF

National Grits Festival

APRIL 9, 2022

WARWICK, GEORGIA - THE GRITS CAPITOL OF THE WORLD

Join us for the annual Ruthel Patrick Grits Cook off.

It's fun and easy! Make a dish using the equivalent of at least ½ cup cooked grits - the more the better!

Your dish will be judged by a panel of judges with emphasis on taste and originality. In addition, fellow festival goers will vote for a "Tasters' Choice".

Visit our website <u>www.gritsfest.com</u> for application or contact Willie Ragan @ 229-733-7329 (call or text)



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Karley Bryant & Hayden Bledsoe March 26, 2022

> Devyn Muhlhauser & Clint Bronnlee April 2, 2022

Taylor Pearson & Jeffrey Wessel April 2, 2022

Kelsey Jones & Tripp Morris April 16, 2022

> Kristen James & John Paul Reinhardt May 14, 2022

> Jane Anne Veazey & Michael Bon'en May 28, 2022

Meg Marshall Moore & Blake Moore Already Married



Downtown Tifton



Medication Safety Tips

According to the Women's Heart Foundation, misuse of medication is the sixth leading cause of death. Medication Safety Week, April 1-7, was started to bring awareness to the problem. Each day focuses on another action plan to make sure you are using medications safely.

April 1st: Clean out your medicine cabinet. Set aside expired medications and outdated prescriptions and drop them off at a local medication drop off location. Store your medicines in their original containers in a cool, dry place, away from children and pets until you can drop them off at the location.

April 2nd: Know your medicines. Make a list of all medications you take, including both the generic and brand names to prevent double-dosing. Note dosage and how often you take it and educate yourself about its purpose. Divide medications by prescription, over-the-counter, birth control pills/patches and supplements. Update your list whenever something changes.

April 3rd: Read your medicine labels. Ask yourself if you are taking what your doctor ordered. Double check dosage and frequency and pay attention to warning levels.

April 4th: Be aware of dietary supplements; some of these can react with your medications. Discuss all supplements with your doctor before you begin the regimen. Take special care when pregnant or breastfeeding.

April 5th: Organize your meds. Consider a medication box if you are taking more than one pill several times per day, but be sure to monitor it closely.

April 6th: Make special note of transitional care. If your medication regimen changes, make a special effort to educate yourself on the new medications. Be diligent on talking with your healthcare providers, double check prescriptions when you pick them up or refill a prescription. Cross-reference changes with your medication list to safeguard against double dosing.

April 7th: Talk to your health professionals. Actively seek information from your pharmacist about the pills and supplements you take. Ask for print-out sheets. Take your medication sheet on your next appointment and discuss it with your physician. Stay safe with your medications!

WCHS iRambots STEAM Club

FEB-APRIL VIRTUAL PICKUP DATES \$10 PER KIT

Programming: Building Websites and Coding Bracelets Feb. 22 5-6 PM

Weather: Snow, Tornadoes, and Storms Mar. 22 5-6 PM Plants: Bean Sprouts and Tree Identification Apr. 14 5-6 PM

Margaret Jones Public Library

For More information: Michelle Smith (229) 344-6869 mismith@worthschools.net

Leigh Wiley (229) 776-2096 leigh@<u>wor</u>thlib.org

FRC IRAMBOTS 7470 PRESENTS

STEAM MOVIE NIGHT

Join us for an evening of STEAM-Powered adventure!

APRIL 30, 2022 WCHS GYMNATORIUM WALL-E: 3-5 PM HIDDEN FIGURES: 6-8 PM

We will be honoring our sponsors during intermission! Free admission Concessions will be sold inside! All proceeds go to the iRambots 7470 Robotics team!

Think Tifton

Toews, Hannah Walker, and Benjamin Wilson.

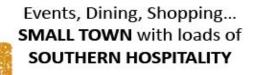
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Exchange Club Honors Top High School Youths

The Exchange Club of Tifton recently hosted its annual Youth of the Year Awards luncheon, naming Meredith Morgan, a senior at Tiftarea Academy, as 2022 Youth of the Year. Meredith, seen at center in a blue dress in the photo, is the daughter of Audrey Luke-Morgan and the late Craig Morgan. As Youth of the Year, she goes on to represent the Tifton club at the state level. The Exchange Club recognized 12 high school seniors from Tift County High School and Tiftarea Academy as Youth of the Year finalists. They are, in addition to Meredith Morgan, Erynn Allison, Joshua Bowyer Jr., Caleb Dela Cerna, Sarah Hutto, Chandler Livingston, Christian Massa, Susie Peters, Rhett Stephenson, Ainsley

Source: Tifton Grapevine



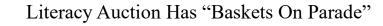
visit us at TiftonTourism.com





Think Tifton

Think Tifton





"Baskets on Parade" are springing up again all over Tifton as a fundraiser for Literacy Volunteers of Tifton-Tift County, celebrating spring just before Easter. Approximately 20 baskets from area businesses and organizations are available for bidding on the Literacy Volunteers Facebook page. Bidding is taking place on the actual photos, and the winning bidders will be announced March 31. Those who win bids will go to the individual businesses to pick up

the items, supporting the local businesses. Participating businesses include Aero Boutique, Belle's Flower Truck, Black Gold Cotton Compost, Bob's Flowers, Calhoun Produce Georgia Grown Store, Carroll's Sausage & Country Store, Cole's Cakery, The Georgia Museum of Agriculture and Country Store, Georgia Grazing Co., Georgia Peanut Commission, The Howard Diet Center, Lowe's Home Improvement, The Market at Rutland Farms, The Party Station, Pet Sense, Pineapple Post, Pit Stop Restaurant, Plantation 59, Savor the Flavor, Simply Sweet Celebrations, Southern Grace Farms, Southern Pickers, Southern Pride Produce, Southwell, Spring Hill Suites, Springhill Country Club, Surchero's, T&L Collectables, Vintage 41, Wisham Jellies, and more are joining daily. For information, visit the Literacy Volunteers of Tifton-Tift County Facebook page, email tiftlv@gmail.com, or call Literacy Volunteers at 229-391-2527. Literacy Volunteers provides and trains tutors to work with local residents wanting to improve their reading skills or work toward earning their GEDs. English language classes are now being held at the Salvation Army and at Our Divine Savior Catholic Church in Tifton.

Source: Tifton Grapevine





6th Annual Watermelon Days Hot Air Balloon Festival Enjoyed By Many

The rain was gone and the sunshine was more beautiful than ever but the winds were picking up during the Watermelon Days Hot Air Balloon Festival. The wind didn't stop the visitors though. In the afternoon/evening of both Friday and Saturday, when the winds were calm enough, they offered tethered balloon rides. When night fall hit, the balloons were glowing and made for the most beautiful pictures. Vendors were set up for people to enjoy looking and shopping. Of course food vendors were set up to enjoy as well. This was the 6th year for the Balloon Festival and the first year for the Chili Cook Off. Thank you to the Cordele-Crisp County Chamber of Commerce for hosting this event and thank you to all the many sponsors. It takes a large group of people to make events like this happen and for that we say thank you!



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

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Navigating Decisions

Children have to make many different kinds of decisions throughout their lives. You can help your child learn decision-making skills he or she can use now and in the future. Here's how: Start small. Let your child make daily choices, such as picking out an outfit for school or deciding whether to take or buy lunch. Give them options if they need help, but let them have the final say. They will be gaining experience in making decisions on his own. Plot a destination. Help your child figure out what he or she wants to accomplish. If they decide that they want to finish their homework before dinner, they may have to choose between phoning a friend and starting their homework right away. Thinking about the end result can make decisions easier. Step back. Allow your child to experience the consequences of his or her choices. For example, if they wear a T-shirt to school when it's snowing outside, they may be too cold to enjoy recess. Experiencing consequences – good and bad – will help develop your child's judgment and give them a better idea of where their choices will lead him. Discuss results. Without criticizing, ask your child how they think a particular decision worked out. Would they do it again, or choose to do something different? They will learn to evaluate their own choices, which will help her or him make better decisions in the future. At the end of discussing things, the decision ultimately is in the parents hands but letting the children learn how to make decisions is part of a great learning process. We want to help our children be productive citizens when they enter this big world called Life!

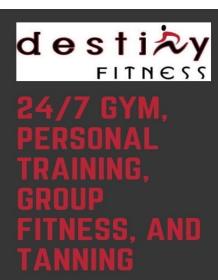
The color of the day was red so Margaret Jones Public Library Staff read about firetrucks and other trucks to everyone that joined for Books & Bubbles. Join them every Tuesday at 10:30 for more fun times!

Source: MJPL





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National Sibling Day

They have a day to recognize it all, don't they? Well April 10th is National Sibling Day! Let me take a minute to introduce you to my sibling. I have one sister. Her name is VaLenia. She is beautiful, smart and 10 years OLDER than me...:) I can say that because every where we go, people think I am the oldest. She and I have not always agreed on everything but now that we are 44 and 54, we seem to agree on most! We love spending time together and chatting. VaLenia and I have three boys. My child is 18 and her two boys are 21 and 18. We were pregnant at the same time which was fun and not fun all at once. It was very cool celebrating the pregnancies at the same time but I was VERY sick and she was not sick at all. Having our boys grow up together has been pretty awesome too. Having a sibling can be loads of fun but can be stressful at times too. That's not being ugly at all but even though you are siblings doesn't mean you always agree. My daddy had 5 siblings, 2 brothers and 3 sisters. My mother had 2 siblings both sisters. My daddy and all of his siblings are all gone on to tread the beautiful Streets of Gold in Heaven. Mother and her siblings are all still living and loving life to the fullest. Treasure your siblings! How many siblings do you have? So Happy Sibling Day VaLenia and to all you siblings out there! We hope you have a great sibling day!

The Founding of The Salvation Army

April 10th is the day on which William Booth (1829-1912), founder of the international religious and charitable movement known as the Salvation Army, was born in Nottingham, England. His work as a pawnbroker in London acquainted Booth with all forms of human misery and economic suffering, and his conversion to Methodism led to a career as a Methodist lay preacher and eventually as an independent evangelist. With the help of his wife, Catherine Mumford, he established the East London Revival Society, which soon became known as the Christian Mission and later the Salvation Army, characterized by its military ranks, uniforms, flags, bands, and regulation books. Booth's work encompassed social reform as well as religious conversion, and he set up children's and maternity homes, food and shelter stations, and agencies for helping discharged criminals. The Salvation Army expanded to the United States in 1880, and today it has outposts in more than 80 countries. Although Booth's birthday is observed to varying degrees at Salvation Army outposts around the world, a major celebration was held on the organization's centennial in 1965. In the United States, there were open houses at Salvation Army institutions, special commemorative religious services, and other anniversary events. In London, a centennial congress was held in the Royal Albert Hall. The Salvation Army regards 1865 as the year of its founding because on July 2nd that year, William Booth first preached at an open-air meeting in London's East End, a slum district notorious for its poverty and crime rate. If you haven't stop by the Salvation Army in Albany, please do. Tell them thank you for all they do for the community. They are located at 304 W. 2nd Avenue. If you would like to drop off donations, please do so as well.

Project Appleseed 2022 Tour

is coming to

Martin, GA

Red Hill Range 2208 Toms Creek Rd

Marksmanship and History Events

April 2-3, April 16, May 14, May 15, June 12, September 10-11, November 5, November 6 Events start at 08:30. Please arrive early to allow time for setup and sign in.

&

Heritage

- The Debt We Owe To Our Forefathers
- The Duty We Owe To Our Posterity
- The Story Of Our Nation's Birth
- The Lessons Of April 19, 1775.

Marksmanship

- New Shooters Learn fundamentals and make quick progress
- Experienced Shooters learn new techniques
- Experts polish skills and become an RWVA Instructor in Training
- Master the Riflemans Quarter Mile

Project Appleseed is a nationwide program that teaches rifle marksmanship skills that have been passed down from generation to generation and reconnects Americans with the people and events of colonial America. Participants are taught skills that allow a Rifleman to be accurate out to 500 yards using a standard rifle with iron sights. This ability is traditionally known as mastering the 'Rifleman's Quarter Mile' and is an American tradition that has been part of this nation from its very first days. So join us and hear some little-known Revolutionary War history, reaffirm your heritage, and make America a better place.

Learn More, Find Directions and Register at: www.appleseedinfo.org/search-states-location.php?locationid=755

For more information contact: GA State Coordinator GA@appleseedinfo.org

Attendees are responsible for determining applicable firearms laws.

Sponsored by the Revolutionary War Veterans Association, a 501(c)(3) organization



https://appleseedinfo.org/

For Immediate Release

Project Appleseed Rifle Marksmanship Clinic Offered at Red Hill Range in Martin, Georgia – April 2&3

In today's world of 24-hour news cycles, changing technologies and push-button gratification it is a challenge to stay connected to the values that our great country was built on. Ideals such as integrity, commitment and personal responsibility are what founding fathers relied on to win our independence and to then make America a great nation. At Project Appleseed[™], we are dedicated to keeping these timeless values alive. We promote civic responsibility through the teaching of colonial history and the American traditions of rifle marksmanship. Even after all of these years, there is much to be learned from our forefathers' examples of perseverance, commitment and civic virtue. With a full calendar of shooting clinics and events Project Appleseed[™] is here to make sure these timeless principles live on for generations to come.

The cost for our weekend clinics is \$75 for adults and \$30 for youth under 18*. There are discounts for law enforcement, active and retired military and guard and more*. And just a \$10 range fee per day.

Project Appleseed[™] is a fast-growing, 501(c) (3) non-profit educational community of dedicated volunteers.

The Project Appleseed rifle marksmanship clinic will be held on April 2-3 at Red Hill Range, at 2208 Toms Creek Rd, Martin, GA 30557.

Registration begins at 8am. The clinic starts at 8:30 a.m. and will continue until 5:00 p.m., both days.

Participants are taught fundamental rifle marksmanship skills that are to allow a rifleman to be accurate out to 500 yards, with iron sights or a scope, a standard rifle and surplus ammo. Most of the instruction at a Project Appleseed event is conducted on the firing range at 25 yards, at reduced size targets to simulate 100 to 400 yards. Students will learn rifle shooting from the standing, sitting, kneeling, and prone positions, sight alignment, and breath control, along with safe gun handling, proper use of a sling, and Revolutionary War history.

Please bring your own ear/eye protection, a rifle with sling, ammunition, rifle mat, bug repellent, hat, sunscreen, a packed lunch, snacks, drinks, and plenty of water to stay hydrated.

A .22 caliber rifles and centerfire rifles are both acceptable. About 250 rounds of ammunition will be needed per day.

To register online, go to <u>www.appleseedinfo.org</u>. Or for more information, contact the Georgia State Coordinator, <u>GA@appleseedinfo.org</u>.



https://appleseedinfo.org/

For Immediate Release

Project Appleseed Pistol Marksmanship Clinic Offered at Red Hill Range in Martin, Georgia – April 16th (One Day Event)

In today's world of 24-hour news cycles, changing technologies and push-button gratification it is a challenge to stay connected to the values that our great country was built on. Ideals such as integrity, commitment and personal responsibility are what founding fathers relied on to win our independence and to then make America a great nation. At Project Appleseed[™], we are dedicated to keeping these timeless values alive. We promote civic responsibility through the teaching of colonial history and the American traditions of rifle marksmanship. Even after all of these years, there is much to be learned from our forefathers' examples of perseverance, commitment and civic virtue. With a full calendar of shooting clinics and events Project Appleseed[™] is here to make sure these timeless principles live on for generations to come.

The cost for our one day pistol clinics is \$75 for adults. No youth allowed. There are discounts for law enforcement, active and retired military and guard and more*. And just a \$10 range fee per day.

Project Appleseed[™] is a fast-growing, 501(c) (3) non-profit educational community of dedicated volunteers.

The Project Appleseed pistol marksmanship clinic will be held on April 16th at Red Hill Range, at 2208 Toms Creek Rd, Martin, GA 30557.

Registration begins at 8am. The clinic starts at 8:30 a.m. and will continue until 5:00 p.m.

We are pleased to offer Appleseed Pistol Clinics. Our pistol clinic is a fun challenge for everyone, even those who have qualified with pistols in other programs. The program is beneficial for folks who have no pistol experience or have some experience shooting pistols but want more instruction on use for personal defense. It can be offered on either indoor or outdoor ranges depending on location. This class focuses on defensive techniques such as rapid target acquisition and engaging multiple targets but stops short of teaching drawing from the holster and firing. It's a challenging course of fire and we think it's a lot of fun. Although most locations permit pistols of any caliber, many shooters choose to bring a .22 caliber pistol for initial instruction and for practice. Of course, an Appleseed Pistol Clinic includes history. The history shared will include stories you won't hear at traditional 25m and KD events.

Please bring your own ear/eye protection, a rifle with sling, ammunition, rifle mat, bug repellent, hat, sunscreen, a packed lunch, snacks, drinks, and plenty of water to stay hydrated.

To register online, go to <u>www.appleseedinfo.org</u>. Or for more information, contact the Georgia State Coordinator, <u>GA@appleseedinfo.org</u>.

Dates to Remember

March

28th ~ Lunch & Learn - Get your business online with Google Search & Maps Noon-1:30pm 29th ~ Books & Bubbles at Margaret Jones Public Library 10:30am 29th ~ Cloverleaf/Junior Club Meeting - Worth County 4H 3:30pm-5pm 29th ~ WCMS Baseball 4pm 29th ~ WCHS Soccer 5:30pm Away 29th ~ WCHS Varsity Baseball 5:30pm Home 30th ~ Kiwanis Club Meeting at Noon 30th ~ Worth County Schools Family Engagement Stakeholders Input Meeting 9am 30th ~ Senior Club Meeting - Worth County 4H 3:30pm-5pm 31st ~ WCMS Track Home 31st ~ WCMS Golf 3:30pm Away 31st ~ WCMS Golf 3:30pm Home 31st ~ WCHS Soccer 5:30pm Home

Apríl

1st ~ Happy April Fool's Day From The Martin News 1st ~ WCHS Varsity Baseball Away 4:30pm 4th ~ Spring Break For Worth County Schools 4th ~ WCHS Varsity Baseball Home 5:30pm 4th ~ City of Sylvester Mayor & Council Meeting 6pm 5th ~ Spring Break For Worth County Schools 5th ~ Worth County Board of Commissioners Meeting 7pm 6th ~ Spring Break For Worth County Schools 6th ~ Kiwanis Meeting at Noon 6th ~ WCHS Varsity Baseball Home 5:30pm 7th ~ Spring Break For Worth County Schools 8th ~ Spring Break For Worth County Schools 9th ~ Warwick Grits Festival 11th ~ Town of Sumner Mayor & Council Meeting 7pm 12th ~ Best Friends Humane Society Bingo Night at Ed's 6pm 12th ~ City of Poulan Mayor & Council Meeting 6:30pm 13th ~ Kiwanis Meeting at Noon



Designer needed for 58th Annual Peanut Festival T-shirt Theme!

The Peanut Festival Committee would like to invite any student to enter the contest to be the designer of this year's Peanut Festival theme! The winning theme will appear on all promotional and marketing materials including the 2022 t-shirt! So, grab your pen and paper... or crayons, markers, paints, whatever medium you prefer... and enter for your chance to be this year's artist! Winning designer will win a **cash prize of \$100**.

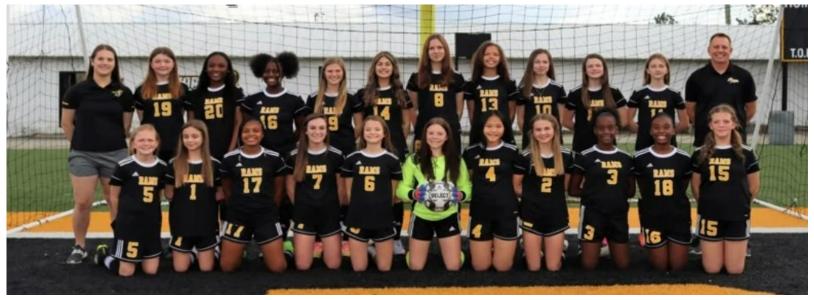
See full contest rules below:

2022 Peanut Festival Design Theme Contest Rules:

- 1. Contest is open to any student (Grades Pre-k through 12) who is a resident of Worth County.
- 2. Contest is open to individual students or classes.
- 3. You may enter as many designs as you wish.
- 4. Entries will be judged on the following criteria: Originality of Theme,

Use of Peanut Festival Mascot, and Ease of marketing production.

- 5. Entries must be submitted no later than 11:59 p.m. on April 30, 2022
- 6. Entry must be your own original concept.
- 7. Designs must be submitted with artist name and contact information.
- All entries must be submitted by uploading design to the Peanut Festival Design Contest email address info@swcountychamber.com or submitted in person to the Sylvester-Worth County Chamber of Commerce.
- 9. Winning entry will receive a cash prize of \$100, be in the Georgia Peanut Festival Parade, be featured in this year's Peanut Festival Magazine and artists name will be on the T Shirt.
- 10. All entries may be subject to display, either in digital or original format.
- 11. Most importantly, have fun! It's WORTH it!



WCMS Girls Soccer 2022

On March 21st, the Worth County Middle School Girls defeated Berrien 3-0 in round one of playoffs. Brooklyn Youngblood scored two goals and Isabelle Hancock scored one goal. Congratulations to the WCMS girls soccer team for making it to the championship game. WCMS is proud of you! This team was 14-4 on the season which is a school record for most wins in a season. They were 7-1 in region play which tied them for 1st place in the region! This team also set a school record with scoring the most goals in a season with 58! WCMS is so proud of these student-athletes and coaches for their dedication and hard work all season. Congratulations Lady Rams! Enjoy some highlights from the Championship game in the video on the Worth County Middle School Facebook page. Thank you Cortney Floyd Massey for the photos and Kerri Huisman Hancock for video from their send-off which can be found on the Worth County Middle School Facebook page. Go Rams!

Head Coach - Mitch Mitchell and Asst. Coach - Ruth Dorries

Team Roster:

8th Grade:

Kimijah Gowdy, Summer Gray, Kaelie Newsome, Alie Powell, Josie Roberts, Ji'Kerria Thomas and Sher'miah Donaldson

7th Grade:

Cheyanne Easom, Isabelle Hancock, Maddie Harris, Paige Legree, Kayelee Mathews, Braylee McBride, Brooklyn Youngblood, Lindsey Avent and Harmony Calhoun

6th Grade:

Ciara Laster, Eden Joyner, Brylee Culpepper, Ansley Bartley, Karlee Mathews and Lorelai Roberts





Aeroponic Towers at WCMS

Mrs. Parten's 6th grade science classes at Worth County Middle School recently harvested their classroom aeroponic tower. The students were able to taste their fresh harvest. The WCMS science classes are equipped with these aeroponic towers to enhance learning about plant anatomy, pollination, seed growth, harvesting, farm-to-table, and more.

Source: WCSD

Free Cone Day at Sylvester Dairy Queen Collects Money for Children's Miracle Network



Last Monday, March 21st was Free Cone Day at Sylvester Dairy Queen. You were able to get a

free cone or for a dollar you were able to get the cone dipped in the new Fruity Blast. Chocolate and Butterscotch flavored were also available for dipping. Mark Casteel with the Sylvester Dairy Queen was donating 100% of the money spent on dipped cones as well as all monies donated to the local Phoebe Children's Miracle Network Hospital. They gave away 420 cones and raised \$163 dollars for Children's Miracle Network. "I now \$163 dollars doesn't sound like a lot" expressed Mark "but when it comes one dollar at a time it really does show support. I did have two \$20 bills tossed in my bucket too" Mark appreciates everyone who supported this event and for all the support to the Sylvester Dairy Queen.



Stuffed Animal Drive Underway At The Margaret Jones Public Library

It's that time of year when everyone starts their spring cleaning and what a better time then now to donate to the Margaret Jones Public Library for their Stuffed Animal Drive. They are asking for new or gently used stuffed animals. These stuffed animals will be used as bingo prizes for their Ocean of Possibilities Summer Reading Challenge Bingo Game. The Summer Reading Program is so much fun for the children and many attend the program, having loads of fun. So start pulling out those gently used stuffed animals and drop them off at the library. Thank you in advance for your help and support to the Margaret Jones Public Library.

Making Memories: Sponsored by Tatina's Taxes

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

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 - Knowledge you can trust
 E-filing
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A Production By Worth County High School Drama Club





LIHEAP COOLING LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

Homebound and elderly households (all adults in household must be age 65 or over and/or physically homebound), may call (229) 785-4001 beginning April 1, 2022, at <u>6:00pm</u> to schedule an application appointment.

If funding remains, all eligible individuals from the general public may call **beginning** May 1, 2022, to schedule an application appointment.

Services are provided through SWGACAC, Inc. for the following counties:

BAKER . CALHOUN . COLQUITT . DECATUR . DOUGHERTY. EARLY. GRADY . LEE . MILLER . MITCHELL . SEMINOLE . TERRELL . THOMAS . WORTH



The Martin News Sylvester, Georgia 3-28-2022

ER TRY **Worth County High School** Spirit & Competition Cheer Tryouts are April 11th-15th at WCHS Gymnatorium Must have a 3:30-5:30 current physical on **Worth County Middle School Spirit & Competition Cheer Tryouts** file. are April 18th-22nd at WCMS Gym 3:30-5:30 **Questions? Email Coach Watson** hwatson@worthschools.net (



Sylvester's Own, Rev. Jaki Johnson, Joins The Board Of Directors At Ruth's Cottage & The Patticake House

Ruth's Cottage & The Patticake House is pleased to announce that Rev. Jaki Johnson has joined their Board of Directors and is shown just after completion of her Board Member Boot Camp! Jaki also works for the City of Sylvester and is a Sylvester native. RCPCH is so thankful to have this lovely, outgoing, generous and compassionate lady join their team. Welcome Jaki!

Source: RCPCH



The iRambots Win an Award at the Columbus Competition! Shelby Greer Won the Safety Captain Award

Shelby Greer received special recognition for her efforts in maintaining a safe pit area at the Columbus District Competition March 18-19, 2022. She shared their "unicorn popcorn" (yellow and pink earplugs) to all of the pits, reminding them that ear protection when using power tools is an important step to preventing hearing loss. Congrats to Shelby & the team & thank you to the team & Coaches for all of your hard work!

Source: WCSD



Ribbon Cutting Held For Chick-Fil-A in Ashburn



Friday brought sunshine, beautiful weather and the Chick-Fil-A truck to Ashburn for their ribbon cutting with the Ashburn-Turner County Chamber of Commerce. The ribbon cutting was held at South GA Oil Distributors. The Chick-Fil-A truck will be there once a month for now. The location is 657 Sylvia Drive in Ashburn. Chick-fil-A, Inc., Founder S. Truett Cathy died Sept. 8, 2014, at age 93. Cathy started the business in 1946, when he and his brother, Ben, opened an Atlanta diner known as The Dwarf Grill (later renamed The Dwarf House®). Through the years, that restaurant prospered and led Cathy to further the success of his business. In 1967, Cathy founded and opened the first Chick-fil-A restaurant in Atlanta's Greenbriar Shopping Center. Today, Chick -fil-A has the highest same-store sales and is the largest quick-

service chicken restaurant chain in the United States based on annual system-wide sales. Cathy's family has continued his tradition of leadership, including his son Dan, who was appointed as the company's CEO in 2013, and grandson Andrew, who serves as the current Chick-fil-A CEO. Cathy was the author of six books and was a committed philanthropist dedicated to making a difference in the lives of youth. He was the recipient of countless awards over the years, both for his business acumen and for his charity. With his wife of 65 years, Jeannette McNeil Cathy, he led a life that was centered on biblical principles and family, and is survived by his sons Dan T. and Don "Bubba" Cathy; daughter Trudy Cathy White; 12 grandchildren and 23 great-grandchildren.

Photo Credit: Ashburn - Turner County Chamber of Commerce



FOOD TRUCKS - FOOD VENDORS

MERCHANDISE - INFORMATION - AND OTHERS! Food Vendors: Merch/Info: \$300.00 \$175.00 For A Vendor Packet, email us at vividfaircreations@gmail.com or stop by Quitman City Hall in Quitman, GA

Sylvester PD Easter Egg Hunt

Date: Friday April 15 Time: 6-8pm Place: Jeffords Park



Parents bring your kids out and enjoy an easter egg hunt. Food and drinks will be provided. Activities for the kids wil include face painting.

The Easter Bunny will be present so don't forget to tak a selfie with him!!

quidelines will be followed and face masks are

Dairy Queen Chamber of Commerce Coca Cola American Legion Men Unit Sylvester Family Connections

Georgia Peanut Commission Celebrated National Peanut Month in March

TIFTON, Ga. (March 28, 2022) - March is National Peanut Month, a time to celebrate one of America's favorite foods! The Georgia peanut industry kicked off the celebration at the beginning of the month by hosting the 2022 Georgia PB&J Day in Atlanta on March 1. During the month-long celebration, the Georgia Peanut Commission (GPC) donated peanut butter to food banks, held a Twitter Party and sponsored additional events all in celebration of the tiny legume, which packs a powerful snack, full of protein. Peanuts and peanut butter were promoted during the PB&J Day event by serving Smuckers® Uncrustables® to attendees at the state capitol on March 1. Governor Brian Kemp presented a proclamation recognizing March as National Peanut Month while Sen. Larry Walker III, chairman of the Senate Agriculture and Consumer Affairs Committee, and Rep. Robert Dickey, chairman of the House Agriculture and Consumer Affairs Committee presented resolutions recognizing the importance of Georgia's peanut industry. "Peanuts are Georgia's official state crop, and the state boasts the largest share of peanut production in the U.S. at nearly 52 percent for the 2021 crop," says Joe Boddiford, GPC chairman. "Georgia's 4,000 peanut farmers contribute approximately \$2 billion annually to the state and local economy." Throughout the month of March, GPC donated 10,080 jars of peanut butter to the Atlanta Community Food Bank (ACFB), 10,080 jars of peanut butter to Capital Area Food Bank in Washington, D.C., and 7,200 jars of peanut butter to Second Harvest of South Georgia in celebration of National Peanut Month. GPC also sponsored the annual ACFB Hunger Walk/Run held March 6 in Atlanta. The annual event brings approximately 5,000 attendees to help support the food bank by walking or running in the event. GPC distributed packs of peanuts to attendees and promoted the humanitarian relief efforts through Peanut Proud. Additionally in March, GPC promoted peanuts through a variety of promotions. GPC hosted a Twitter party with Foodiechats that had an estimated 7.8 million impressions. The Twitter party also included new peanut recipes from food influencers in Illinois, Nebraska, New York, Maryland, Texas and Georgia, who created recipes ranging from Georgia Peanuts Thai Curry to Gluten Free Espresso Spice Peanut Cook-GPC sponsored a special series, "Proud to be a Georgia Farmer," with WTOC-TV in Savannah and WALB-TV in Albany. The ies. program highlighted farmers in the viewing area during the evening news in March and featured a special 30-minute show about the Georgia peanut industry including information on production, research, peanut nutrition and more. GPC teamed up with Annessa Chumbley, registered dietitian, for a March - National Peanut Month media campaign in Georgia. Chumbley demonstrated a variety of peanut inspired recipes featuring a Peanut Packed Party Mix, Peanut Butter Banana Pops and Pad Thai Cups with Peanut Butter Sauce. The recipe videos are available on the GPC website and aired on television stations in Albany, Atlanta, Augusta, Columbus, Macon and Savannah. GPC also promoted peanuts at the Atlanta Motor Speedway with a promotion during the QuikTrip 500 NASCAR race on March 20 by having an exhibit in the Fan Zone and by sponsoring Todd Gilliland, the No. 38 driver with Front Row Racing. This promotion reached an average 4 million viewers. GPC provided peanuts and recipes to the state's 11 welcome centers for tourists visiting the state. Throughout the month, GPC promoted peanuts through billboards in Atlanta, television and radio ads, as well as digital banner ads throughout the state. GPC also teamed up with the Chick-fil-A College Football Hall of Fame by providing samples of Georgia peanuts for visitors attending the hall on the weekends throughout the month of March. Coincidentally, March is National Nutrition Month - a great time to recognize the nutritional value of peanuts. One serving of peanuts is a good source of protein, vitamin E, niacin, folate, phosphorus and magnesium. Peanuts are naturally cholesterol-free and low in saturated fat. For additional details and photos from National Peanut Month events, visit the Georgia Peanut Commission website at gapeanuts.com.



You are invited to the Sylvester-Worth County Chamber's

BUSINESS EXPO

2022

21st April 2022 5pm-7pm The Pedestrian Mall @ 102 N. Main St. For more info call: 229-776-7718



Go to the link to learn more information about and register for our upcoming Business After Hours/ Job Fair!



For more info. contact Emma Lynn (229)449-4568 or Cody Humphrey (229)376-4426 Big ticket

raffle items

TICKET

All proceeds will be donated to Jon's Mission for

22

[=]

50/50 Raffle

The iRambots Team And Coaches Have Been Working Many Hours A Day For Months To Prepare For This Season's Competition!



Worth County High School's robotics team, the iRAMBOTS, kicked off their competition season this past weekend in Columbus, GA. Their robot design earned them a place in the quarter-finals, and they are looking forward to their second district competition at the Albany Civic Center 4/1 and 4/2. The event starts at 10:30am on April 1st and at 9:30am on April 2nd. They are competing for a spot in the State Competition in Macon scheduled for 4/7-4/9, so come out and support the iRAMBOTS!!! Each year, the FIRST Robotics Competition sets a new challenge for robots to complete, and the teams must create a plan (CAD), build a robot (mechanics), and make it move (electrical) so it performs different tasks (programming). Our team counts on support from community leaders and grants, and we offer sponsorship benefits. If you are interested in learning more about our program, please contact one of our coaches: Michelle Smith mismith@worthschools.net or Clay Young youngclay7@icloud.com. For Sponsorship or fundraiser information please contact Angel W. Young, iRambots Booster Club Treasurer/Secretary angelwyoung@gmail.com Pictured: L to R - Bottom row to top row

Gavin Young, Hannah Fletcher, Shelby Greer, Anna Melvin, En'ya Touze, Tayshaun Adams, Emiliano Torres, Johnathan Berry, Timothy Spieker, Coach Clay Young, Noah Kirby, Coach Michelle Smith, & Ike Beanblossom. Not Pictured: Daniel Melvin, Coach Chris Tipper

Coaches: Coach Michelle Smith, Coach Clay Young, & Coach Chris Tipper Team members: Hannah Fletcher - Team Captain and Human Player Gavin Young - Safety Captain and Drive Team Tayshaun Adams - Programming Captain and Drive Team Shelby Greer - Build Captain and Pit Boss Anna Melvin - Outreach Captain and Photographer En'ya Touze' - Electrical Captain and Pit Crew Emiliano Torres-Guerrero— Build Team and Drive Team Coach Johnathan Barry - Electrical Team and Technician Daniel Melvin - Build Team and Technician Noah Kirby - Programming Team and Drive Team Ike Beanblossom - Build Team and Pit Crew Timothy Spieker - Outreach Team and Photographer

Source: WCSD

