

The Martín News

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March 29, 2021

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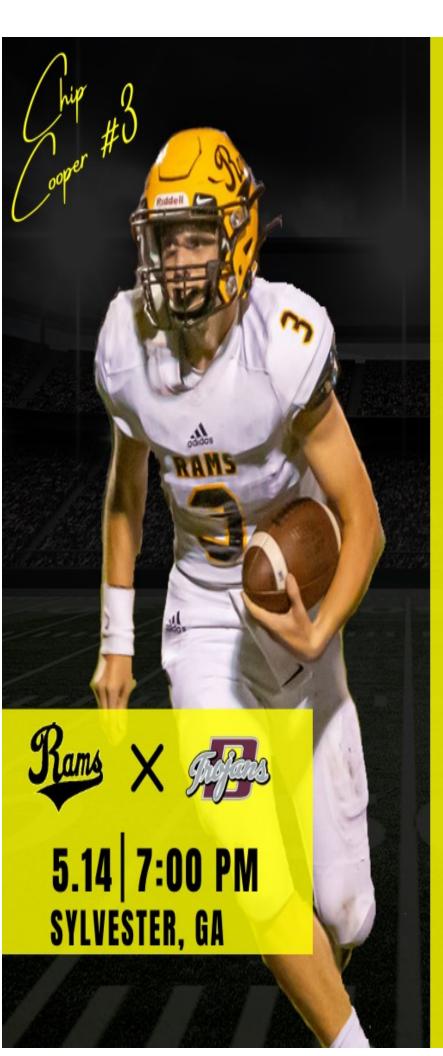


Welcome Two New Certified Georgia Peace Officers to Sylvester Police Department



Sylvester Police Department would like to welcome two new certified Georgia Peace Officers. Officer J. Edwards and Officer J. Felthauser went from police cadets to police officers on March 25th when they graduated from GPSTC police academy. The Sylvester Police Department and City of Sylvester is very excited to have these two in the family and look forward to them becoming the officers they will be trained to be. Congratulations to you both on graduating the police academy. Now it's time to get through FTO and

serve and protect the City of Sylvester the best way we can. Pictured is Officer Edwards to the left and Officer Felthauser to the right.



VORTH CO.

JGHERT

GDOL Reminds Claimants to Reapply When Benefit Year Ends

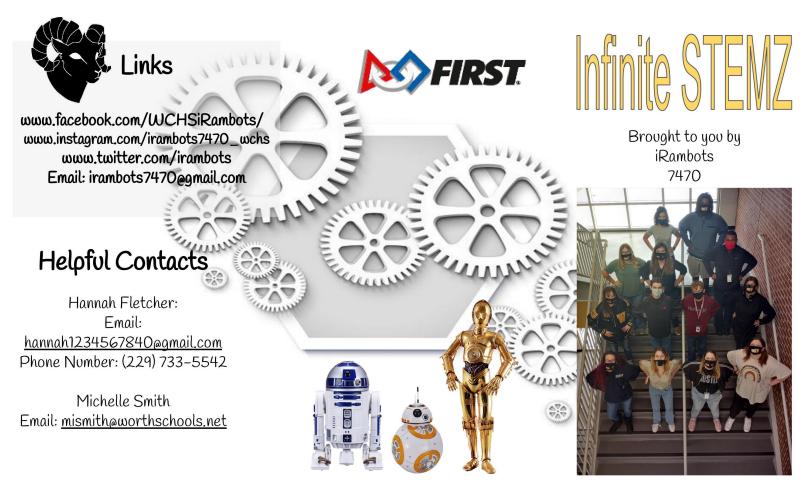
Atlanta, GA – After 53 weeks of the pandemic, many Georgians are reaching the end of the normally allotted time period for receiving unemployment insurance (UI) benefits. Claimants who filed an individual claim and have reached the end of their benefit year should file a new claim to continue receiving payments. A benefit year is the 52-week period beginning on the Sunday of the week a new claim is filed. Once this time period expires, claimants must reapply for benefits reporting any additional work history, including temporary, part-time, self-employment, or W-2 work. Once the new regular UI claim is processed, claimants who are unable to establish a valid regular UI claim will be placed back into the appropriate federal CARES Act program for benefits to continue. If a claimant's employer is filing an employer filed claim on his/her behalf and he/she reaches the end of the 52-week period, the benefit year will renew the following week when the employer requests a weekly payment for the employee. Information on benefit year ending dates can be found on the GDOL website at https://dol.georgia.gov/blog-post/benefit-year-end-bye-dates. "We are now seeing claimants who have received payments for more than 52 weeks who are reapplying for UI benefits," said Commissioner Butler. "We will continue to issue payments while also working to transition claimants into the almost 222,000 jobs available on Employ Georgia." Today, 221,907 job listings are online at https://employgeorgia.com for Georgians to access. These listings could include multiple positions for each job indicating a much higher number of jobs available. The GDOL offers online resources for finding a job, building a resume, and assisting with other reemployment needs. Resources for reemployment assistance along with information on filing an unemployment claim and details on how employers can file partial claims can be found on the agency's webpage at https://dol.georgia.gov. Last week, the GDOL dispersed over \$304 million UI benefits including regular UI, Pandemic Emergency Unemployment Compensation (PEUC), Pandemic Unemployment Assistance (PUA), Federal Pandemic Unemployment Compensation (FPUC), State Extended Benefits (SEB), and Lost Wages Assistance (LWA) supplements. Since March 21, 2020, the GDOL has issued payments totaling \$19,948,643,020. Since the beginning of the pandemic in March of last year, the GDOL has processed 4,547,688 regular UI initial claims, more than the combined last nine years prior to the pandemic (4.0 million). Last week, regular UI initial claims totaled 24,789, up 89 over the week. Additionally, the agency currently has 326,613 active PUA claims. The sectors with the most weekly regular UI initial claims processed included Accommodation and Food Services, 6,535, Administrative and Support Services, 2,720, Manufacturing, 2,706, Retail Trade, 1,811, and Health Care, 1,618. The number of initial claims filed throughout the United States for the week ending March 20 was 684,000, a decrease of 97,000 from the previous week's revised level of 781,000. UI benefits are taxable income and 1099-G tax forms are issued in accordance with federal law to report payments and all taxes withheld during each tax year. If you received a 1099-G tax form and did not file a UI claim yourself or your employer did not file one on your behalf, you may be the victim of UI fraud and should report the incident on the GDOL website at https://www.dol.state.ga.us/public/uiben/fraud/reportType. Select Report 1099 ID Theft at the bottom and follow the instructions. If you received a 1099-G tax form and returned the benefits or wish to return the benefits, please see detailed instructions on next steps at https://dol.georgia.gov/blog/form-1099-gtax-information. For more information on jobs and current labor force date, visit the Georgia LaborMarket Explorer at https://explorer.gdol.ga.gov to view a comprehensive report.

Source: Georgia Department of Labor





Food, music, games & more!



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

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

ann

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.

Champions of Hope Sporting Clays Tournament





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 229-387-9697

For help in a domestic violence crisis, call 800-33-HAVEN, 229-388-1541 for the local 24/7 Crisis Hotline, or 911 in emergencies. For help in a sexual assault situation, call 800-656-HOPE, 229-388-1541 for the local 24/7 Crisis Hotline, or 911 in emergencies. To make a confidential child abuse report, call 855-422-4453 or 911 in emergencies.

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 Walkcom Ashley Judy hwatson@worthschools.net nburrell@worthschools.net kbodiford@worthschools.net ajudy@worthschools.net

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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







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Georgia Peanut Farmers Donate Peanut Butter to Second Harvest of South Georgia More than 10,000 Jars of Peanut Butter Donated



TIFTON, Ga. (March 25, 2021) -To celebrate National Peanut Month and Georgia Ag Week, Georgia's 4,500 peanut farmers are donating 10,080 jars of peanut butter to Second Harvest of South Georgia. The donation is made possible by the Georgia Peanut **Commission through Peanut** Proud, which is the peanut industry's humanitarian relief organization. Georgia-based truckload carrier, SouthernAG Carriers, graciously donated their truck carrier service to deliver the peanut butter. The peanut butter is manufactured with Georgia-grown peanuts by Tara Foods in Albany, Georgia. "As a farmer, we are proud to continue our partnership with Second Harvest of South Georgia by donating peanut butter which can be used to make more than 141,000 sandwiches," says Armond Morris,

chairman of the Georgia Peanut Commission. "Peanut butter is one of the most requested food items at food banks due to its shelf life. Peanuts are a nutritional superfood which contains more protein than any other nut, as well as a good source of vitamin E and folate." Second Harvest of South Georgia serves 26 South Georgia counties and is the region's leading domestic hunger-relief charity. Headquartered in Valdosta, the organization has locations in Tifton and Thomasville. Through their network of more than 400 partner charities and programs, Second Harvest of South Georgia distributes food to children, seniors and families struggling with hunger. "We are overwhelmed by the continuing generosity of Georgia's farming community," says Eliza McCall, chief marketing officer with Second Harvest of South Georgia. "This donation from the Georgia Peanut Commission will go a long way toward helping us care for our neighbors in need." Peanuts are Georgia's official state crop, and the state boasts the largest share of peanut production in the U.S. at nearly 53 percent for the 2020 crop. Georgia's 4,500 peanut farmers contribute approximately \$2 billion annually to the state and local economy. The non-profit organization, Peanut Proud, Inc., serves as the humanitarian relief organization for the peanut industry. Volunteers participate in food drives to collect peanut butter and donations are made by individuals, organizations and businesses to assist with peanut butter donations to food banks. Donations are accepted at any time for Peanut Proud and are tax-deductible. Contributions can be mailed to Peanut Proud Inc., P.O. Box 446, Blakely Georgia, 39823. For additional information on the peanut industry's humanitarian relief project, visit www.peanutproud.org. Additional information about Second Harvest of South Georgia is available online at www.feedingsga.org and the Georgia Peanut Commission is available at www.gapeanuts.com. Photo caption: (Pictured left to right) Joy Crosby, assistant executive director of the Georgia Peanut Commission, presents the donation of 10,080 jars of peanut butter to Eliza McCall, chief marking officer with Second Harvest of South Georgia, during National Peanut Month and Georgia Ag Week.



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

(229)776-7718 info@swcountychamber.com





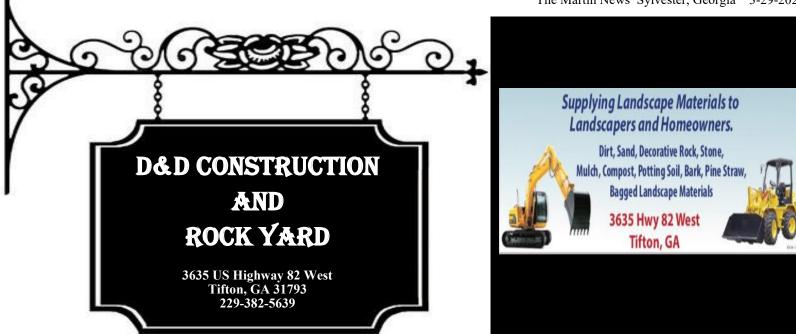
DEADLINE: APRIL 1ST, 2021

REQUIREMENTS:

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

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

-Pursuing Agricultural Related Studies



Springin' Up The Yard!













The Martin News Sylvester, Georgia 3-29-2021



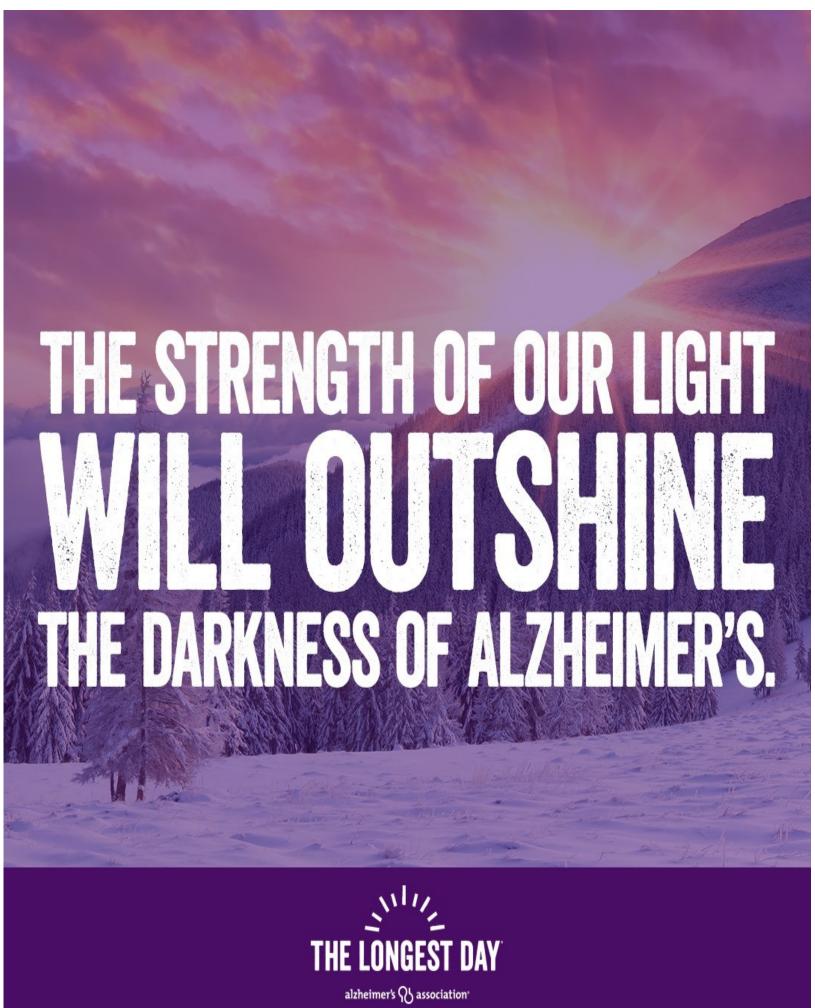
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Worth County Middle School Agriculture classes are prepping garden spots and planting peppers and tomatoes. Students enjoy these hands-on learning opportunities while increasing environmental awareness and improving problem-solving skills.



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 43 and 53, we seem to agree on most! We love spending time together and chatting. VaLenia and I have three boys. My child is 17 and her two boys are 20 and 17. 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 living 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!

Tifton's Austin Brown Releases New Original Song "Home Free" Singer Advances Solo Career With Fifth Single, "If I Met You Now"

The pandemic has put touring on hold for singers and musicians, but the time away from the stage has been a blessing in disguise for Tifton native Austin Brown of the a cappella country quintet Home Free. Brown was now free to concentrate on his own music, and like a man suddenly released the singer-songwriter burst out of quarantine with five new solo singles since last September - the latest, "If I Met You Now," just released last week and arguably his best to date. On his website, Brown said he has written countless songs in recent years. "I did so many things that the guys in the band really loved, but weren't necessarily right for Home Free," Brown said. "And the more I did, the more they would say, 'Hey, you need to start releasing this stuff."" Brown calls "If I Met You Now" a "song about second chances." "I think we all know what it's like to wish we'd done things differently. And even though we can't change the past, maybe we can still rewrite who we are to become a little further down the line," he says on the Sounds Like Nashville website. On Tuesday, Brown answered numerous questions from fans on Facebook. He said that his solo career doesn't mean that he's leaving Home Free, whose world tour has been delayed. "Still with Home Free. Always will be," he said, and added: "I have a lot more solo stuff coming." Other songs he has released during the past few months are "Earn It," "Off The Grid," "Rest Of My Life" and "Take The Night Off." Brown now lives outside of Nashville, Tenn., and has many relatives and friends in Tifton. He and the group Home Free most recently performed in Tifton in December 2019 during their Dive Bar Saints world tour.

Source: Tifton Grapevine

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.



April is National Child Abuse Prevention Month

Please Help Spread Awareness About Child Abuse!

Thursday, April 1, 2021

Individuals and organizations across the nation will band together to make a visible commitment to preventing child abuse and supporting strong families and healthy children. One person can make a difference, and it can start with *you*!

On April 1st, WEAR BLUE anywhere – to work, to school, a community event, the gym, and even at home. (This is something we can do to show our commitment while still maintaining social distancing.) Invite your friends, family, students, co-workers or your entire workplace to **WEAR BLUE** too! This unified, community-wide act of wearing blue will help raise awareness that child abuse is preventable.

Why Blue?

In the spring of 1989, a grandmother from Virginia began the blue ribbon campaign as a tribute to her grandson, a three-year old who died at the hands of his mother's abusive boyfriend. Since that time, concerned citizens all over the country have worn blue as a symbol of the need to prevent child abuse and neglect. All Children Deserve A Childhood Free of Abuse and Neglect

How Do I Participate?

🕕 Wear Blue on April 1st

- Share your commitment with family, friends and co-workers and encourage them to WEAR BLUE too!
- Take a picture of yourself, your group, class, or company wearing blue and share it using the hashtag #TiftWearBlue2021 on your Facebook page share it on twitter, and e-mail it to tc3y@friendlycity.net
- Please make the post settings public and use hashtag #TiftWearBlue2021 so I can share it to the TCCCY Page.

Tift County Commission on Children & Youth Lillie McEntyre (229) 388-1000 tc3y@friendlycity.net

The after school children loved decorating their Easter cookies at Backyard Buddies recently. Great job! Source: Backyard Buddies





Proud Sponsor of This Weeks' SCHOOL SNAPSHOTS!

Coming soon

Grand opening

Ribbon Cutting

April 3rd, 2021

11:00am



101 North Isabella Street

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 breast-feeding.

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!

State Farm

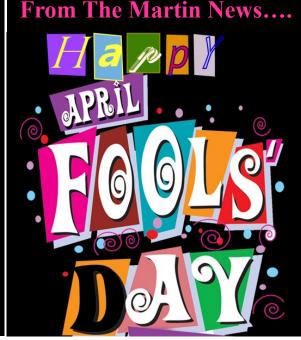
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Thank you for your loyalty. We appreciate you.





Fields Funeral Home Live Show Starts Wednesday



Starting Wednesday March 31st at 10am and every Wednesday there after, please tune in and watch the Fields Funeral Home Show Live via Facebook where they will have Funeral Announcements, Birthdays, Anniversaries, Church News, Special Guest, Civic and local events. If you have an announcement, Birthday, Anniversary, or civic event please e mail to Fields.fh3@gmail.com by the Monday prior to the show that Wednesday and

they will get it taken care of for you. If you are a business and would like an advertising spot on the show contact Mr. Charles McDonald at 229-402-7049.





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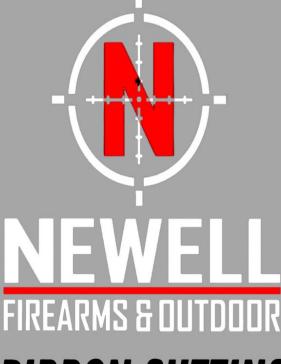
> 115 Front Street Sylvester, Georgia 31791 229-776-6682

Navigating Decisions

Children have to make many different kinds of decisions throughout their lives. You can help your child learn decision-making skills he 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 him options if he needs help, but let him have the final say. He will be gaining experience in making decisions on his own. Plot a destination. Help your child figure out what she wants to accomplish. If she decides that she wants to finish her homework before dinner, she may have to choose between phoning a friend and starting her homework right away. Thinking about the end result can make decisions easier. Step back. Allow your child to experience the consequences of his choices. For example, if he wears a Tshirt to school when it's snowing outside, he may be too cold to enjoy recess. Experiencing consequences – good and bad – will help develop your child's judgment and give him a better idea of where his choices will lead him. Discuss results. Without criticizing, ask your child how she thinks a particular decision worked out. Would she do it again, or choose to do something different? She will learn to evaluate her own choices, which will help her 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!



YOU'RE INVITED





RIBBON CUTTING

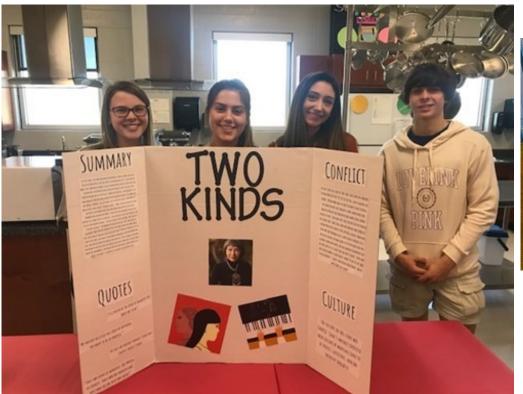
Join us Friday, April 2nd at 12:00pm for Newell Firearms & Outdoor Ribbon Cutting Ceremony!



112 N. Main Street Sylvester, GA 31791







10th Grade Literature and Fundamentals of Fashion and Food and Nutrition Students Collaborate to Explore Chinese Culture and the Novel, Joy Luck Club

Dr. Shemwell's 10th Grade Literature class and Mrs. Fitzgerald's Fundamentals of Fashion and Food and Nutrition students at Worth County High School collaborated on Thursday, 3/11/2021 to explore the novel Joy Luck Club and Chinese culture. Dr. Shemwell's class read Joy Luck Club and was responsible for teaching Mrs. Fitzgerald's class about the author, story, conflict, and symbolism from the novel. Mrs. Fitzgerald's students were responsible for teaching Dr. Shemwell's class about Chinese culture, fashion, and cuisine from the novel and time period. The classes gathered on Thursday to present their information and share their hard work! They celebrated with a student-prepared Chinese feast that made the novel come alive!

Source: WCSD



The Martin News Sylvester, Georgia 3-29-2021



Final Week For Online Auction Benefiting Literacy Volunteers

The online auction "Baskets on Parade is in its last week – a fundraiser for Literacy Volunteers of Tifton -Tift County, celebrating spring just before Easter. Seventeen baskets from area businesses and organizations and a few donated paintings and pieces of jewelry are available for bidding on the Literacy Volunteers website right now until month's end. A collection of jewelry, framed paintings, and prints have been donated by Liz Carson Keith, a longtime supporter of adult literacy and former board member of LVTTC. Bidding is now open on the actual photos, and the winning bidders will be announced on April 1. Those who win bids will go to the individual business to pick up the item. For more information. email tiftlv@gmail.com or call Literacy Volunteers at 229-391-2527. The Howard Center is sponsoring the event, which benefits literacy programs in Tift County. LVTTC provides and trains tutors to work with local residents wanting to improve their reading skills or work toward earning their GEDs.

Source: Tifton Grapevine

Dates to Remember

March

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 9am-3pm 31st ~ Spring Break Camp at Chehaw 9am-3pm 31st ~ Spring Break Camp at Chehaw 9am-3pm

Apríl

1st ~ Happy April Fools Day from The Martin News 2nd ~ WCHS Varsity Baseball Game Home 2nd ~ Sylvester Police Department Easter Egg Festival 6pm-8pm **3rd ~ WCHS Track & Field Away** 4th ~ Happy Easter from The Martin News **5th ~ Worth County Schools Spring Break** 6th ~ Worth County Schools Spring Break 6th ~ WCHS Varsity Baseball Game Home 7th ~ WCHS Varsity Baseball Game Home 7th ~ Kiwanis Club Meeting at Noon 7th ~ Worth County Schools Spring Break 8th ~ Worth County Schools Spring Break 9th ~ Worth County Schools Spring Break 12th ~ WCHS Golf Away 13th ~ WCHS Soccer Away 13th ~ WCHS Varsity Baseball Away 13th ~ City Sylvester Ward 4 Runoff Election 14th ~ WCHS Golf Away 14th ~ Kiwanis Club Meeting at Noon 15th ~ WCHS Soccer Home 15th ~ Worth County Board of Education Meeting 7pm 16th ~ WCHS Varsity Baseball Away 16th ~ WCHS Soccer Home 16th ~ WCHS Varsity Baseball Away 19th ~ WCHS Golf Home 21st ~ WCHS Varsity Baseball Home 21st ~ Kiwanis Club Meeting at Noon 23rd ~ WCHS Varsity Baseball Home 27th ~ Sylvester - Worth County Family Connection Meeting 28th ~ WCHS Track & Field Away 28th ~ Kiwanis Club Meeting at Noon 29th ~ WCHS Track & Field Away 30th ~ WCHS Track & Field Away

Worth County Middle School

YEARBOOK ADS AVAILABLE

\$15 for 1/4 page\$30 for 1/2 page\$60 full page

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for supporting

our students

Think Tifton



Mae Mae Collins & Principal Chad Stone

Marisa Pearman & TCHS Principal Stone

TCHS Names Valedictorian, Salutatorian For Class of '21

At a ceremony Tuesday, Tift County High School recognized the top academic students in this year's graduating class. Mae Mae Collins was named the valedictorian of the Class of 2021 with a grade-point average of 99.9. Right behind her is Marisa Pearman, named the Class of '21 salutatorian with a grade-point average of 99.758. Also recognized were the senior honor and superior honor students. The newly redesigned cap and gown were also displayed on stage. The TCHS graduation ceremony is scheduled for Saturday, May 22, at Brodie Field.

Source: Tifton Grapevine



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think



Synovus Aiding Financial Literacy For ABAC Students In Migrant Program

Synovus has provided a 2021 "Here Matters" donation to the ABAC Foundation to provide financial literacy training to 24 students in the College Assistance Migrant Program (CAMP) at Abraham Baldwin Agricultural College. "We at Synovus are so proud to support organizations such as the ABAC Foundation and all the good work they do to improve our community," said Synovus Tifton Market President Jason Morris. "Like the ABAC Foundation, we believe in giving back to the community in which we live and work." Dr. Deidre Martin, ABAC's chief development officer, said the donation concentrates on the Synovus giving areas of education/needs-based initiatives and is directed to low-income students in need of financial literacy. Olga Contreras, the college's multicultural educational programs director, said financial literacy is a critical need among underrepresented populations. "There is great concern about the lingering impact of the COVID-19 pandemic on minority populations," Contreras said. "An area of concern currently is ensuring these students also have training and support in financial literacy as they move into adulthood." CAMP is designed to provide support to first-year college students of migrant and seasonal farmworkers. The program offers tutoring, counseling, health services, assistance with special admissions, and some financial help for migrant youth to complete their first year of post-secondary education. Pictured above is Jason Morris, Synovus' Tifton market president at center, poses with several ABAC students.

Source: Tifton Grapevine

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The Martin News Sylvester, Georgia 3-29-2021

22 Veterans Commit Suicide Every Day

22

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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

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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!

MANDATORY PARENT & STUDENT INTEREST MEETING

WCNS Cheerleading Tryouts April 1, 2021 at 7:00pm WCHS Gymnatorium

>Required paperwork will be distributed at the meeting.

Completed paperwork & current physical due April 26, 2021

>Tryouts will be held @WCMS gym April 27-30, 2021 3:30-5:30

Questions:



ajudy@worthschools.net ~ kbodiford@worthschools.net nburrell@worthschools.net ~ hwatson@worthschools.net

Tifton Museum ARTS & HERITAGE APRIL CLASSES



Chocolate & a Canvas "Beautiful Bouquet" Tuesday, April 20 6:30pm Registration: \$30 Supply Kit: \$3-8



Kids at Art *"Follow the Leader"* Saturday, April 24 11:00am Registration: \$30 Supply Kit: \$3-7



Intro to Drawing: Architecture Ages: 12 - 112 Thursday, April 22 6:30pm Registration: \$30

Register at www.tiftonmuseum.org

Georgia Peanut Commission Donates "A Home Run for Peanuts" To Local School's Book Vending Machine



TIFTON, Ga. (March 25, 2021) - In conjunction with Georgia AG Literacy Day, the Georgia Peanut Commission donated 50 copies of "A Home Run for Peanuts" to Omega Elementary School's newest "book vending machine." Twenty copies were also provided to each homeroom teacher's class, along with the educator's guide that includes lesson plans for each area of interest. "We're hoping our book vending machine and the Georgia Peanut Commission donations will help put a book in the hand of each child," says school principal, Jim Byers. The book vending machine allows students to earn to-

kens for the machine by showing an increase in various knowledge levels. Any books acquired from the machine by the students will be theirs to keep. Students are also able to choose any book from the machine they want, regardless of grade or reading level. This is the first book vending machine in South Georgia. "We are excited to donate these books for Omega Elementary School's new vending machine," says Tim Burch, GPC Education & Information chairman. "Our hope is the children who receive a copy of the book, will be better informed of where peanuts come from." "A Home Run for Peanuts" celebrates Georgia's peanut farmers and introduces young readers to the seasons on the farm and how peanuts are grown, harvested and processed. Students will learn about where their food comes from in this vibrant, fun, memorable story. Copies can be purchased from www.gapeanuts.com. More information about the book vending machine can be found at www.globalvendinggroup.com.

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! If my almost 78 year old mother can walk in the morning and in the afternoon with her good friend, Ms. Lindy, then I know you can do it. Get started today!

