



The Martin News

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June 22, 2020

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16 Students Join Stallion Society



Sixteen students have been selected to serve as members of the Stallion Society at Abraham Baldwin Agricultural College. Society leaders, chosen for their enthusiasm, leadership ability and academic standing, welcome and aid incoming students. New members include Abbi Ladson, a nursing major from Moultrie; Alyssa McDaniel, a business major from Tifton; Caroline Sullivan, a biology major from Tifton; Corley Thacker, a nursing major from Covington; Dulce Agundis, a business major from Hazlehurst; Haven Hollingsworth, a nursing major from Pitts; Kirstin Wickett, an agribusiness major from Citra, Fla.; and Klarissa Williamson, an animal science major from Crestview, Fla. Other new members include Madison Lane, an agriculture major from Gainesville; Megan Gaines, a biology major from Tifton; Reginae Batts, a biology major from Tifton; Shamiyah Williams, a history and government major from Tifton; Sydney Thomas, a rural community development major from Colquitt; Toxey Tuten, an animal science major from Waycross; Torri Williams, a business major from Sylvester; and Hailee Rasbury, an agricultural education major from Pinson, Ala.

Source: Tifton Grapevine

Always Have Your Sunglasses

Most people know the sun's rays are bad for our skin. But did you know they're just as bad for our eyes? Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet (UV) rays. Some of the sun's effects on the eyes include: Cataracts, a clouding of the eye's lens that can blur vision. An estimated 20% of cases are caused by extended UV exposure. Macular degeneration, resulting from damage to the retina that destroys central vision. Macular degeneration is the leading cause of blindness in the United States. Pterygium, a tissue growth over the white part of the surface of the eye that can alter the curve of the eyeball, causing astigmatism. When purchasing sunglasses, look for ones that block out 99 to 100% of both UVA and UVB radiation, so you can keep your vision sharp and eyes healthy. A wide-brimmed hat offers great protection, too!

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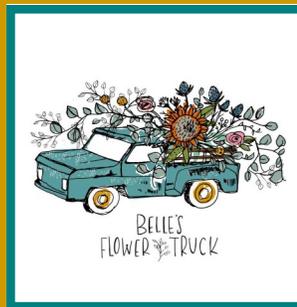
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Second Harvest, AgGeorgia Create "Homegrown Help" Campaign

Second Harvest of South Georgia and AgGeorgia Farm Credit on Wednesday announced a joint initiative to help combat some of the effects of COVID-19; "Homegrown Help" will benefit not just families needing food but also area farmers. A fundraising campaign has been created to purchase "Georgia Grown" produce; in turn, the food bank will provide these fruits and vegetables to families in need. AgGeorgia Farm Credit, as co-founder of the campaign, has committed \$25,000 to this initiative as part of a larger \$50,000 total donation to regional food banks in their service area. Second Harvest, Georgia's largest food bank, anticipates many individuals and businesses will want to contribute to this campaign. Individuals can donate by texting "HOMEGROWN" to 619-870-1680, or by going to www.feedingsga.org. In a press release, both Second Harvest and AgGeorgia said that disasters and emergency situations, such as the COVID-19 outbreak, compound the existing food-insecurity crisis. The pandemic and related closures have drastically increased the need for food assistance in South Georgia. Since March, Second Harvest has distributed double the amount of food it had in 2019 – an additional 2 million meals. The need is only anticipated to grow as unemployment benefits run out later this summer. South Georgia's agriculture community has likewise been hit hard. With schools and restaurants closed this spring, area growers had fewer market outlets. "We are thrilled to partner with Second Harvest on this campaign, and we invite other organizations and individuals to support this effort," said AgGeorgia Farm Credit Board Chairman Dave Neff. "It is wonderful to be able to get local produce to families in need while simultaneously supporting Georgia farmers." For information, visit www.feedingsga.org or call 888-455-4143.

Source: Tifton Grapevine

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

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Tifton Residents To Observe Juneteenth



Some observances are planned today in Tifton on "Juneteenth," long celebrated in the black community commemorating June 19, 1865, when slaves were freed in Texas, the last Southern state to do so after the Civil War. Southwell health system is holding a "moment of solidarity" at 10 a.m. today in the Tift Regional Medical Center's emergency room parking lot. Several other local residents are also planning a "Black Lives Matter Peaceful Protest Rally" for 3:30 p.m. outside the Tift County Courthouse. In a letter to

the community, Christopher K. Dorman, Southwell president/CEO, said, "We have the opportunity to bring our colleagues to stand together and observe a moment of solidarity in support of our black community and other minorities to reflect on the change we want to help bring about during these difficult times. "We hope you'll join with us Friday, June 19, at 10 a.m. at the emergency department parking lot, or wherever you are at that time, for a moment of solidarity. For your safety, and the safety of others, we ask that all who join us wear a mask and practice social distancing," Dorman said. The separate Black Lives Matter rally at 3:30 p.m. has a stated goal of promoting "unity and demanding justice for people of color everywhere through nonviolent means." Nyshanti Ross, one of the organizers, said "the purpose of this rally is to give a voice to those who feel unheard and to shed light on the injustices that are so prevalent in our world and our community today. We hope to be an echo chamber for people who have been a victim of racism and injustice, and to give them a platform to share their story." Juneteenth has long been observed in the black community as the end of slavery in the United States, but it was only the end of slavery in the states that had seceded during the Civil War. On June 19, 1865, Maj. Gen. Gordon Granger informed Galveston, Texas, that the war had ended the month before and that President Abraham Lincoln had actually freed enslaved people in rebel states in 1863. Texas at the time was the most remote of the Southern states, and it was the last of them to get the news that the war was over and that slaves were now free. However, since Lincoln's proclamation only freed slaves in the states that had seceded from the union, there were still slaves in some border states. Slavery wouldn't legally end in all states until the ratification of the 13th Amendment in December 1865. But June 19 became a day of freedom celebration in Texas and eventually spread among black communities throughout the South during the late 19th and early 20th centuries.

Source: Tifton Grapevine



Ex Blue Devil Named A Preseason All-American



Former Tift County High Blue Devil standout Rashod Bateman, a University of Minnesota receiver, has been named a Preseason All-American by the Walter Camp Football Foundation. Bateman has caught at least one pass in all 26 games (tied for seventh in school history) in which he has played at the University of Minnesota. He also has made 111 receptions (tied for 12th in school history) for 1,923 yards (seventh in school history) and 17 touchdowns (tied for fifth in

school history). Bateman has seven 100-yard receiving games. He set school sophomore records in 2019 with 1,219 yards and 11 touchdowns. His 51 receptions and 704 yards in 2018 set Minnesota Gopher freshman records. Bateman was named the Big Ten's Richter-Howard Receiver of the Year in 2019 and was also named All-Big Ten First Team. He was a Biletnikoff Award Finalist last season and was named AP Third-Team All-America. Bateman was part of the Class of 2018 at Tift County High, where, as a senior Blue Devil, he broke single-season school receiving records with 83 catches for 1,539 yards and 21 touchdowns. He was named First Team All-State and finished his high school career with 139 catches for 2,364 receiving yards and 26 touchdowns. He is the son of LaShonda Cromer and stepson of Roderick Cromer of Tifton.

Source: Tifton Grapevine





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Granny's Rose Garden

As we wrap up the month of June, I noticed it was National Rose month and it brought me back to a time when I was a little girl. I know I say many times that we didn't have things to entertain us as children do these days. My entertainment was my grandparents. I loved helping my grandmother in the yard with watering her plants. She had the most beautiful roses ever. She made sure they had water and fertilizer just as they needed. Her roses were in all colors and just plain beautiful! She enjoyed her flowers that she had in the yard and the porch and in the yard. Those were the great days!

COVID-19 Symptoms?
Call the Screening Hotline

 **Phoebe 229-312-1919**

More pets get lost on July 4th than any other day of the year.

Source: HomeAgain

Keep your dog safe this Independence Day. Share these eight tips for enjoying the Fourth of July with your dog.



1 Be sure your dog is wearing an up-to-date and visible ID tag on her collar at all times.



2 Take a current photo of your dog, just in case.



3 Exercise your dog early in the day before parties begin.



4 During cookouts, ask guests to play with your dog away from the flames.



6 Keep dog treats on hand for those who want to give your dog food.



7 Leave your dog at home with a frozen stuffed treat during the fireworks.



8 If your dog is afraid of loud noises, leave gentle music playing to cover the fireworks.



5 Keep charcoal, fireworks, sparklers and glow sticks far from curious canines.



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Slip! Slop! Slap! Wrap!

This is the slogan the American Cancer Society uses as part of its campaign for skin cancer prevention. This slogan highlights the top four ways to prevent skin damage from the sun. Slip on a shirt, slop on sunscreen, slap on a hat, and wrap on sunglasses to protect your eyes and sensitive skin around them. The society uses this simple message to promote prevention through media and educational activities. Slip on a shirt! Tightly woven long sleeves and long pants are really the best type of protective clothing to wear when you are going to be in the sun for long hours. However, most of us either choose not to wear or would be uncomfortable in such garb on the beach, by the lake, or anywhere outside on a mid summer's day. The CDC says a t-shirt or beach cover up will suffice, but just know that your run of the mill tee has an SPF rating lower than 15 so be sure to combine this preventative with others as well. Slop on sunscreen! Don't be shy, slather and slop on a high quality sunscreen with at least SPF 15 before you go out into the sun. Sunscreen should even be used on cloudy or overcast days. Be sure to cover your entire body, not just your face, and even parts covered with clothing or bathing suits. While this seems like an obvious tip, the CDC reports that fewer than 15% of men and fewer than 30% of women report regularly using sunscreen when outside for more than an hour. If you're worried about the nasty chemicals and additives some sunscreen brands contain, check out the EWG's 2016 Guide to Sunscreens (@ewg) list for the best and safest sunscreens on the market. Slap on a hat! The best advice here is to choose a tightly woven fabric, such as canvas, for your hat, with a brim that goes all the way around to protect not only your face, but your ears and back of your neck as well. Once again not the most practical, or for that matter stylish, tip when gallivanting on the beach. If you choose fashion over prevention with a cute straw number or a hip ball cap, be sure to make up for your poor decision by either covering the exposed areas with more clothing and/or sunscreen or by relaxing under a nice tree or fancy umbrella in the shade. Wrap on sunglasses to protect your eyes and sensitive skin around them! Finally, a tip that most of us don't have to worry about because we do it regardless of safety. Wear shades! While this may seem completely straightforward, there are some requirements from the CDC on the type of glasses you wear but fortunately they are easy to meet and don't get in the way of vanity. The CDC suggests sunglasses that block both UVA and UVB rays for the best protection and once again, jackpot, most sunglasses sold in the United States meet this requirement! Even better, for you sporty types, wrap around sunglasses provide the best protection because the harmful rays can't sneak in the sides. So whether you're the Jackie O. type or Bono, rock those shades and protect yourself! In addition to the prevention tips above, the ACS also recommends limiting the amount of time you spend in direct sun, especially between 10:00 a.m. and 4:00 p.m. when the sun's rays are the strongest. And finally, most skin cancers can be found early on with regular skin exams. It is important to check your skin once a month and you can find out the best way to do this by following the ACS's step-by-step instructions. It is also important for your doctor to check your skin for irregularities. Regular skin exams are especially important for people who are at higher risk of skin cancer, such as people with reduced immunity, people who have had skin cancer before, and people with a strong family history of skin cancer.



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