



The Martin News

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June 15, 2020

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HAPPY
Father's Day



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Happy Father's Day



The countdown is on to Father's Day 2020. You have until Sunday, June 21st to come up with something memorable for dad. I no longer have my daddy to buy and give a gift to however I do shop with Cindy's Flower Shop at special occasions and at times for no occasion at all to buy beautiful flower arrangements for the cemetery. They help us to make things so beautiful and we appreciate that! However if your daddy is here, then let us help you to find the coolest gift ever. One idea is a "Lucky to have you as a Dad" basket. You can fill this basket with lottery scratch off tickets.

They will love that!! And they just may win lots of money. Another idea is a BBQ Grill Basket. You can fix a basket full of spices, cook ware, a cool apron and even a gift card to a great place to buy meat and let them enjoy grilling. Need another idea? I have just that! How about a Fishing Basket? Most men love to fish so what a cool basket to make. You can fill it with a new rod and reel, so great lures, snacks to have while fishing, a cooler and even a cool fishing shirt. I know plenty of guys that will like that! These are just a few ideas of what you can get for your father. While you are deciding what to get for him, please try and shop local. There are so many places right here in Sylvester that will help you get that perfect gift together or you can even get a gift card. Whatever you decide, I know they will love it. The Martin News wishes all dad's a Happy Father's Day!

What Some Good Ole Country Cooking That Was

It's country cooking month and boy does that bring back some memories! I use to love to eat my granny Louise's cooking along with my Granny and Papa Meeks' cooking. The homemade biscuits and corn bread and the fresh veggies and fruits were to die for! They beat fast food any day of the week. When I was growing up, cooking and eating at home was what you did. Going out to eat was a treat for sure. My favorite foods they cooked was cream corn, macaroni and cheese, fried okra, squash, boiled potatoes, corn bread, biscuits and peach cobbler. Those sure were the days!

*National Fudge Day
June 16th*





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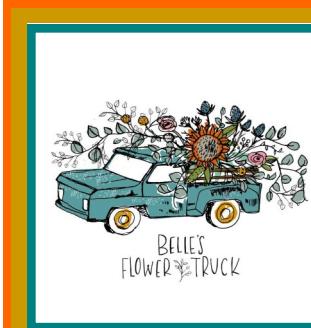
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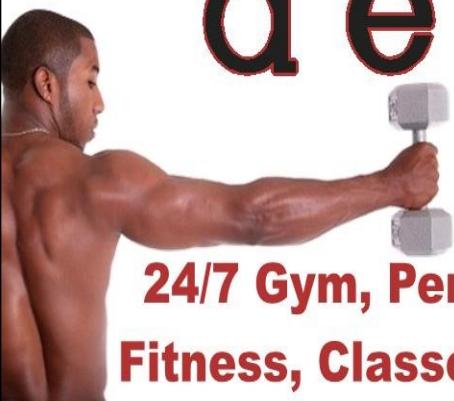
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World Sickle Cell Day

World Sickle Cell Day was established by the United Nations General Assembly in 2008 in order to increase the awareness about the sickle cell disease and its cure among the common public. It was celebrated first time on 19th of June in 2009. Sickle cell disease has become a common and foremost genetic disease worldwide which is a must to cure through the fast awareness campaign, curable activities, early diagnosis and management. Sickle cell disease (SCD) is the most common inherited blood disorder. That means it's passed down through families. You're born with SCD. It is not something you catch or develop later in life. The disease gets its name because when you have SCD, your red blood cells look like a sickle, which is a C-shaped farm tool. Red blood cells contain a molecule called hemoglobin, which carries oxygen throughout the body. In a healthy person, hemoglobin is smooth, round, and flexible. That allows red blood cells to glide easily through your bloodstream. But if you have SCD, the hemoglobin's shape is abnormal. It forms rods that clump together. That causes red blood cells to become rigid and curved. The odd-shaped cells block blood flow. It's dangerous, and can cause extreme pain, anemia, and other symptoms. About 100,000 people in the United States have sickle cell disease. Most of them are African-Americans. Please wear fuchsia/purple in support of Sickle Cell on June 19th.

Irwin County BOE Names Football Stadium for Late Coach



The Irwin County Board of Education on Monday renamed the Irwin County High School football stadium for its late state-champion football coach. "Buddy Nobles Stadium" honors Nobles, who died in January at age 53 of stomach cancer after leading the Irwin County High Indians to the Class A public high school football championship

in December, the school's first state title in 44 years. "The Nobles family considers it quite an honor that the ICHS football stadium will be named after Coach Nobles. Thank you so much to everyone who made this happen," said Nobles' widow Tammy Nobles. "Coach Nobles considered coaching at Irwin an honor. He loved his job, his players, his coaches and Indian Nation. In his humble manner, he would try to deflect the attention off of him and onto his players. I consider it quite the honor and very fitting because he poured so much of himself into that stadium. Thank You Indian Nation!" In six seasons, Nobles led the Indians to the state finals five times. This past season, the Indians finished undefeated at 13-0 – for the first time since 1975 when they had won their last state title. Late Coach Buddy Nobles with the Irwin County High Indians at what is now 'Buddy Nobles Stadium' in Ocilla.

Source: Tifton Grapevine

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TIFT Schools To Begin On Time; Gov Lifts Most State Restrictions

The Tift County School System plans to start the school year on time Aug. 3, Superintendent Adam Hathaway said Thursday; school instruction had moved online in March because of the pandemic. Also Thursday, Gov. Brian P. Kemp lifted widespread restrictions he had imposed to prevent the spread of the novel coronavirus, lifting shelter-in-place orders for older Georgians, allowing larger gatherings and soon letting entertainment venues reopen. "We're planning on moving forward ... to start the school year on time," Hathaway told the Tift County Board of Education at its meeting Thursday night. The superintendent said Tift schools are working with officials in the state education department, the Department of Public Health, the Centers for Disease Control and the governor's office "to see what that (school reopening) is going to look like." The state Department of Education has released guidance for restarting instruction. On Thursday, Gov. Kemp issued a new executive order to lift more restrictions in the state. The shelter-in-place order ends for residents and visitors who are 65 years old and older unless they are in a nursing home, in a long-term care facility or have health issues.

The executive order also:

Allows gatherings of 50 people if they are at least six feet apart, and allows even larger gatherings under social-distancing guidelines.

Sets no maximum number of people who may dine together in restaurants as one party and no longer limits the number of patrons allowed per square foot.

Allows bars to serve up to 50 people or 35 percent of their capacity, whichever is greater.

Lets salad bars and buffets resume under specified guidelines.

Allows overnight summer camps if campers and staff have tested negative for COVID-19 within the preceding 12 days.

As of July 1, allows live performance venues, such as live theaters and concert halls, to reopen if they follow state restrictions.

Allows conventions to resume in the state under a special license if 21 requirements are followed.

Allows walk-ins at barbershops, hair salons, and tattoo parlors, etc.

Source: Tifton Grapevine

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Canning Plant Open By Appointment

The Tift County Canning Plant is open by appointment only through July 9. The cannning plant is open 8 a.m.-1 p.m. Mondays - Thursdays in the back of the Agriscience Building behind Tift County High School. Visitors should enter through the bus entrance off New River Church Road. For appointments, call 229-387-2480. Services available at the cannning plant include blanching, canning (cans and jars), juicing, and corn creaming. Appointments are limited to four individuals per group; children under 10 are not permitted. With the exception of tomatoes, produce must be ready for processing before arrival: Shuck and silk corn, shell peas, snap beans, wash jars, etc. Every person within a group must check in at the front of the facility, have their temperature taken, and sign a waiver. Masks and gloves are suggested; hand sanitizer, soap and disposable towels will be provided. Patrons must provide their own supplies, including knives, salt/spices, freezer bags, etc.

Source: Tifton Grapevine

June is Lane Courtesy Month

One of the most frustrating problems that drivers face is poor lane courtesy — drivers blocking the left lane. The idea of slower moving traffic keeping right seems simple, but it is often forgotten. In order to promote this safe driving practice, the National Motorists Association (NMA) has designated June as Lane Courtesy Month. Better lane courtesy will improve traffic flow, prevent accidents, and can even save motorists money on gas. The Summer Driving Season is upon us. People want to get out there and enjoy themselves. Lane Courtesy is a part of that for sure. The NMA wants driving to be safer and more pleasurable for all motorists. That's why we promote Lane Courtesy Month. Ignoring the principle of lane courtesy increases congestion and frustration. The instances of tailgating, weaving in-and-out of traffic, and speed fluctuations increase — all of which reduce safety and waste fuel. When motorists yield the left lane, these situations diminish and accidents are avoided. Everyone benefits when driving is more efficient and enjoyable. Fuel conservation is a significant benefit of lane courtesy. Your vehicle consumes the most fuel when you are accelerating. It burns much less when you are able to achieve a consistent speed. Lane courtesy, when properly obeyed, promotes the smooth flow of traffic and helps drivers maintain an even pace. With gas prices at record highs, fuel economy improvements are doubly important. Safety and gas savings are not the only reason motorists should yield the left lane; most states also have laws requiring them to do so. Government agencies spend billions of dollars to promote speed limit compliance, seatbelt usage, and construction zone safety, but little attention is paid to lane courtesy. The majority of motorists agree on the need for lane courtesy, so a small investment to promote it would be very worthwhile. For more information concerning Lane Courtesy Month contact the National Motorists Association at (608) 849-6000.



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Lightning Strikes...The Thunder Rolls

Lightning strikes the United States about 25 million times a year. Although most lightning occurs in the summer, people can be struck at any time of year. Lightning kills an average of 49 people in the United States each year, and hundreds more are severely injured. There are many tips to know about lightning safety. There is NO PLACE outside that is safe when thunderstorms are in the area!! If you hear thunder, lightning is close enough to strike you. When you hear thunder, immediately move to safe shelter: a substantial building with electricity or plumbing or an enclosed, metal-topped vehicle with windows up. Stay in safe shelter at least 30 minutes after you hear the last sound of thunder. Stay off corded phones, computers and other electrical equipment that put you in direct contact with electricity. Avoid plumbing, including sinks, baths and faucets. Stay away from windows and doors, and stay off porches. Do not lie on concrete floors, and do not lean against concrete walls. If you are caught outside with no safe shelter anywhere nearby the following actions may reduce your risk: Immediately get off elevated areas such as hills, mountain ridges or peaks. Never lie flat on the ground, never shelter under an isolated tree, never use a cliff or rocky overhang for shelter, immediately get out and away from ponds, lakes and other bodies of water and stay away from objects that conduct electricity (barbed wire fences, power lines, windmills, etc.). Safety from lightning is talked about mostly during the summer months but please stay prepared anytime during the year.



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