



The Martin News

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

May 10, 2021

SGT

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Make Plans To Join Downtown Sylvester This Friday

Friday, May 14th will be the day you do not want to miss being in Downtown Sylvester. All day Friday, you can enjoy bringing the children to design sidewalk chalk art. You can bring your own chalk or you may see Karen Singletary for some chalk. She will have chalk available until it is all gone. Adults and children can all draw on the sidewalks. The best chalk art will win a \$10 Dairy Queen Gift Card. So start planning now what you will be drawing.

Then from 5pm until 7pm will be the Sip and Stroll. The Sip & Stroll Registration will be beside the Vintage Nest. If you visit every place on the map and get it stamped, you will be entered in a drawing for \$75 DDA bucks, \$50 DDA bucks and one of two \$25 Chamber Bucks being given away. If you spend \$25 or more at a store or restaurant, please bring your receipt to Karen Singletary by Monday, May 17th at 5pm to be entered in a drawing for the grand prize of \$100. Stores that are participating in the Sip & Stroll are Fletcher Yearata, Jessie & Salon, The Woman's Club, Barnyard Creations, Vintage Nest, Alchemy Games, Newell's Firearms, Defining Figures, Daughtry's Empire and Rumors Merle Norman.

And to wrap the night up from 7pm until 10pm will be The Grapevine Band in Concert. There is no charge for the concert. There will be food vendors and an alcohol vendor at the concert. Bring your chairs if you have not reserved a table.

We hope to see you all!

Source: Sylvester Main Street

*Chip
Cooper #3*



SPRING GAME

WORTH GO. VS. DOUGHERTY

Rams X *Trojans*

5.14 | 7:00 PM
SYLVESTER, GA



The Worth County Rams Touchdown Club Presents:

Three Man Scramble

GOLF TOURNAMENT

Saturday, August 7, 2021

Pine Knoll Country Club 409 Pineknoll Road Sylvester, GA 31791



Registration: 12pm

Tee-off: 1pm

Cost: \$300 per team

This includes entry into all events, 18-holes of golf, riding cart, lunch, and chance to win various prizes!

Longest Drive - Closest to the Pin – 4 mulligans per person

Hole Sponsorships are available

To Register Contact: Will Peacock (229) 881-9921

All proceeds will benefit the Worth County Rams Touchdown Club which is for Middle School and High School Rams

Teacher Appreciation Week May 2021 Worth County Schools

The Martin News Sylvester, Georgia 5-10-2021

Thank You To All Teachers

This past week was National Teacher's Week and Worth County School's enjoyed thanking and spoiling their teachers. Here are a few snap shots of the week but be sure to look at each school's Facebook Page for all of the pictures from the week! And thank you to all of the Teachers for all you do! YOU are greatly appreciated.

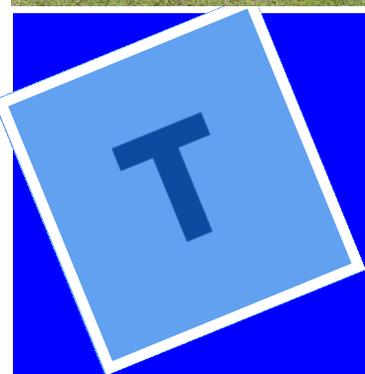
Source: WCSD



Sharing Memories: Sponsored by TT's Taxes

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**Friday
May 14th
7 PM to 10 PM**
Downtown Sylvester at the Depot

*** Food Trucks**

*** Alcohol Vendor**

THE GRAPEVINE BAND

SONGS INCLUDE:
**MOTOWN,
 R&B,
 BEACH,
 POP,
 60S-70S-
 80S ROCK,
 & MUCH MORE**

Any questions please contact Karen Singletary 229-773-7716



Mrs. Joyner's resource class has started a vegetable and herb garden with watermelons, tomatoes, squash, black-eyed peas, jalapeno peppers, green bell peppers, strawberries, eggplant, cucumbers, rosemary, and mint. We will be adding loofah to our garden soon! Inside the class, we are growing arugula, bibb lettuce, and mixed greens in our hydroponic garden tower. The WCMS Green Team included a pollinator garden area by recycling and painting old tires to use as planters and filling them with flowers and plants that attract, feed, and grow monarch butterflies. Monarchs are an endangered species important to our survival. Mrs. Joyner said, "There are many exciting things coming to WCMS next year, and I believe our school's gardens will be an outdoor teaching experience like no other. The hard work and diligence these students contributed to putting these gardens together make me so proud."

Source: WCSD

Keeping Our Children Safe on Bicycles

May is the perfect time for enjoying the outdoors and bike riding with your family. Riding a bike is a great way to get kids outside and encourage them to stay active, but without precautions in place, it can be a cause of serious injury. Here are some simple rules to follow to keep the little ones safe:

1. Make sure your child's helmet meets the U.S. Consumer Product Safety Commission's standards.
2. A helmet should sit on top of the head in level position, should not rock forward, backward, or side to side.
3. Helmet straps must always be buckled, but not too tightly.
4. When the helmet is positioned on your child's head, the rim should be one to two finger-widths above the eyebrows.
5. The straps should form a "V" under the ears when buckled.
6. A helmet should hug the head when the mouth is opened wide.

If you ever have any questions, please visit safekidsgeorgia.org.

Zoom into Science!
Coastal Erosion and Natural Prevention
Thursday, May 13, 2021
at 4:00PM eastern daylight time

Virtually meet Alex Muscalus, a graduate student at Georgia Tech. During the session, participants will learn about erosion that happens along the coast and how nature can be part of the solution, such as marshes, oysters, and sand dunes.

Register at: www.tinyurl.com/scizoomerosion

Questions:
 Kasey Bozeman, Extension 4-H Specialist, kaseyb@uga.edu

GEORGIA
 4-H SCIENCE PROGRAM
 The University of Georgia is an Equal Opportunity / Affirmative Action Institution.



Links

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



Infinite STEMZ

Brought to you by
iRambots
7470

Helpful Contacts

Hannah Fletcher:
Email:

hannah1234567840@gmail.com
Phone Number: (229) 733-5542

Michelle Smith

Email: mismith@worthschools.net



Price:

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

How it Works

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

Infinite STEMZ Kits

- March Physics Kit
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
- September Rocket Kit
Escape Room Kit

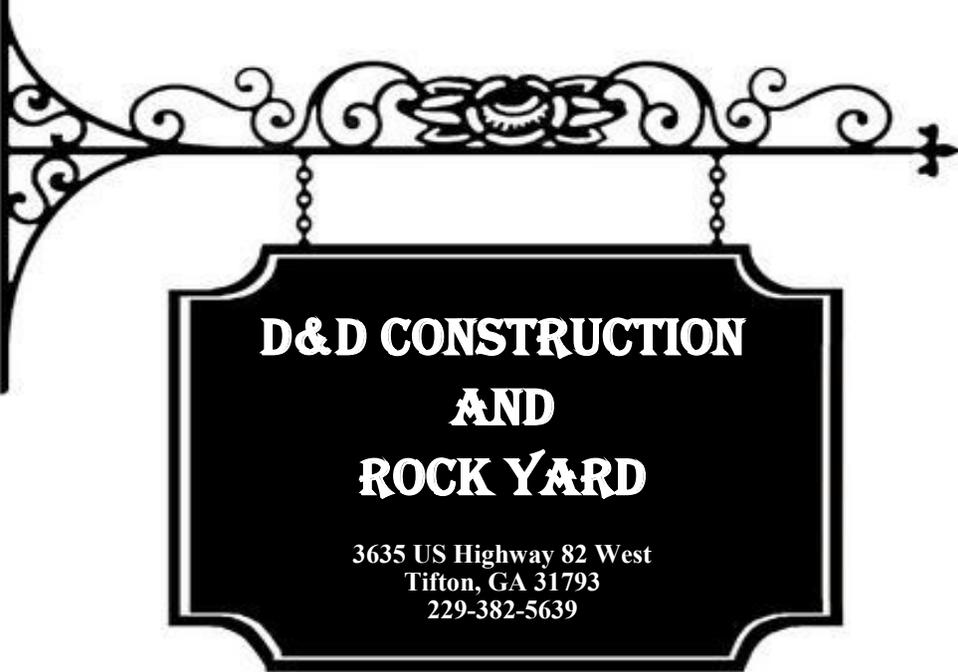


Why Infinite STEMZ?

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.



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Recognizing Older Americans Month

May is recognized as Older Americans Month. Let's give a SHOUT OUT to getting older. You may ask, "So what's so great about getting older?" Well, ponder on these seven reasons to celebrate:

1. You're nearing the top of a mountain which gives you perspective. As the years go by, you gain a perspective not found in younger years. Mysteries of why things happened years ago start to clear up. You begin to see how the pieces of life fit together. The older you become, the more life makes sense.
2. You care less and less about what people think. There was a time when you put a lot of pressure on yourself worried about what people thought about you. Not anymore. Growing older rescues you from that kind of thinking.
3. You learn what's really important. In your formative years, life centered on building a career. Maybe you put a lot of things on the back burner in your younger years, thinking 'I will do that later.' With every year that passes, I learn that life is all about relationships. Nothing is really more important.
4. You realize the need to make every day count. Focus on what you can do for the day, realizing that none of us are guaranteed the next day. Every choice counts and every day needs to be lived to the fullest.
5. You are morphing into the role of a sage. In many cultures, older people are held in high esteem for good reason. Life is the best teacher. Believe it or not, you may begin to have people seek you out for wisdom and guidance.
6. You get to see your kids and grandkids grow up. One of the joys of getting older is you get to watch the next generations grow into adulthood. You get the privilege of being a part of their journey.
7. At the close of every year, you've written another chapter in your book of life. When you die, your legacy is the life you have lived. Now is the time to work on your legacy. Make it count.

Adult SUMMER READING CHALLENGE 2021



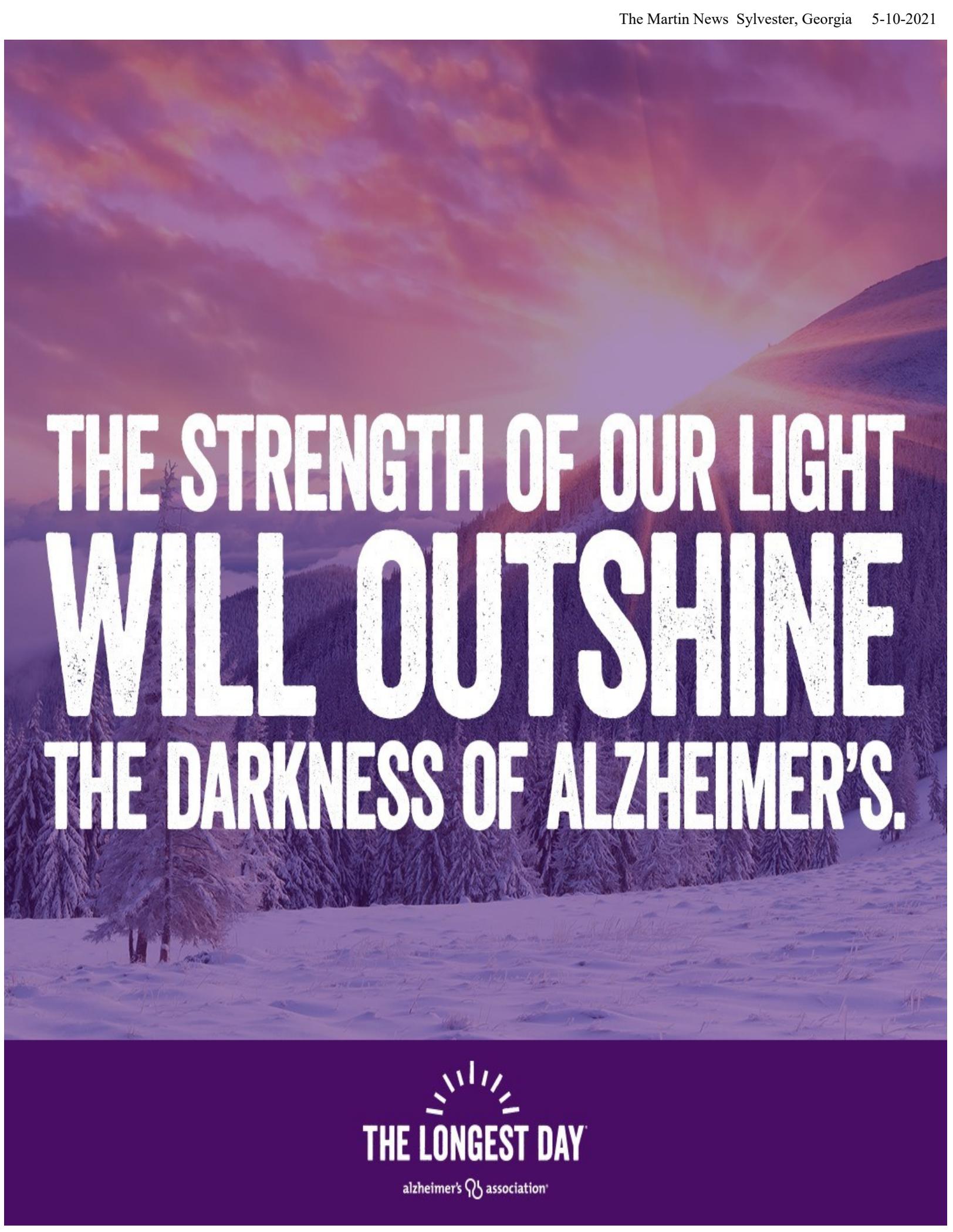
READ 10 BOOKS TO EARN A LIBRARY BAG BETWEEN MAY 6TH AND JULY 30TH. THE FIRST BOOKMARK AND EVERY ADDITIONAL BOOKMARK OF 10 WILL BE ENTERED IN THE DRAWING FOR A GRAND PRIZE.



All bookmarks must be submitted at the Margaret Jones Public Library by July 30th.

For more information, please contact us at 776-2096 or at worthlib.org.





**THE STRENGTH OF OUR LIGHT
WILL OUTSHINE
THE DARKNESS OF ALZHEIMER'S.**



THE LONGEST DAY

alzheimer's  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 10TH
RUTLAND
WORTH CO. STADIUM

SEPTEMBER 24TH
TIFT CO.
BRODIE FIELD

OCTOBER 1ST
COOK
COOK HIGH SCHOOL

OCTOBER 8TH
THOMASVILLE
VETERANS MEMORIAL STADIUM

OCTOBER 15TH
FITZGERALD
WORTH CO. STADIUM

OCTOBER 22ND
BERRIEN
RAYMOND JONES MEMORIAL STADIUM

OCTOBER 29TH
EARLY CO.
WORTH CO. STADIUM



RAISE THE STANDARD

**Seven Students Participate in Future Educators Signing Day
at Ram Tech College & Career Academy at Worth County High School**

In an effort to build excitement around the teaching profession and encourage students to pursue a career in education, Ram Tech College & Career Academy at Worth County High School participated in Georgia's Future Educators Signing Day, a statewide initiative sponsored by the Georgia Department of Education, on May 4, 2021. The event celebrated seven graduating seniors from the class of 2021 who have made the decision to pursue a career in education.

**Tyrell Young - Albany State University
Tityanna Hooks - Columbus State University
Takiyah Timmons - Georgia State University
Tayshaun Shipp - Mercer University
Alexis Hudson - Southern Regional Technical College
Jaylah Thomas - Valdosta State University
Johnny Ray Welch - Valdosta State University**

We are so proud of each of you and look forward to witnessing the impact you have on your future students!

Source: WCSD



**Proud Sponsor
of This Weeks'
SCHOOL
SNAPSHOTS!**

COME JOIN THE FUN

STEAM FEST

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!**

TOMLINSON

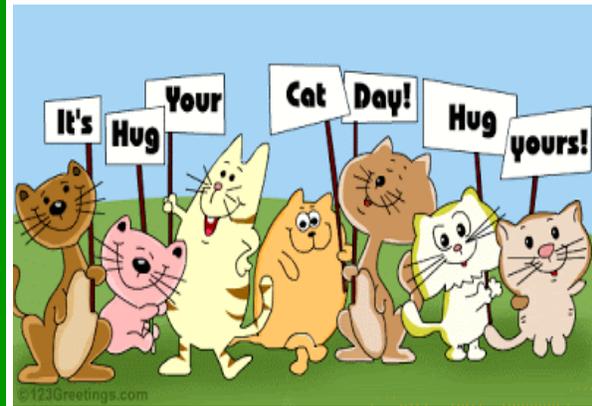
OUTDOOR WASHING

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Tuesday, May 11th is National Hug Your Cat Day! How many cats do you have? I have one. Her name is Callie and she is four and half years old and weighs 20 pounds. She defines a whole new meaning of spoiled rotten. Be sure to love on your furbabies every day...

News From Worth County Schools

Ride 360 is a new mobile application that we will be using to help parents follow their students' transportation. It is now active and available for use. Please be aware there may be some delays in receiving information. Thank you for your help as we implement this new tool for student safety. When registering your student, please be sure to enter their date of birth MM/DD/YYYY. If you need any additional assistance please contact the bus shop at 229-776-8612.

Source: WCSD

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MAC'S SNACK ATTACK

Ice Cream

Soda's

Water

Chips

Pickles

Candy

For corporate events, please call 229-402-7049



Mac's Snack Attack will be making rounds in the neighborhoods of Sylvester at least 4 times a week. Be on the lookout for him! Lots of goodies to enjoy! All items are \$1.

New Library Hours

Monday 9am-5:30pm
Tuesday 9am-7pm
Wednesday 9am-5:30pm
Thursday 9am-7pm
Friday 9am-5:30pm
Saturday 9am-1pm

Evening hours are back starting in May



Memories of Older Ones

With it being Older Americans Month, it has me thinking of times with older people that have now gone on to their Eternal Home. It's amazing what we learn from older people that we remember our whole lives. It's also the simple things we do with our older friends and family members that leave us with memories that will last a life time. I could seriously write a book but I will share some of my great memories. I was blessed with two grandmothers that quilted quilts and I have quilts in my house that they both quilted through their lives. I have some on our beds and then I have some on a quilt rack that my daddy built while he was living and then I have some hanging on my daddy's ladder that he used for many, many years. I have always loved to write but one thing I did when all the little ladies were still living in my church was send them cards for every occasion. And I do mean every. Whether it was Valentines, St. Patrick's Day, Easter, or any of the other holiday's or even if it was just to say hello, I sent out cards. I loved to do it and they loved to get them. It was the simple things to them that meant the world. A funny memory I will never forget was an older couple that I loved dearly saw my sister was getting married in the local newspaper however they didn't know she was divorced so they just assumed it was me and gave me a wedding present. How sweet was that?? They were no longer with us when I did get married so that early wedding gift was meant to be. Oh how I loved them!



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229-776-6682



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

May

- 10th ~ Toes in the Sand Paint Party at Margaret Jones Public Library
- 10th ~ American Red Cross Blood Drive at Friendship Baptist Church 11am-5pm
- 11th ~ Bingo at Ed's
- 12th ~ Kiwanis Club Meeting at Noon
- 12th ~ Brews & Bingo at Pretoria Fields 6pm-8pm
- 13th ~ WCHS Track & Field Away
- 13th ~ Trivia at Pretoria Fields 7pm
- 14th ~ WCHS Track & Field Away
- 14th ~ Side Walk Chalk Art All Day Downtown Sylvester
- 14th ~ Sip & Stroll Downtown Sylvester 5pm-7pm
- 14th ~ Community Prayer in the Park 6pm
- 14th ~ Worth County Rams Spring Scrimmage Game 7pm
- 14th ~ Grapevine Band Concert Downtown 7pm
- 15th ~ WCHS Track & Field Away
- 17th ~ WCHS Golf
- 18th ~ WCHS Golf
- 18th ~ Bingo at Ed's
- 18th ~ High School 4H Meeting 330pm-5pm
- 18th ~ American Red Cross Blood Drive at Dougherty County Community 1pm-6pm
- 19th ~ Kiwanis Club Meeting at Noon
- 19th ~ Brews & Bingo at Pretoria Fields 6pm-8pm
- 19th ~ 4th-8th Grade 4H Club Meeting 330pm-5pm
- 20th ~ Worth County Board of Education Meeting
- 20th ~ Trivia at Pretoria Fields 7pm
- 21st ~ 4H Meeting for 5th Grade at WCES During Science Class
- 24th ~ 4H Meeting for 5th Grade at WCES During Science Class
- 24th ~ WCHS Fast Pitch Varsity Softball Tryouts
- 25th ~ WCHS Fast Pitch Varsity Softball Tryouts
- 25th ~ 4H Meeting for 5th Grade at WCES During Science Class
- 25th ~ Bingo at Ed's
- 25th ~ Sylvester - Worth County Family Connections Meeting
- 26th ~ Kiwanis Club Meeting at Noon
- 26th ~ Brews & Bingo at Pretoria Fields 6pm-8pm
- 26th ~ WCHS Fast Pitch Varsity Softball Tryouts
- 26th ~ 4H Meeting for 5th Grade at WCES During Science Class
- 27th ~ 4H Meeting for 5th Grade at WCES During Science Class
- 27th ~ American Red Cross Blood Drive at Byne Memorial Baptist Church 2pm-7pm
- 27th ~ Trivia at Pretoria Fields 7pm
- 28th ~ 4H Meeting for 5th Grade at WCES During Science Class
- 31st ~ Happy Memorial Day from The Martin News
- 31st ~ Worth County Schools Closed for Holiday

Tifton's New Medal Of Honor Recipient Ret. Col Ralph Puckett To Be Awarded For Valor During Battle In Korean War



Retired Army Col. Ralph Puckett, 94, a Tifton native and U.S. Army Ranger living legend, will be awarded the Medal of Honor, the nation's highest military honor, for his valor in leading his severely outnumbered men in a bloody battle during the Korean War. Puckett, who lives in Columbus, received a phone call Friday from President Biden informing him of the honor. "I was surprised that I was selected to be awarded the medal, but I certainly felt that my Rangers deserved recognition and that kind of award for what they have done," Puckett told WRBL in Columbus. On Nov. 25, 1950, during one of the toughest battles of

the Korean War, the Eighth Army Ranger Company seized and held a strategically important hill overlooking the Chongchon River. Separated by more than a mile from the nearest friendly unit, only 51 soldiers fought off several hundred Chinese attackers. Their commander, Lt. Ralph Puckett, continued to lead even though he was severely wounded three times. Because of his injuries, he told his men to leave him behind but they refused. For his actions, Puckett received the country's second-highest award for courage on the battlefield – the Distinguished Service Cross – and resumed active duty later that year as a living legend. After Korea, Puckett, a 1949 West Point graduate, joined the newly established U.S. Army Ranger Department, serving as an instructor and tactical officer, and commanding companies at Fort Benning and in the Ranger Mountain Camp. He went on to lead companies in Vietnam, train cadets at West Point and organize military leadership courses in Colombia. The Col. Ralph Puckett Leadership Award series was named for him, honoring top officers in the U.S. Army Rangers, which is the most elite and highly trained of the Army's combat forces. Besides the Distinguished Service Cross, Puckett has also received Silver and Bronze stars, the Legion of Merit, the Purple Heart, the Air Medal, Army Commendation Medal, Vietnam Cross of Gallantry and the Special Operations Command Medal, among others. In 2004, Puckett was named to Tifton's Wall of Fame. He has been named honorary colonel of the 75th Ranger Regiment headquartered at Fort Benning and remains active with the Rangers and other soldiers at Fort Benning. In 2017, he published his second book, "Ranger," a memoir of his days growing up in Tifton, his service in Korea and Vietnam, and his life beyond. Retired U.S. Army Col. Ralph Puckett stands with troops as they prepare to start a foot march during the 2021 David E. Grange Jr. Best Ranger Competition at Fort Benning on April 16.

Source: Tifton Grapevine



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SOUTHERN HOSPITALITY

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ThinkTiftonGA

Rashod Bateman Goes To Ravens, Sports No. 12 Jersey



Tifton's Rashod Bateman, the Baltimore Ravens' first-round pick in the NFL draft, has apparently chosen No. 12 as his jersey number, according to his post on social media. Bateman, the former Tift County Blue Devil and University of Minnesota star receiver, was the 27th overall pick in the draft Thursday night. He awaited the word with family and friends in Tifton, and wore a necklace containing a photo of his late uncle Anthony Bateman, a Tift County coach who died unexpectedly in 2019. As he awaited the draft results, Rashod Bateman posted a photo of himself on Brodie Field, saying,



"Got my last workout in yesterday on the field that made me ME." Rashod Bateman releases a new photo of himself wearing a No. 12 Baltimore Ravens jersey. In the photo at right shortly before the NFL draft, Bateman gets his mind off the speculation by working out at Brodie Field where he played as a Blue Devil.

Source: Tifton Grapevine



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ThinkTiftonGA

Beating the Summer Heat and Staying Safe While Enjoying the Water

When the weather turns warm, everyone wants to be in or around the water. Hanging out at the pool or the beach on a hot day is a great way to beat the heat but with social distancing. Between having fun and checking out the lifeguards, most people don't think much about water safety — but they should. For people between the ages of 5 and 24, drowning is the second leading cause of accidental death. It doesn't have to be that way, though. Most water-related accidents can be avoided by knowing how to stay safe and following a few simple guidelines. Learning how to swim is essential if you plan on being on or near water. Many organizations provide swim instruction to people of all ages, check to see what classes are available in your area. "Buddy up!" That's what swimming instructors say. Always swim with a partner, every time — whether you're swimming in a backyard pool or in a lake. Even experienced swimmers can become tired or get muscle cramps, which might make it difficult to get out of the water. When people swim together, they can help each other or go for help in case of an emergency. Get skilled. Speaking of emergencies, it's good to be prepared. Learning some life-saving skills, such as CPR and rescue techniques, can help you save a life. A number of organizations offer free classes for both beginning and experienced swimmers and boaters. Check with your YMCA or YWCA, local hospital, or chapter of the Red Cross. Know your limits. Swimming can be a lot of fun — and you might want to stay in the water as long as possible. If you're not a good swimmer or you're just learning to swim, don't go in water that's so deep you can't touch the bottom and don't try to keep up with skilled swimmers. That can be hard, especially when your friends are challenging you — but it's a pretty sure bet they'd rather have you safe and alive. If you are a good swimmer and have had lessons, keep an eye on friends who aren't as comfortable or as skilled as you are. If it seems like they (or you) are getting tired or a little uneasy, suggest that you take a break from swimming for a while. Swim in safe areas only. It's a good idea to swim only in places that are supervised by a lifeguard. No one can anticipate changing ocean currents, rip currents, sudden storms, or other hidden dangers. In the event that something does go wrong, lifeguards are trained in rescue techniques. Swimming in an open body of water (like a river, lake, or ocean) is different from swimming in a pool. You need more energy to handle the currents and other changing conditions in the open water. If you do find yourself caught in a current, don't panic and don't fight the current. Try to swim parallel to the shore until you are able to get out of the current, which is usually a narrow channel of water. Gradually try to make your way back to shore as you do so. If you're unable to swim away from the current, stay calm and float with the current. The current will usually slow down, then you can swim to shore. Even a very good swimmer who tries to swim against a strong current will get worn out. If you're going to be swimming in an open body of water, it's a great idea to take swimming lessons that provide you with tips on handling unexpected hazards. Some areas with extremely strong currents are off limits when it comes to swimming. Do your research so you know where not to swim, and pay attention to any warning signs posted in the area. For more information on subjects just like these, please visit kidshealth.org.

Margaret Jones Public Library's

STUFFED ANIMAL DRIVE

Donate new and/or gently
used stuffed animals to be
used as Bingo prizes for
our Tails and Tales
Summer Reading Challenge

For more information, please call 776-2096



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

YOU ARE NOT ALONE



Sylvester's 1st Annual Veteran Suicide Awareness Event

Where:

Worth County Ag Pavillion
102 Rebecca Dr, Sylvester, GA 31791

When: June 5, 2021

Event will begin at 10am with presentation of colors, live national anthem, dual taps, and a prayer.



Big Ticket Raffle Items
\$1 per ticket

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



Classic Car/Truck show

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

Pre-Registration \$15
Late Registration \$20



There will also be live music from local artist and bands



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!

Surprise Guest Speakers and special guest on Veteran Suicide Awareness



SAVE 22

AWARENESS IS THE ANSWER



All profit from this event will go directly to a well researched veteran focused local charity

If you would like to sign up for any of these events or sponsor it please contact:

Cody Humphrey (229)376-4426

Emma Lynn (229)603-8859

Adam Ivey (229)206-1427

Know the Facts about High Blood Pressure

Sponsored by the CDC, National High Blood Pressure Education Month raises awareness about the impact high blood pressure can have on health. Written as two figures, blood pressure is measured as the pressure when the heart has pumped (systolic) and when the heart is in between beats (diastolic). When the heart pumps blood, blood pressure is higher than when it is in between beats. The systolic measurement will be higher than the diastolic measurement. Normal Blood Pressure Levels: Systolic < 120mmHg Diastolic > 80mmHg At Risk Blood Pressure Levels: Systolic 120-139mmHg Diastolic 80-89mmHg High Blood Pressure Levels: Systolic 140mmHg or higher Diastolic 90mmHg or higher. Also known as hypertension, high blood pressure increases the risk of serious diseases and conditions such as heart disease and stroke. In the US, heart disease is the most common form of death whilst stroke is the third leading cause. Other risk factors of high blood pressure include congestive heart failure & kidney disease. In the US, approximately 1 in 3 adults has high blood pressure, however most people are not aware they have this condition due to a lack of signs or symptoms. High Blood Pressure Education Month encourages people to look at various lifestyle factors which may be contributing to high blood pressure. It is well documented that high levels of sodium (salt) is linked to high blood pressure. In the US, the majority of people consume more than twice the level of recommended sodium intake. Guidelines recommend up to 2,300mg of sodium per day for an adult. Those at higher risk should consume even less (up to 1,500mg of sodium a day). Higher risk groups include those who have diabetes, kidney disease, existing high blood pressure and African American people. It is also recommended that people eat potassium rich foods which help lower blood pressure. Potassium rich foods include fish, green leafy vegetables, bananas, citrus fruits and potatoes. Lifestyle changes which can help reduce blood pressure, include maintaining a healthy body weight, regular exercise, quitting smoking and following a healthy low sodium diet rich in fruit and vegetables. There are many affordable blood pressure monitors available for the consumer making it convenient to monitor your blood pressure at home. If you have any concerns about your blood pressure, please check with your local physician.

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 a great show. The guest was Karen Singletary with Sylvester Main Street. The live show will be every Wednesday morning at 10am and this week's guest will be Mr. M. Jay Hall of Tifton. He serves on the Tifton City Council. Be sure to tune in this Wednesday morning or catch the replay after the show. 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.



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