



The Martin News

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Father's Day



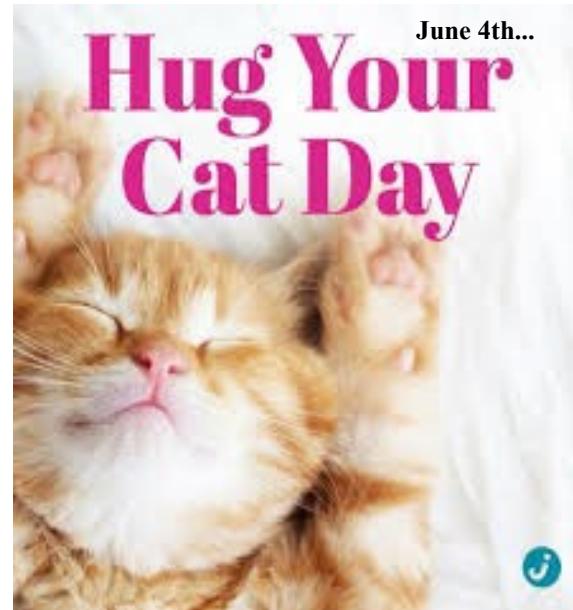
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Tifton-Tift County Library To Offer Curbside Pickups

While the Tifton-Tift County Public Library may be closed for physical visits, beginning June 1 the library is offering a curbside pickup service for library materials. One only needs to have a free PINES library card. PINES (Public Information Network for Electronic Services) is Georgia's "borderless library" system that allows card holders free access to books and other materials in 300 library branches and affiliated service outlets throughout the state. A member may request materials on "hold" through the PINES system. Members can fill out an online request form at <https://www.cprl.org/request> and ask for specific titles, genres or formats, or may call 229-386-7148. The library staff will call you when your request is ready and will schedule a time to pick up your items. The pickup point will be just past the book drop, in the alley between the library and the Tifton Museum of Arts & Heritage. Items will be checked out for two weeks as usual. Renewals can be done online or over the phone. Items can be returned in the book drop. The library is not charging fines during this time because "life is complicated enough," the library noted; "we look forward to working with you."

June is National Vegetable Month so why not focus on eating more veggies. I know some people that like only vegetables. I know some that like absolutely NO vegetables. Which are you? It is funny how picky people are. For example, I love broccoli. I love it raw or cooked however my 15 year old son will only eat broccoli raw. He will dip it in ranch dressing but that is it. He will not eat it cooked at all. Another veggie that I love is greens but I will not in any form or fashion eat turnips. I will eat collard greens and mustard greens all day long but you will not catch this girl right here eating turnips. See how picky people can be. Well be sure to focus on veggies this month and maybe not be as picky as me. Don't forget to go every Saturday to the Farmer's Market and pick up all the vegetable's that you will need or want. Thank you to all the farmer's for the hard work you do to provide such great fruits and veggies for our families!



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WARNING: Microsoft will stop supporting Windows 7 after Jan 14th.

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June is Skin Cancer Prevention and Early Detection Awareness Month

Skin cancer is the most common cancer in the United States. In fact, more skin cancers are diagnosed in the US each year than all other cancers combined. The number of skin cancer cases has been going up over the past few decades. The good news is that you can do a lot to protect yourself and your family from skin cancer, or catch it early so that it can be treated effectively. Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. Most of this exposure comes from the sun, but some may come from man-made sources, such as indoor tanning beds and sun lamps. You don't need x-rays or blood tests to find skin cancer early – just your eyes and a mirror. If you have skin cancer, finding it early is the best way to make sure it can be treated with success. What Is Skin Cancer? Skin cancer starts in the cells of the skin. Some other types of cancer start in other parts of the body and can spread to the skin, but these are not skin cancers. There are 3 main types of skin cancers: Basal cell skin cancers (basal cell carcinomas), Squamous cell skin cancers (squamous cell carcinomas) and Melanomas. Basal and squamous cell skin cancers are by far the most common cancers of the skin. Both are found mainly on parts of the body exposed to the sun, such as the head and neck. These cancers are strongly related to a person's sun exposure. Basal and squamous cell skin cancers are by far the most common cancers of the skin. Both are found mainly on parts of the body exposed to the sun, such as the head and neck. These cancers are strongly related to a person's sun exposure. Basal and squamous cell cancers are much less likely than melanomas to spread to other parts of the body and become life threatening. Still, it's important to find and treat them early. If left alone, they can grow larger and invade nearby tissues and organs, causing scarring, deformity, or even loss of function in some parts of the body. Some of these cancers (especially squamous cell cancers) can spread if not treated, and can sometimes even be fatal. These cancers are discussed in more detail in Basal and Squamous Cell Skin Cancer. Melanomas are cancers that develop from melanocytes, the cells that make the brown pigment that gives skin its color. Melanocytes can also form benign (non-cancerous) growths called moles. (Your doctor might call the mole a nevus.) Melanomas can occur anywhere on the body, but are more likely to start in certain areas. The trunk (chest and back) is the most common place in men. In women, the legs are the most common site. The neck and face are other common places for melanoma to start. Melanomas are not as common as basal cell and squamous cell skin cancers, but they can be far more serious. Like basal cell and squamous cell cancers, melanoma can almost always be cured in its early stages. But if left alone, melanoma is much more likely to spread to other parts of the body, where it can be very hard to treat. There are many other types of skin cancers as well, but they are much less common: Merkel cell carcinoma, Kaposi sarcoma, Cutaneous (skin) lymphoma and Skin adnexal tumors (tumors that start in hair follicles or sweat and oil glands). Together, these types account for less than 1% of all skin cancers. It's important for doctors to tell the types of skin cancer apart, because they are treated differently. It's also important for you to know what skin cancers look like. This can help you find them at the earliest possible stage, when they are easier to treat and most likely to be cured. For more information like this, please follow cancer.org.

UGA Develops New Variety of Muscadine Grapes in Tifton



From late summer into fall, Southerners look for muscadines — a popular grape native to the Southeastern United States. Selections run from the dark purple, thick-skinned traditional muscadine to a light golden-green variety. And soon, growers and consumers can add a new red variety to the mix that has been developed in Tifton. The University of Georgia College of Agricultural and Environmental Sciences' muscadine grape team, led by horticulture Professor Patrick J. Conner in Tifton, developed a variety of muscadine, "RubyCrisp" for those who prefer the sweet taste of a berry with limited muscadine flavor. "The unusual red color of this berry really makes it stand out," Conner said. "But the tender skin and crisp flesh of this variety are what truly make it unique. The texture of this variety is a marked change from traditional muscadines, which are often known for having tough skins and a soft pulp." Researchers found "RubyCrisp" to be a good fit for pick-your-own operations and home gardens because of its distinctive taste and texture and excellent productivity. Unfortunately, commercial production is not a good fit for this specialized berry because it often cracks with rough handling. But RubyCrisp vines can flourish in the backyards of at-home cultivators looking to try the newest muscadine. RubyCrisp originated in Tifton as a result of a cross between Supreme and Tara varieties. The original RubyCrisp vines were tested on UGA experiment plots in Tifton and at a commercial vineyard in Wray. UGA researchers found that heavy rainfall can lead to fruit cracking. RubyCrisp has a mid-season harvest date around Aug. 21 in South Georgia and has perfect flowers so it does not need a pollinator. UGA has the oldest muscadine breeding program in the U.S. The program began in 1909, and since it has released more than 30 cultivars.

Source: Tifton Grapevine

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Tifton National Guard Helps Give Almost 1 Million Meals in Atl.



The Tifton-based Georgia Army National Guard battalion recently helped the Atlanta Public Schools (APS) system distribute nearly 1 million meals to families affected by the pandemic. From April 11 to the mission's conclusion on May 18, to coincide with the end of the school year, soldiers from the Tifton-based 110th Combat Sustainment Support Battalion, 78th Troop Command, distributed 948,000 meals to approximately 50,000 families in the APS district. "A lot of children relied on

the school for prepared lunches as part of their dietary needs," said Capt. Athena Brown, officer in charge, 110th CSSB APS mission. "So, with the school shutting down due to COVID, that was basically two meals a day that students weren't getting." Before the 110th CSSB arrived, the school system had personnel shortages and pieced together teams of volunteers for food distribution. However, community volunteers weren't enough. Brown's soldiers were able to fill in the gaps and increase the number of meals per week from 40,000 to 160,000. Brown said the mission aided parents who are now unemployed. Many of the families are already low income and lost even more during the shelter-in-place order, which allowed only essential personnel to continue working. She said many of those families worried where they were going to get their next meal. "They were so grateful," said Brown. "I had families actually cry because they were so happy that the food was available to get because there are single parents out here that are struggling." U.S. Army photo.. Brig. Gen. John Gentry, left, commander of the Marietta-based 78th Troop Command, and Command Sgt. Maj. Paul Locke, right, senior enlisted advisor, meet with Capt. Athena Brown, center, officer in charge of the Tifton-based 110th Combat Sustainment Support Battalion, at Frederick Douglass High School in Atlanta.

Source: Tifton Grapevine

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ABAC Plans For Students' Return To Campus Face-To-Face Instruction Resumes Aug. 12



ABAC President David Bridges and staff are making plans for students to return to the familiar campus setting when Abraham Baldwin Agricultural College opens the fall semester Aug. 12. But officials caution that students should not expect business as usual. "Our institutional priority is to return to face-to-face instruction, but it will be

far from a return to normal," said Bridges, the longest serving president among the 26 colleges and universities in the University System of Georgia (USG). "We are taking extensive measures for the safety of our students and our employees in the classrooms, the offices, the residence halls, and the dining hall. Right now, we are going through an extraordinary planning process," Bridges said. ABAC and the state's other colleges and universities moved to online classes for the final weeks of the spring semester when the pandemic hit. All summer term classes are also online. "These are unprecedented times," Bridges said. "We are dealing with complex directions from many sources including the governor's office, the Georgia Department of Public Health, the USG and others. When the fall semester begins, we want to be ready." Bridges said changes will be evident, such as the number of students in a class to their proximity to each other when they eat in the dining hall. Social distancing will be the norm, not the exception. "Our primary mission is to teach students," Bridges said. "We are working daily on a plan to do that."

Source: Tifton Grapevine



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