

The Martin News

PO Box 5003 Sylvester, GA 31791 lmanley1210@gmail.com www.themartinnews.org (229) 272-4356

April 12, 2021

SGT

SOUTHWEST GEORGIA THERAPY

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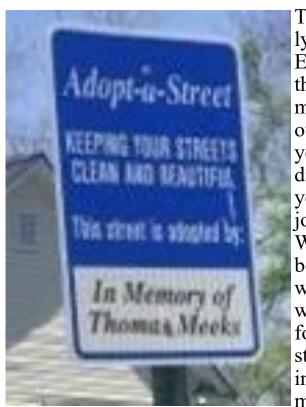
Results you deserve!

Butch Jenkins, PT Molly Barnard, PTA Savannah Jenkins, DPT Jamie Pritchard, Office Manager

1009 West Franklin Street PO Box 846 Sylvester, Georgia 31791 229-821-3892 (phone) 229-821-3893 (fax)



What A Meaning This One Sign Has



This sign means many things and my heart smiles extremely big when I see it. This "Adopt-A-Street" sign sits on East Willingham where my daddy, Thomas Meeks, called the last five years of his life home. Sylvester meant so much to him for this is where he started his married life at over on Lakeview Drive. He worked in Sylvester for 10 years at the Worth County Sheriff's Department under the direction of Sheriff Freddie Tompkins. Daddy's last 10 years of his working career was in Sylvester and he enjoyed it immensely. He wanted the best for Sylvester -Worth County and that is why this sign means so much to be and my family. This sign was displayed by Isaac Adams with the Sylvester Code Enforcement whom has a program where you can adopt a street to keep clean as part of an effort of keeping streets clean and beautiful. We adopted this street and did it in memory of my daddy who passed away in 2009. I encourage you to contact Isaac for more information on perhaps adopting a street and helping keep our

beautiful city cleaned. Daddy always taught us to be proud of where we came from and we are proud of our hometown of Sylvester.

PIZZA QUICK 229-777-6001

Order Cinnamon Sticks for One Penny

With the Purchase of Any Large Pizza

Wednesday, April 14th thru Sunday, April 18th



Large 14" Pepperoni Pizza \$699 \$1 extra per topping



VORTH CO.

Tift Jobless Rate, South GA Labor Picture Improve



South Georgia counties saw positive key labor indicators during February, and Tift County's jobless rate is getting closer to pre-pandemic levels, according to data from the Ga. Department of Labor (DOL). "February's numbers are a strong indication the state is getting back to where it was prior to the pandemic," said Labor Commissioner Mark Butler. "Not only are we seeing growth for nearly every indicator in each region and county, but we are seeing the momentum start to switch in our favor," Butler said. "The unemployment rates are drastically dropping, the labor force numbers are gearing up, and most importantly, we are seeing initial

(unemployment) claims decrease in almost every region and county." According to the latest DOL data, Tift County had a 3.8 percent unemployment rate during February. The rate was 4.3 percent in January, and was 3.3 percent in February 2020. Tift posted that 20,543 residents were employed in February out of the county's 21,353 labor force, the DOL reported. Jobless rates improved in all Tiftarea counties, including Worth, at 4.4 percent; Turner, 6.0; Irwin, 4.8; Cook, 3.6; Berrien, 3.7; and Ben Hill County, 5.9 percent. The DOL offers online resources for finding a job, building a resume, and assisting with other re-employment needs. As of Tuesday, 231,753 job listings were available in the state at employgeorgia.com. The number of jobs listed online in the state has more than tripled since the beginning of the pandemic from the April 2020 listing of just 73,000 jobs. The DOL also said that Georgians have received \$20.2 billion in unemployment insurance payments since March 21, 2020, more than the past 82 years combined before the pandemic.

Source: Tifton Grapevine



Kick Off To Planting

Peanut Palooza



FREE EVENT

SATURDAY

APRIL 17, 2021

10:00-2:00

445 FULWOOD BLVD.

TIFTON, GA 31794

Food, music, games & more!



www.facebook.com/WCHSiRambots/ www.instagram.com/irambots7470_wchs www.twitter.com/irambots Email: irambots7470@gmail.com

Helpful Contacts

Hannah Fletcher: Email:

hannah1234567840agmail.com Phone Number: (229) 733-5542

Michelle Smith Email: mismithaworthschools.net



Brought to you by *i*Rambots 7470



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

May

Jone

August

September

Physics Kit Bean Kit Sparks Flying Kit Build a Website Kit Personality Quiz 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.







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

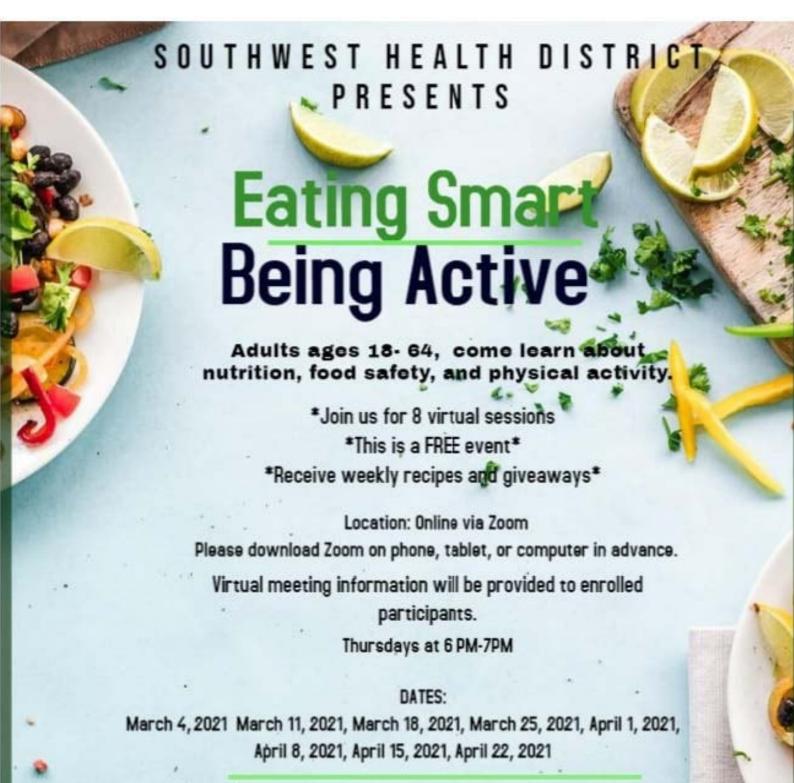
For help in a domestic violence crisis, call 800-33-HAVEN, 229-388-1541 for the local 24/7 Crisis Hotline, or 911 in emergencies. For help in a sexual assault situation, call 800-656-HOPE, 229-388-1541 for the local 24/7 Crisis Hotline, or 911 in emergencies. To make a confidential child abuse report,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



Worth County 4-H Vidalia Onion Fundraiser

10 lb for \$10 Order by April 22nd Tentative Pick up: May 13th 3pm-6pm Call: 229-776-8216

All proceeds benefit the Worth County Extension/ 4-H program



Click **HERE** to sign up.

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







Spring Break Fun Had At It's Best

Did everyone enjoy Spring Break? I have enjoyed watching where all people have gone this past week. I have included several different places that were enjoyed over Spring Break and maybe you all can make plans to go on the upcoming weekends and Summer Break.



One of the places that was visited several times during Spring Break was Buc-ee's. I have not been but I heard you can spend hours in there and still not be ready to go. You can get fuel, yummy food to eat and fun things to bring home. Buc-ee's states that's ever since their inception in 1982, they have been committed to providing a clean, friendly, and in stock experience for our customers. Regardless of where you may find them, if the store is big or small, near or far, the mission remains the same.

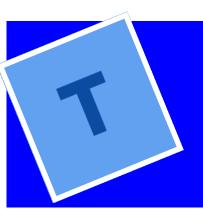


Another place that was visited was Providence Canyon State Park. A hike on a beautiful day can be very peaceful and relaxing. Providence Canyon State Park sits on 1,003 Acres. There are two Picnic Shelters available however they do ask that before making reservations, call park for capacity limits. They also have three Pioneer Campsites but again they ask for you to call the park before making reservations. Other things available is six Backcountry Campsites and a Museum as well as a the visitor center which is seasonal.



An another place that is one of my very favorite places is Wild Animal Safari. Wild Animal Safari was developed by Ron Snider, a world-renowned big game hunter. His concept was to create a place where the public could get up close and personal with the types of animals you generally never get to experience. This large goal was started by the creation of the Turkey Creek Hunting Club in 1988, which led to the eventual purchase of enough land to create a safari-like experience. In 1990 Mr. Snider reached out to expert consultants, outfitters, and hunters. With

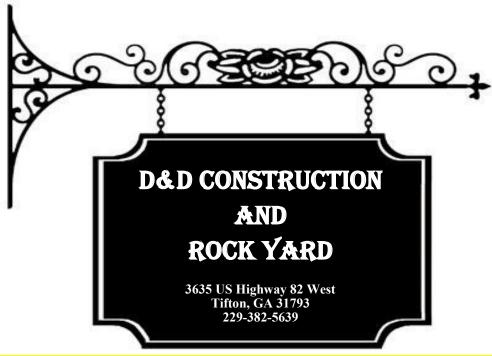
their input, they designed the layout of the park and decided which animals would be best suited for the venture. One of the goals in the creation of Wild Animal Safari was to have an attraction that was reasonably priced, allowing the proper care of the animals and grounds but also staying affordable to young families. Snider was especially interested in reaching 3- to 12-year-olds to help them gain a lifelong love of animals and nature. A success from the very first year, the wild animal attraction experienced steady growth year after year. Parks! America bought the business on June 15, 2005. Since assuming ownership, we've upgraded the grounds, acquired new animals and worked to enhance our guests' experience! So make your plans to visit Pine Mountain Georgia.



Sharing Memories: Sponsored by TT's Taxes

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 - Knowledge you can trustE-filing
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Springin' Up The Yard!













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May I Borrow Your Straw Hat?

Isn't it funny how a word or phrase, a holiday or a day to celebrate can remind you of a simple memory? I was reading just the other day about April being the month to celebrate different hats and I saw where they mentioned a straw hat. It took me back to Gordy. My daddy loved to do yard work and always wore a ball cap but as he got a little older, he bought him a straw hat. He was the cutest thing ever with his straw hat on. He would wear it when he was picking up pecans out at our home in Gordy. He loved picking up pecans but wanted to make sure he kept the sun off his head and neck. When Larry was about three months old, he loved to hold that straw hat and my daddy thought he was so sweet wanting to hold the hat that was about the size of him. After daddy passed away, we now have the straw hat that hangs on a two person bench in the living room. We love to look at that hat everyday. Who knew a simple hat would bring so much joy.

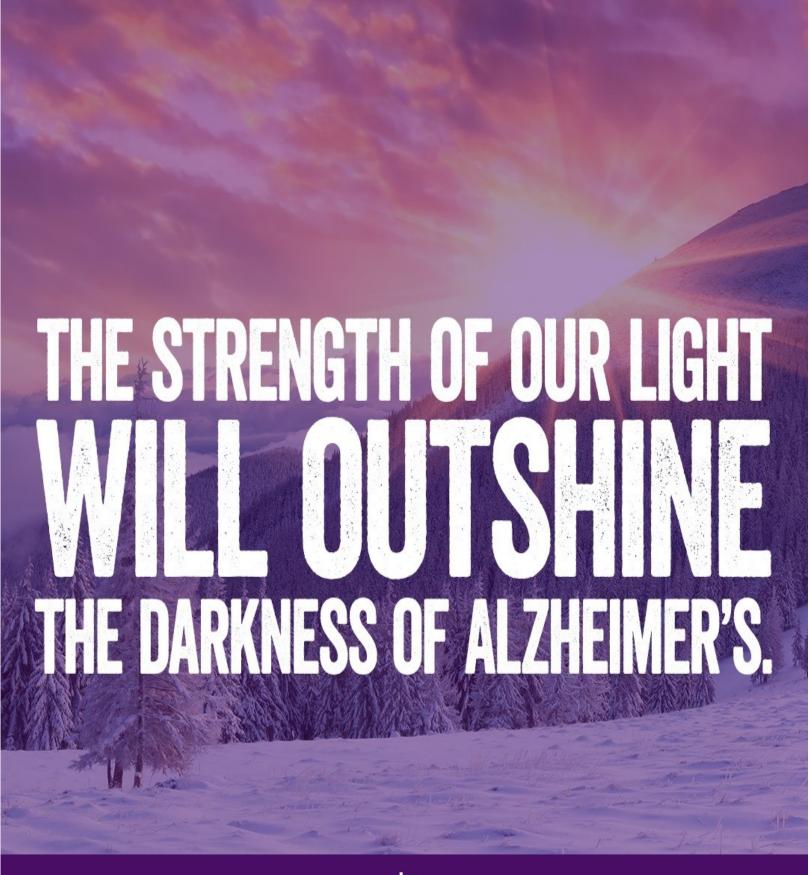
WCMS Receives Rural Innovation STEM Grant



WCMS has received aeroponic towers as part of the FY21 Rural Education Innovation STEM/STEAM Grant. The GaDOE grant's purpose is to assist Southwest Georgia RESA regions in creating and developing STEM/STEAM programs/ activities that help students make connections between content standards, their passions and curiosities, and experiences within the local community. WCMS has partnered with Fort Valley State University 4-H and Sylvester's Village Community Garden in this endeavor. Mrs. Parten and Mrs. Easom have been working on the assembly and distribution of the six towers. The towers will grow 32 plants indoors. Tower gardens grow plants in air and mist environments rather than soil. Plants grow 30 percent more plants 30 percent faster with 98 percent less water in these towers. Some of our towers are already planted and growing. Also as part of

the grant, our classroom gardens are expanding with more raised beds and rainwater collection barrels.

Source: WCSD



THE LONGEST DAY

alzheimer's 95 association

2021 WORTH CO. FOOTBALL SCHEDULE

AUGUST 13TH PELHAM

WORTH CO. STADIUM

AUGUST 20TH TURNER CO. WORTH CO. STADIUM

AUGUST 27TH MITCHELL CO. WORTH CO. STADIUM

SEPTEMBER 3RD **AMERICUS-SUMTER** ALTON SHELL STADIUM

> SEPTEMBER IOTH RUTLAND WORTH CO. STADIUM

SEPTEMBER 24TH TIFT CO. **BRODIE FIELD**

> OCTOBER IST COOK

COOK HIGH SCHOOL

OCTOBER 8TH THOMASVILLE

VETERANS MEMORIAL STADIUM

OCTOBER ISTH FITZGERALD

WORTH CO. STROIUM

OCTOBER 2200

BERRIEN

RAYMOND JONES MEMORIAL STADIUM

OCTOBER 29TH BARLY CO. WORTH CO. STADIUM





RAISE THE STANDARD

Easter eggs and jelly beans are sweet things to use to learn colors and counting at The Margaret Jones Public Library Books and Bubbles group held on Tuesday morning's.

Source: MJPL





Proud Sponsor of This Weeks' SCHOOL SNAPSHOTS!



STEAM

May 15th
2PM-9pm
TRAIN DEPOT

Spare Parts
Wall-E
Smash Tournament!
STEAM Booths!
Concessions Available!!
prizes included

Hosted by your Worth County High School Robotics Team

Raffle! Sign up when you arrive!



Chocolate & a Canvas <mark>"Beautif</mark>ul Bouquet" Tuesday, April 20 6:30pm Registration: \$30

Supply Kit: \$3-8



"Follow the Leader" Saturday, April 24 11:00am Registration: \$30





Intro to Drawing: Architecture Ages: 12 - 112

Thursday, April 22

6:30pm

Registration: \$30

Register at www.tiftonmuseum.org

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Thank you for your loyalty. We appreciate vou.

Skin Cancer Awareness: Protect Yourself!

Spring has sprung! Birds are chirping and flowers are blooming. The warmer weather welcomes fun in the sun. The seasonal shift also is a great time to shed light on skin cancer. Skin cancer is the most common cancer impacting Georgians. In most cases, skin cancer is caused by ultraviolet (UV) rays, an invisible type of radiation that comes from the sun, tanning beds, and sun lamps. Basal cell and squamous cell carcinomas are the most commonly diagnosed skin cancers. Melanoma is the third most common, and deadliest, form of skin cancer. Anyone can develop skin cancer! People with lighter skin face a higher risk of developing skin cancer; however people with darker skin tones may often be diagnosed with skin cancer at a later stage, making it more difficult to treat. In fact, legendary reggae musician Bob Marley died at 36 years old from melanoma that had started under one of his toenails. The following tips may help to reduce your chances of developing skin can-

- 1. Wear sunscreen. It is important that sunscreen be worn year round. Be sure to select sunscreen with a Sun Protection Factor (SPF) of 15 or higher and both UVA and UVB protection.
- 2. Cover up. Wear clothing that covers your arms and legs, sunglasses, and wide brimmed hats.
- 3. Avoid tanning. Stay away from tanning salons! Tanning bed use can lead to skin cancer.
- 4. Stay in the shade. This is extremely important during midday hours.

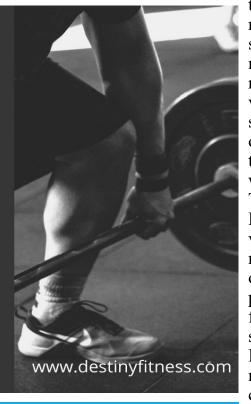
There are currently no routine preventive screenings available to check for skin cancer. Follow the tips shared above to reduce your risk. Also, regularly observe your body - all over - for changes! Remember: If you notice any changes to your skin, see a dermatologist (doctor who specializes in skin diseases). When caught early, skin cancer is treatable.

Source: Centers for Disease Control and Prevention

Take Your Bicycle For A Spin

Thursday is National Bike Day and I couldn't help but get tickled about this day to celebrate! I love to ride bikes...well I love the thought of riding bikes. I have such bad equilibrium problems that I can not stay on the bicycle. I start going and I guess I get dizzy and bam over I go. It's actually a funny sight to see they tell me. I don't even try anymore. At the age of almost 41, I am afraid if I try and fall as I usually do, I might break something and I can not afford to break anything, not even a pinky finger! But on Thursday all you bike riders get out and enjoy your day on your bicycle.







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

A Day at the Playground

Did you know that with active supervision and some basic safety tips, every day at the playground can be a walk in the park. Playgrounds are so much fun and children love to play on them but as parents we don't think about the dangers until something happens. Falls are the most common type of playground injury, accounting for more than 75 percent of all playgroundrelated injuries. Lack of or improper supervision is associated with approximately 45 percent of playgroundrelated injuries. Simple tips can prevent these injuries or less of them. Be sure to actively supervise your children on playgrounds. It won't be hard – they'll probably be calling for you to watch them climb, jump and swing. That is for sure. When I use to take Larry and his friends to the park in Sylvester I would hear many times "Watch me do this". I loved those days! Another simple tip is take your kids to playgrounds with shock-absorbing surfaces such as rubber, synthetic turf, sand, pea gravel, wood chips or mulch. If your child falls, the landing will be more cushioned than on asphalt, concrete, grass or dirt. Always dress appropriately for the playground. Remove necklaces, purses, scarves or clothing with drawstrings that can get caught on equipment and pose a strangulation hazard. Even helmets can be dangerous on a playground, so save those for bikes. And one of the most important tips is to teach children that pushing, shoving or crowding while on the playground can be dangerous. These are simple tips and some that we mostly go by already but if we don't we need to definitely start. Have fun at any playground but stay safe while playing. You can find more information like this at playgrundsafety.org. Stay safe and enjoy these Spring and Summer days at the park... A place where everyone has fun, children and adults!

Worth Co. 4-H Shotgun Team Fishing Raffle





Donated by Rugged Shoals Outfitters

\$5 per ticket

Drawing April 20, 2021

1st Prize: Favorite Viridian Series Baitcaster 2nd Prize - Evolution Fishing Tackle Bag

Purchase tickets from 4-H Shotgun Team members or at the 4-H Office (204 E. Franklin St. #9 Sylvester). 229-776-8216

License #2021101009





Georgia 4-H Watermelon Growing Contest

Who: K-12th graders

Weighed by Extension Office: Tuesday, July 27, 2021

Winners Announced: Tuesday, August 3, 2021 National Watermelon Day

Cash Prizes for State Winners!

1st place 2nd place 3rd place

\$100 \$50 \$25

Worth County Extension Office/4-H 204 East Franklin St. #9 Sylvester, GA 31791 229-776-8216





Dates to Remember

Apríl

11th ~ National Telecommunications Week 12th ~ WCHS Golf Away

12th ~ Dazzling Daisy Paint Night at Margaret Jones Public Library 6pm

12th ~ National Telecommunications Week

13th ~ National Telecommunications Week

13th ~ WCHS Soccer Away

13th ~ City of Poulan Council Meeting 6:30pm

13th ~ Bingo at Ed's 6pm

13th ~ WCHS Varsity Baseball Away

13th ~ Worth County High School 4H Meeting 3:30-5 at 4H Office

13th ~ Worth the Read Book Club April Meeting 5:30pm

13th ~ City Sylvester Ward 4 Runoff Election

14th ~ WCHS Golf Away

14th ~ Kiwanis Club Meeting at Noon

14th ~ 4th-8th grade 4H Club Meeting at 4H Office from 3:30pm-5pm

14th ~ National Telecommunications Week

15th ~ National Telecommunications Week

15th ~ WCHS Soccer Home

15th ~ Worth County Board of Education Meeting 7pm

15th ~ Zoom into Science with 4H - Turtle Trash Collections 4pm

16th ~ WCHS Varsity Baseball Away

16th ~ WCHS Soccer Home

16th ~ 5th Grade 4H Meeting During Science Class at WCES

16th ~ National Telecommunications Week

17th ~ National Telecommunications Week

17th ~ Kick Off To Planting - Peanut Palooza 10am Tifton

17th ~ Champions of Hope Sporting Clavs Tournament

19th ~ 5th Grade 4H Meeting During Science Class at WCES

18th ~ Black Light Extravaganza at First Baptist Church Sylvester 5pm

19th ~ WCHS Golf Home

19th ~ City of Sylvester Council Meeting 7pm

20th ~ City of Warwick Council Meeting 7pm

20th ~ 5th Grade 4H Meeting During Science Class at WCES

20th ~ Worth County 4H Shotgun Team Fishing Raffle Drawing

20th ~ Bingo at Ed's 6pm

21st ~ 5th Grade 4H Meeting During Science Class at WCES

21st ~ WCHS Varsity Baseball Home

21st ~ Kiwanis Club Meeting at Noon

22nd ~ 5th Grade 4H Meeting During Science Class at WCES

23rd ~ 5th Grade 4H Meeting During Science Class at WCES

23rd ~ WCHS Varsity Baseball Home

27th ~ Sylvester - Worth County Family Connection Meeting

27th ~ Bingo at Ed's 6pm

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

28th ~ WCHS Track & Field Away

28th ~ Kiwanis Club Meeting at Noon

29th ~ WCHS Track & Field Away

29th ~ Zoom into Science with 4H - Don't Put Your Phone Down... Use It For Science 4pm 30th ~ WCHS Track & Field Away



Worth County Schools 2021-2022 Calendar

Planning (no students)

Holiday (no students or staff)

Last day of 9 weeks

July '21								
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March '22								
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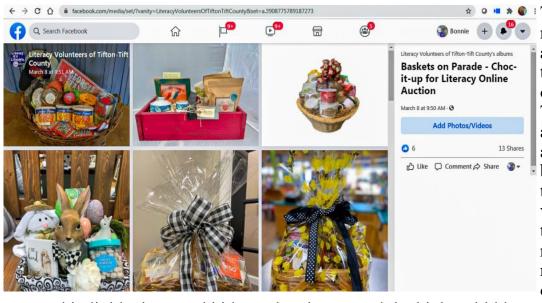
	April '22							
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May '22									
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9/6 Labor Day 10/8 & 11 Fall Break *11/11 Veterans Day celebrations will occur at each school. 11/22-26 Thanksgiving Break 12/17 Early Dismissal 12/20-31 Christmas Break 1/17 MLK Day 2/21 President's Day 3/11 & 14 Winter Break 4/4-8 Spring Break 5/25 Last Day of School 5/25 Early Dismissal 5/28 Graduation 5/30 Memorial Day

Approved 3/18/21

Literacy "Baskets On Parade" A Success



The recent "Baskets on Parade" Facebook-based auction was a "complete success," according to Bonnie Sayles, board member of Literacy Volunteers of Tifton-Tift County. Replacing the annual "Choc-It-Up for Literacy" event and celebrating spring, the event to benefit local literacy efforts featured 17 baskets of items and services from local businesses. A photo album of all the baskets, which remained at the sponsoring businesses, was hosted on the literacy organization's Facebook page. In-

terested individuals posted bids on the photos, and the highest bidders were announced in a Facebook live on Thursday, April 1. Along with support from the sponsor, The Howard Center, the event raised \$4,000, just \$500 less than the in-person fundraiser Choc-It-Up raised in 2020. "We had to do things differently this year, but several of our longtime supporters of literacy came through for us as always, joined by a large number of new donors," Sayles said. The local sponsors of baskets and gift certificates are: Annie's Place, Ashley's Home Goods, Bob's Flowers, Black Gold Cotton Compost, Bula's Antiques, Calhoun Produce, the Georgia Museum of Agriculture, the Georgia Peanut Commission, the Howard Diet Center, Indulgence Massage & Spa, The Local at the Lankford, Lowe's, Petsense, Pineapple Post, Plantation 59, Rutland Farms, Simply Sweet Celebrations, Southern Grace Farms, Southern Pickers, Southwell, Spring Hill Country Club, Springhill Suites, The Studio Hair Salon, Surchero's, T&L Collectibles, Think Tifton – Tourism Association of Tifton-Tift County, the Tifton Grapevine, and Liz Carson Keith's donations of paintings, prints and fine jewelry. Literacy Volunteers recruits and trains tutors to work with local residents wanting to improve reading skills, work toward earning GEDs, or learn the English language. Those interested in volunteering to tutor clients in reading, math or the English language may email tiftly@gmail.com or call Literacy Volunteers at 229-391-2527.

Source: Tifton Grapevine



Events, Dining, Shopping...

SMALL TOWN with loads of

SOUTHERN HOSPITALITY

visit us at
TiftonTourism.com





Think Tifton

Company Donates Technology For 3-D Livestock Weighing at ABAC



New technology is at the fingertips of Abraham Baldwin Agricultural College students thanks to a \$40,000 donation to the ABAC Foundation from ClicRtechnologies. A ClicRweight Bovine Solution System, which uses 3-D imaging technology that reads cattle, pig, and alligator weights without disrupting animals' routines, will be used at the Beef Unit at ABAC's J.G. Woodroof Farm. Dr. Mark Kistler, dean of the School of Agriculture and Natural Resources, said having students use the latest technology will help them have the knowledge and skills they need for future employment. Joseph Spicola Sr., chairman and CEO of ClicRtechnologies, believes ranchers need to embrace technology or get left behind. "We hope to emphasize skills gained in the different degrees and tracks offered at ABAC to encourage people to pursue an education in agriculture," Spicola said. "We believe ABAC will give ranchers and small family farms an opportunity to see this revolutionary technology firsthand." At the technology donation ceremony are, from left, Dr. Mark Kistler, dean of ABAC's School of Agriculture and Natural Resources; Dr. Jerry Baker, ABAC provost and vice president of academic affairs; and from ClicRtechnologies: Joseph Spicola, chairman and CEO; and Richard Ledbetter, information technology.

Source: Tifton Grapevine



Events, Dining, Shopping...

SMALL TOWN with loads of

SOUTHERN HOSPITALITY

visit us at TiftonTourism.com









Sylvester's 1st Annual eran 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.



Big Ticket Raffle Items \$1 per ticket

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**



There will also be live music from local artist and bands

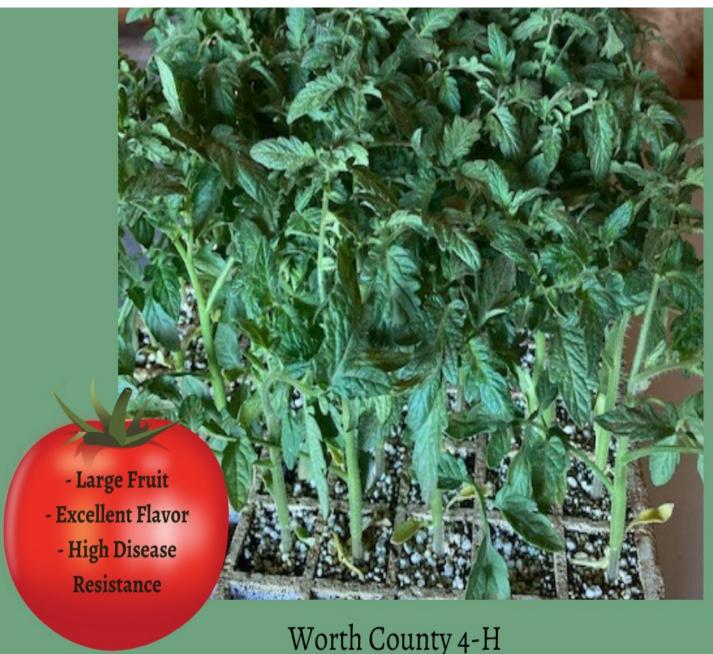




ENESS IS THE ANS

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



Tomato Plant Sale

\$1 per plant

Plants are ready for pick up at the Extension 4-H Office.

204 East Franklin St. # 9 | Sylvester | 229-776-8216







WCMS 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

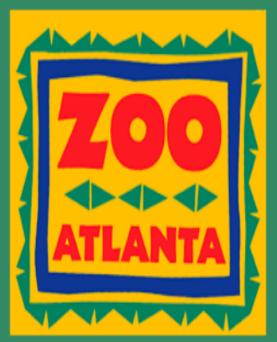
Alzheimer's Association Offering A Unique Virtual Education On Designing Dementia-Friendly Living Spaces

Free virtual workshop to provide participants with information and education on the growing science of home design for people living with dementia

ATLANTA, GA. – March 30, 2021 – In April, the Alzheimer's Association, Georgia Chapter will offer a new free education for dementia or Alzheimer's caregivers on home design and tips for dementia friendly living space for their loved one. Event scheduled for Wednesday, April 21 from 12:00 – 1:00 p.m. "The science of how the built environment affects those living with Alzheimer's and other related dementias is a growing concern, especially as more people strive to age in place, and live at home until the end of life", added Mary Caldwell, early stage program manager, Alzheimer's Association. "Dementia symptoms may lead to a loss of the ability to function safely and independently at home and in the community", added Mary Caldwell. Panelists for the April Lunch and Learn include Suzette Binford, Therapeutics Program Manager at the Emory Brain Health Center, Cognitive Empowerment Program, Dr. Herminia Machry Postdoctoral Fellow, Gabrielle "Gabby" Campiglia, Research Associate, SimTigrate Design Lab in the College of Design at Georgia Tech. To register for April Lunch & Learn: Design for Dementia-Creating Spaces for Optimal Living with Dementia, visit https://bit.ly/3m45OYM. The programs are free, but registration is required. Once registered, participants will be sent conferencing details prior to the date of each virtual program. The Alzheimer's Association, Georgia Chapter continues to offer free virtual education programs and online support groups to help all Georgia caregivers and their families. Launched in early April 2020, in response to the impact COVID-19 was having on those affected by dementia, the Alzheimer's Association now offers a number of education programs that can help those living with Alzheimer's and their families understand what to expect so they can be prepared to meet the changes ahead.

Other free education programs in April include: Understanding the Progression of Alzheimer's and Dementia, Monday, April 12th 10:00am-11:30am. Caregiving in the Middle Stage of Alzheimer's and Dementia: From Care Partner to Caregiver, Wednesday, April 14th 10:00am-11:30am. Caregivers Talk, A Panel: Experiences and Insights of Caregiving, Wednesday, April 14th 6:00pm-7:00pm. Communication, Behavior, and Intimacy: A Deeper Dive into Interpersonal Changes, Thursday, April 15th 2:00pm-3:30pm. Living with Alzheimer's for Caregivers – Middle Stage (3-Part Workshop), Wednesday, April 7th 11:00am-12:30pm, Wednesday, April 14th 11:00am-12:30pm, Wednesday, April 21st 11:00am-12:30pm. "No Place Like Home" - Understanding Alzheimer's and Dementia, Thursday, April 8th 2:00pm-3:30pm. Understanding and Responding to Dementia-Related Behavior Thursday, April 8th 6:00pm-7:30pm, Tuesday, April 13th 10:30am-11:30am, Tuesday, April 20th 10:00am-11:00am. Living with Alzheimer's for Caregivers – Late Stage (2-Part Workshop), Monday, April 12th 5:30pm-7:30pm, Monday, April 19th 5:30pm-7:30pm. Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning, Thursday, April 15th 10:00am-11:30am, Thursday, April 22nd 12:00pm-1:00pm. Healthy Living for Your Brain and Body, Thursday, April 15th 2:00pm-3:00pm. 10 Warning Signs of Alzheimer's, Tuesday, April 20th 2:00pm-3:00pm. Dementia Friends and Effective Communication Strategies, Thursday, April 29th 10:00am-11:30am.

Each virtual education program is approximately one hour to one and one half hours and allows the audience to ask questions and engage with others going through the journey online. More than 16 million family and friends, including 330,000 in Georgia, provide unpaid care to people with Alzheimer's or other dementias in the United States. To help family caregivers navigate the current complex and quickly changing environment, the Alzheimer's Association has also offered additional guidance to families at alz.org/covid19help. For more information, visit alz.org/georgia or call the 24/7 Helpline at 800.272.3900. Additional Facts and Figures: (http://www.alz.org/facts/). Alzheimer's disease is the sixth-leading cause of death in the United States. More than five million Americans are living with the disease, including 150,000 Georgia residents — a number estimated to grow to as many as 190,000 by year 2025. More than 16 million family and friends, including 540,000 in Georgia, provide unpaid care to people with Alzheimer's or other dementias in the United States. In 2019, friends and family of those with Alzheimer's in Georgia provided an estimated 615 million hours of unpaid care, a contribution valued over \$8 billion. The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to lead the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's® and all other dementia.



LIBRARY PASS 2021 Changes

Checkout the Zoo dvd and receive a voucher for free admission for 3 people.

Pass is valid Monday - Friday. Blackout dates are April 5-9, May 31, July 4, Sept. 6, Oct. 11, Nov. 25 and Dec. 25.

For more information, call 776-2096.



Hangin' Tough

Guess what day is celebrated in April? Oh yeah it's New Kids on the Block! I use to LOVE New Kids on the Block. I had a room full of their stuff. I could sing every song without skipping a beat but couldn't remember spelling words. My daddy and mama would always say that didn't make a lick of sense to them. How funny was that? I can remember having a birthday cake that was New Kids on the Block too. I thought I was something! I went to one of their concerts and then I had tickets to go to another and they cancelled. I was heartbroken! I cried! Now to see them as they have gotten older, I just laugh but they are still handsome! I still love them. They are great to listen to and see where they have come since their career days of the young group known as The New Kids on the Block!

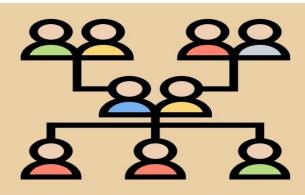
LOVE BOOKS? JOIN MJPL'S BOOK CLUB.

April's meeting will be held at the library on April 13th at 5:30 pm.

FOR MORE INFROMATION, CONTACT SARAH AT 776-2096 OR AT SARAH@WORTHLIB.ORG

Georgia Peanut Commission hosts Kickoff to Planting - Peanut Palooza on April 17

TIFTON, Ga. (April 8, 2021) – The Georgia Peanut Commission plans to host a Kickoff to Planting - Peanut Palooza on Saturday, April 17, 2021, from 10:00 a.m. - 2:00 p.m., at the Georgia Peanut Commission office in Tifton. The GPC office is located at 445 Fulwood Blvd. Tifton, GA 31794. Members of the public are invited to attend this free event. The family friendly event will have free boiled peanuts, fried peanut samples, Simply Sweet Celebrations cupcake truck and Tifton Takeover Nutrition peanut butter shake samples. The event will also include opportunities to plant your own peanut plant, prizes and giveaways, photo opportunities for kids to sit inside of a tractor and more. The event will also include the new Georgia Ag Experience which is a STEM based mobile classroom that showcases Georgia's diverse agriculture. This state-of-the-art agricultural learning experience is designed to give third through fifth-grade students and the public a chance to learn more about Georgia agriculture. The 36-foot trailer includes colorful farm photos, interactive technology and displays of products made from the various ag commodities. The Georgia Ag Experience will be displayed at the Kickoff to Planting - Peanut Palooza event by the Georgia Foundation for Agriculture and the Georgia Farm Bureau. In addition to the outside activities, the GPC office will be open for attendees to visit the gift shop and take a tour of the building. For more information about the event and programs of the Georgia Peanut Commission visit www.gapeanuts.com.



FAMILY TREE HELP AT MJPL

Members of the Barnard Trail Chapter of the DAR (Daughters of the American Revolution) will be at the library to answer genealogy or DAR related questions.

When: Wednesday, April

21st 1-5pm

Where: Margaret Jones

Public Library



Walk-ins are welcome or appointments can be made by calling 776-2096



Are You Smart With Your Money?

Being smart with your money is more than just opening a savings account. Money smarts include smaller things you wouldn't think are important, but in the long run these tips can end up saving you hundreds of dollars! You need to know every way to be smart with your money in this day and age. With prices increasing, debts rising, and demanding needs, this article with 7 ways to be smart with money is just for you! You would probably be very surprised if you realized the amount of money you spend per week just by going out. A movie here, bowling there, coffee every now and then, or an occasional shopping spree can really add up. Remedy this problem by limiting yourself to going out once a week. The rest of the time, get creative with your friends and think of free entertainment options. This is one great way to be smart with your money! Try and cut out unnecessary bills. Take a look at the bills you have. Are there any unnecessary bills you are paying? Do you really need the expensive phone plan you have, or a landline in addition to your cell phone? Cable and Netflix are awesome, but if you are never home to watch them, it's pointless. And with so many places now offering free Wi-Fi, there's another bill you can drop. This technique can really help you to be smart with your money. Another great idea is to open a Savings Account. One of the best ways to be smart with your money is to open a savings account. Then, make it a priority to put a little money in it with each paycheck. You may only be able to afford to put \$20 or less in there, but in time that small amount of money will add up. You never know when you will need emergency funds or when something may come up, so it's always nice to have a little money put back. Have you ever thought to avoid small purchases? Avoiding small purchases on a whim is one way to be smart with your money. Do you really need a snack or drink every time you stop for gas? Do you have to buy a coffee every morning? Is the latest issue of Cosmo that important? Try cutting out small purchases like these and see where your account stands. It may be hard at first, but just be patient, and give some time for this new habit to kick in. You'll find yourself saying no to bigger items after you kick the smaller ones! It is always good to think before you buy! One thing to really watch out for when you shop is telling yourself you HAVE to have it. Ask yourself these two questions: "Do I really need it?" "Can I afford it right now?" If you can answer both of these questions with a yes, then go for it. Be proud of yourself, knowing you are being smart with your money! A great way to save money is leave the credit cards at home. If you have a credit card, it's a wise choice to leave it at home in a safe place. Only carry it when you know you will absolutely need it. Credit cards encourage splurging, so it's better to limit yourself to cash and what you can afford. This makes a great way to be smart with your money! One way that everyone can save whether it is for personal use or business is watch for sales. Why pay full price for something when you can get it for a better rate? A final tip for being smart with your money is to always look for bargains. If you know there is something you are going to need soon, be on the lookout for sales, or a used, less expensive version. When you are grocery shopping, keep your eyes peeled for markdowns, and print out coupons online. And this same tip applies to shopping for clothing and accessories! These ways to save money will add up and really help you save a buck! If you put these tips into practice, you won't be disappointed. Being smart with your money is rewarding because when you stop buying unnecessary items, you have enough money left over to buy things you really want or need. Who knew that cutting out your morning coffee could pay for a new digital camera? These great tips came from online money matters site. However these tips are so true. I have stopped and thought about ways to save and even used some of these tips before reading them on here which makes me feel great! Now let's start saving them pennies!

Field's Funeral Home Weekly Live Show

Did you tune in to the live show this past Wednesday at 10am with Field's Funeral Home? If you missed it, don't worry! You can still go back and watch it. You can see it on Field's Funeral Home Facebook Page and on The Martin News Facebook Page. It was very good. The guest was Ward 4 candidate, Mr. Justin Lucas while Mr. Earnest Carter was unable to attend. The live show will be every Wednesday morning at 10am and many of the live shows will have guests. Be sure to tune in this Wednesday morning or catch the replay after that as the guest this week will be Mr. Hayes with the City of Sylvester. The Martin News is excited to be a sponsor of the show! If your business or organization wants to be a part of it, please contact Fields's Funeral Home.

