

## The Martin News

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

June 7, 2021

**SGT** 

SOUTHWEST GEORGIA THERAPY

**For All Your Physical Therapy Needs** 

Quality you expect...

Results you deserve!

Butch Jenkins, PT S Molly Barnard, PTA Jamie Prin

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)



#### Class of 1961 Celebrated 60th Anniversary



Saturday, June 5th was a wonderful day for the Worth County High School Class of 1961. The class members gathered at Poulan Baptist Church in Poulan where a catered meal was enjoyed by all. All of the class members gave a brief history of their 60 years since graduation. Everyone enjoyed hearing each other's journey. The class of 1961 has lost 33 of their members over the years. The members enjoyed the fellowship with each other and look forward to seeing one another in two years when the next reunion is planned. Did you know that the class of 1961 was the first class to graduate in the newly consolidated Worth County High School? This class was given the pleasure of naming the Rams and choosing the school colors as black and gold. Congratulations to the class of 1961 on celebrating 60 years!

#### **AMERICAN LEGION POST 335 PRESENTS**

# PLANT THE SEED

#### 5K, 10K, 1 MILE WALK/RUN

June 26, 2021 Jeffords Park, Sylvester, GA

Pre-register online runsignup.com

Register Day of Race 6:30 am

Cost: \$30 5K/10K preregistered, \$35

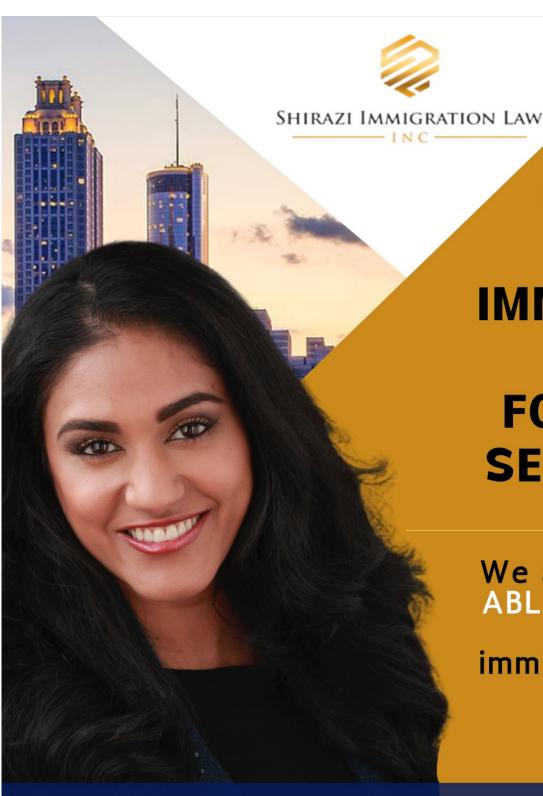
day of race | \$15 1 Mile preregistered,

\$20 day of race

T-Shirts for preregistered participants <a href="Questions">Questions</a>? 229-347-0808 Jim Hamsley







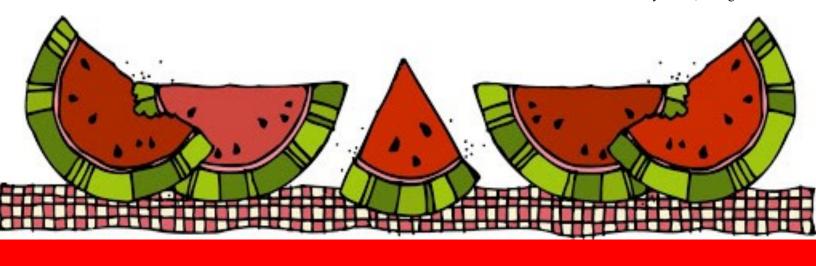
# GEORGIA'S TOP IMMIGRATION FIRM FOCUSED ON SERVING YOU

We are READY and ABLE to assist you with any immigration issues.

Tifton Office - Now Open! (229) 520-8875

402 N Park Ave., Tifton, GA 31794 Atlanta Office (404) 523-3611

303 Peachtree St., NE Suite 4100 Atlanta, GA 30308



June 19th 10:00 am - 2:00 pm

#### Watermelon Days Car & Truck Display

@ Georgia Veterans State Park Sponsor: Cordele Cruisers Car Club Gene Arnett 229-322-1621

June 19th 12:00 noon - 5 pm

#### **Watermelon Days Entertainment**

@ Georgia Veterans State Park
Sponsor: The Lake Blackshear Resort & Golf Club
Contact: Linda Hawkins
229-401-1205

June 19th 1:00 pm

#### Watermelon Chunking Contest

@ Georgia Veterans State Park Sponsor: Waste Management 229-271-8718

June 19th 8:00 pm

#### Acoustic on the Patio @ Cypress Grill

Luke Martin Sponsor: Cypress Grill 229-276-1004

July 4th 9:30 pm

#### \$\$ Fireworks on the Flint

@ Georgia Veterans State Park 229-276-2371 or 229-273-1668 Parking Fee \$5



Cordele-Crisp Chamber
Cordele-Crisp Tourism
City of Cordele
Crisp County Bd of Commissioners
Crisp County Power Commission
Friends of GA Veterans State Park
Lake Blackshear Resort & Golf Club
Lake Blackshear Homeowners Association
Mike Fraser's Auto Repair
Perry Brothers Oil Company
Waste Management

#### **Presenting Sponsors**

Cordele-Crisp Tourism Lake Blackshear Resort & Golf Club

#### **Platinum Sponsors**

Albany State University Cordele Campus
Burger King of Cordele
Chick fil A of Cordele
Country Financial-Whiddon Agency
Crisp Regional Health Services
Flint Ag Turf Division
Georgia Watermelon Association
GreenPoint Ag
Mike Browning-State Farm Insurance Agent
Pepsi Bottling Company

Pepsi Bottling Company South Georgia TV Southern Fiber Worx Sunbelt Ford of Cordele The Cordele Dispatch WALB Waste Management

Waste Management Woodard Nursery

#### **Gold Sponsors**

Ameris Bank
Daphne Lodge
Griffin Lumber & Hardware
Johnson Electronic Systems
South Georgia Banking Company
Vantage Southeast
XTREME Bioclean Solutions

#### Silver Sponsors

Ag Georgia Farm Credit Arabi Gin Captain D's Colony Bank Ellianos Coffee Harris Equipment

Marvair, Airxel, Inc.
Bronze Sponsors

1st Franklin Financial Akin Insurance Agency Cordele Main Street Helena Industries Mike Fraser's Auto Repair Lawson Reid & Dean, LLC Leger & Son, Inc. Wells Hardware & Wholesale

Supply

Maxwell Properties
Planters First Bank
Regions Bank
South Georgia Technical CollegeCrisp County Center
West Fraser
Woodment ife

#### **Supporting Sponsors**

Adams Drug Store City of Arabi Culpepper-Wade Oil, Inc. Lake Blackshear Mason-Hughes Realty, Inc. Middle Flint Behavioral Healthcare

# 72nd Annual Watermelon Days

Festival

ir

Cordele, Georgia

June 2021

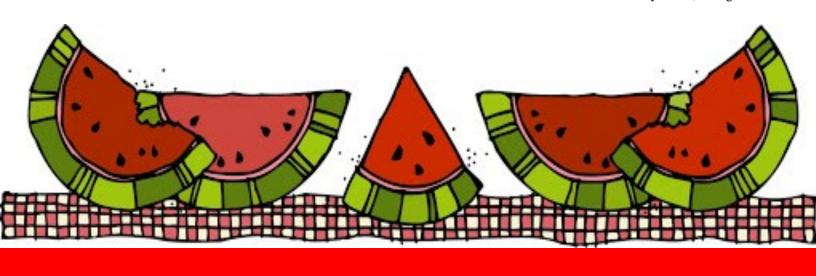


#### Watermelon Capital of the World





\$5 PARKING FEE at Georgia
Veterans State Park



#### June 19, 2021 FREE Shuttle Rides to Ga. Vets State Park from Southgate Shopping Center 9am-5pm compliments of RMS Transit of Cordele & Vienna

#### May 22nd 6:00 pm

(Ages 0-24)

#### \$\$ Watermelon Capital Queen Pageant

@ Crisp Co. Middle School Auditorium Sponsor: Kristen Card 229-322-7001

#### May 28th-June 12th

#### **Glider Practice Days & Contests**

@ Crisp County Airport Sponsor: Cordele-Crisp Tourism 229-273-1668

#### June 10th 10:00 am

#### Watermelon Days Ribbon Cutting

@ Cordele Farmers Market (Front Gate) Speaker: Ag Commissioner Gary Black 229-273-1668

#### June 10th 7:00 pm

#### \$\$ Kiwanis Club Annual Talent Showcase

@ Crisp Co. Middle School Auditorium Sponsor: Cordele Kiwanis Club 478-718-2735

#### June 11th 10:00 am

#### \$\$ Crisp County 4-H Dog Show

@ Community Clubhouse Sponsor: Crisp Co. 4-H 229-276-2612 \$\$ Pre-registration required by June 4th

#### June 12, 13, 19, 20, 26 & 27th

#### \$\$ Day Out With Thomas

@ Georgia Veterans Depot Info Call: SAM Shortline 229-276-0755

#### June 12th 8:00 am-10:00 am

#### **Kiwanis Fishing Rodeo**

@ Buford Pond on Kelly Road Sponsor: Cordele Kiwanis Club

#### June 12th TBA

#### \$\$ Watermelon Classic Races

@ Crisp Motorsports Park 229-938-8814

#### June 14th-19th 11:00 am Virtual

#### Reading With The Queens (Virtual)

11:00 am daily Facebook Live Sponsor: Cordele Carnegie Library 229-276-1300

#### June 15th 10:00 am

#### **Downtown Taste of Melon**

@ Cordele Main Street Office 229-276-2902

#### June 15th 10:00 am

#### WALB Noon Show (Filmed)

@ The Lake Blackshear Resort & Golf Club Aired: June 17th @ 12:30 pm Sponsor: WALB, Tourism & Chamber 229-273-1668

#### June 17th 7:00 pm

#### \$\$ This Is Your Life

#### Honoring Susan Leger-Boike

@ The Lake Blackshear Resort & Golf Club Sponsor: Chamber 229-273-1668

#### June 18th 7:30 am

#### Watermelon Walk

@ Perry G. Busbee Walking Track Sponsor: Crisp Regional Health Services 229-276-3284

#### June 18th 6:00 pm

#### Food Trucks, Cypress Grill, Cordelias

@ Georgia Veterans State Park

#### June 18th 7:00 pm

#### Watermelon Gospel Sing

@ Grace Baptist Church 1997 Royal Road GoodBread & Co Kenny Croft Band Sponsor: Arlene & Charles Holmes

#### 229-322-6333 June 18th 8:00 pm

#### Accoustic on the Patio @ Cypress Grill Soulshine Band

Sponsor: Cypress Grill 229-276-1004

June 18th, 19th & 20th

#### \$\$ Hot Air Balloon Festival **Weather Permitting**

Fri-Sun mornings flying over Cordele @ sunrise Fri & Sat 5:00 pm balloons flying from GA Vets Park Fri & Sat evenings Balloon Glows 8:30 pm - 9:30 pm

@ GA Vets State Park

(no tethers or rides due to COVID) Ben Drennan 229-322-2275 \$5.00 parking fee

#### June 19th 9:30 am

#### \$\$ Watermelon Festival Parade

#### Route: 15th Avenue from 6th St.- Owens St.

Cordele-Crisp Chamber & Cordele Lions Club Line Up 8:30 am @ Southgate Shopping Center 229-273-1668

#### June 19th 10:00 am - 5:00 pm

#### \$\$ Watermelon Days Arts & Crafts & Food Booths/Trucks

@ Georgia Vets State Park-Park Fee \$5 Sponsor: The Lake Blackshear Resort & Golf Club Linda Hawkins 229-401-1205



#### **Unity Baptist Church Recognizes Seniors**



Unity Baptist Church held its Graduation Service honoring it's 2021 Graduates Sunday June 6th during the morning service. Youth Pastor Phillip Dove spoke on the passage Jeremiah 29:11 titled his sermon "Got Plan?". The congregation celebrated their accomplishments during the service with a slideshow of photos of each graduate along with celebration tables decorated with photos and awards followed by a meal and cake.

Haley Bird, daughter of Jason and Jessica Sandlin, plans to join the Army in July in the field of Human Intelligence. She will be going to Fort Sill in Oklahoma for basic and then to Monterey California for language school.

Andrew Boyd, son of Jason and Holly Boyd, plans to attend University of Alabama in Huntsville pursuing Mechanical & Aerospace Engineering and possibly to intern at NASA.

Kylee Burrell, daughter of Phil and Nancy Burrell, plans to attend Valdosta State University in the nursing program and become a travel nurse.

Congratulations Seniors!

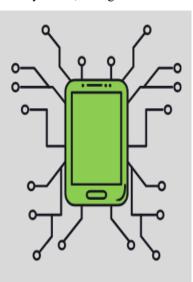
Photo - front row l-r Kylee Burrell, Andrew Boyd, Haley Bird back row 1-r Associate Pastor Charlie Brown, Senior Pastor Dudley Cook, Youth Pastor Phillip Dove











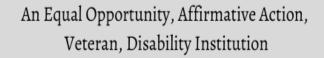


**June 15th - 17th** 9 am - 3 pm Rising 5th - 8th graders **Cost \$10** 



Bring: sack lunch each day

Join Dougherty, Mitchell, and Worth 4-H for science experiments, building solar power cars, and visiting the Flint Riverquarium





#### WCHS Competition Cheerleader Mini Cheer Camp

July 26th - July 28th from 9am - 12pm Worth County High School Gym \$45.00/ child by June 30th, 2021 \$55.00/ child after June 30th, 2021

#### **Words From Worth County Elementary School**

Slowly but surely life is returning to normal at WCES with our kickball games, WCES fun days, reduced mask requirements, etc. With the end of the school year comes the time to recognize our student's achievements over the course of the 20-21 school year. Although we are not able to provide our traditional Honors Night ceremony (due to seating capacity in our cafeteria), we do plan to recognize our student's academic achievements on the last day of school during their class parties and we want you to be there. Parents are invited to attend the end of the year class party on the afternoon of June 11. Your child's teacher will send home more information as we move closer to June 11. Invitations will be sent home for those students receiving academic awards. In addition to the classroom ceremony, we will also post a video here to our Facebook page recognizing these students. Again, I want to say thank you for your support over the course of this school year. This has been a year like no other for you, your child and the WCES faculty and staff. However, by working together we have made it to the end of the year! We look forward to ending the school year with you on campus.

#### Liquid Pleasure Performs Friday



Mark your calendars for June 11th starting at 7pm to enjoy a night of music with your friends and family. Performing on the back porch of the train depot will be Liquid Pleasure. This group will have you on the dance floor all night. There will be food vendors which include A Little Taste of New Orleans, E&T Porky Bites, Nick-a-million, JB Peanuts, Stan & Leila's Ice Drinks and Funnel Cakes and Michael Hufstetler serving alcohol. Mac Inflatables and toys will also be joining the event. There will not be a Sip & Stroll this time but some stores will be open until the concert starts. Please remember to shop local. Tables are available to reserve for the concert for \$40. If you have any questions please contact Karen Singletary at 229-773-7716. Make plans now and don't forget your chairs. We hope to see you all there!

Source: WCSD Source: Sylvester Main Street

#### C & L

# Auto Detailing Services

Basic Detail
(small cars and mid-size vehicles)
\$30
Vacuum
Wash
Tire Shine
Wipe Down

Basic Detail
(pick-up trucks and SUV's)
\$50
Vacuum
Wash
Tire Shine
Wipe Down

Full Detail
(Trucks, SUV's and Cars)
\$120-\$180
(depending on severity of job)
Shampoo carpet
Shampoo seats
Tire and wheel cleaner
Engine bay
Headliner
Wax
Cleaning the bed of pick-up truck

Engine Bay Cleaning (for any vehicle) \$25



For questions or appointment, please calls
Lake: 229-272-0260
Chan: 229-347-0253

#### Alzheimer's Association and Brain Injury Association Offering Free Education During Alzheimer's And Brain Awareness Month

Education program to focus on the connection between brain injury and Alzheimer's disease -

ATLANTA, GA. – May 24, 2021 – This June marks Alzheimer's and Brain Awareness Month, a month long awareness campaign that inspires everyone to raise awareness of the importance of brain health and Alzheimer's and dementia and share their own Alzheimer's stories. During Alzheimer's and Brain Awareness Month, the Alzheimer's Association, Georgia Chapter along with the Brain Injury Association of Georgia, will offer a free education on the association between brain injury and Alzheimer's disease. This event is scheduled for Wednesday, June 23 from 11:00 a.m. – 12:00 p.m. "We are fortunate that Alzheimer's is becoming a more discussed topic within the general public," added Rebekah David, Program Lead for the Georgia Chapter of the Alzheimer's Association. "We also need to remind everyone that taking care of your brain health is very important. We are excited to team up with the Brain Injury Association to educate the public on the connection between brain injury and Alzheimer's," Davis added. To register for "Alzheimer's and Brain Injury: The Connection", visit https://tinyurl.com/ALZBIAG062321 or call 1-800-272-3900. 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 June include: Healthy Brain, Healthy Body, Healthy You Symposium: Monday, June 7th – Friday, June 11th

Topics include mindfulness, yoga, art, healthy diet, and much more. Attend any or all of the sessions that interest you. Understanding and Responding to Dementia-Related Behavior: Tuesday, June 1st 5:30pm-7:00pm and Thursday, June 10th 9:00am-10:00am

Dementia Conversations and Is Long Term Care Insurance a Good Investment? Thursday, June 10th 10:00am-11:30am

Understanding Alzheimer's & Dementia and the Role That Genetics Play: Friday, June 11th 11:00am-12:30pm

COVID-19 and Caregiving: Wednesday, June 16th 10:00am-11:00am

Understanding Alzheimer's & Dementia and What You Do Not Know About AARP: Thursday, June 17th 12pm-1pm

Healthy Living for Your Brain and Body: Thursday, June 17th 2pm-3pm

Understanding Alzheimer's & Dementia and Brain Talk with Dr. Monica Parker: Thursday, June 17th 6:00pm-7:30pm

Advancing the Science: The Latest in Alzheimer's and Dementia Research: Thursday, June 24th 12:00pm-1:00pm

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning: Thursday, June 24th 12:00pm-1:00pm

10 Warning Signs of Alzheimer's: Wednesday, June 30th 10:00am-11:00am

Alzheimer's Association is now offering previously recorded education programs through On-Demand service including our popular Dementia Care: A Holistic Approach Series; Effective Communication Strategies + Art Therapy with special guest Justin Davis, ATR-BC - Mercy Care Rome; Understanding & Responding to Dementia Related Behaviors + Music Therapy with special guest Dana Lee Smith, LPMT, MT-BC - Music Links; Understanding Alzheimer's & Dementia + Aromatherapy with special guest Jamie Gilbert, MS, MS, CPG; Healthy Living + Yoga with special guest Kathy Alvarez, E-RYT200 - Steel Power Yoga; Understanding Alzheimer's & Its Impact on Women

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 six 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 330,000 in Georgia, provide unpaid care to people with Alzheimer's or other dementias in the United States. In 2020, friends and family of those with Alzheimer's in Georgia provided an estimated 640 million hours of unpaid care, a contribution valued over \$9 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.



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

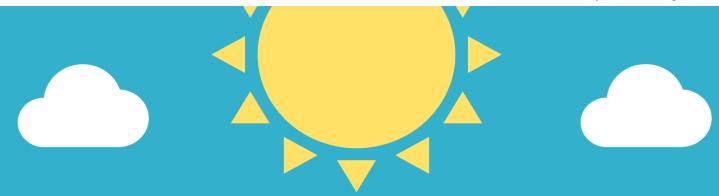
To Register Contact: Will Peacock (229) 881-9921

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<b>g</b>	<b>y</b>	BINGO Night @ Ed's 6:00pm Board of Commissioners Meeting 7:00pm 1	Kiwanis Meeting 12:00pm	Worth County High School Honors Night 6:00pm	Brent Saunders Downtown Pizza 7:00pm	Veteran Suicide Awareness Event 10:00am Randy Wiley Downtown Pizza 7:00pm	
6	City of Sylvester Work Sessions 7:00pm	Lunch & Learn: Sunbelt Ford of Sylvester 12:00pm BINGO Night @ Ed's 6:00pm City of Poulan Council Meeting 6:30pm 8	Kiwanis Meeting 12:00pm	EDA Board Meeting 8:00am BFHS Meeting 6:30pm	CTSI Ribbon Cutting 5:00pm Liquid Pleasure Concert 6:00pm Lizz Faith Downtown Pizza 7:00pm 11	Worth County HS Graduation 8:00am 'Let Your Light Shine' Ladies Conference 10:00am 12	<
13	Animal Tales & Tails Margaret Jones Public Library 2:00pm	BINGO Night @ Ed's 6:00pm City of Warwick Council Meeting 6:30pm	Kiwanis Meeting 12:00pm	Retail/Tourism Meeting 11:00am  Chamber Exec. Board Meeting 12:00pm 17	GA Peanut Festival Meeting 4:00pm	19	
HAPPY FATHER'S DAY	Scholastic Book Fair 9:00am  Red, White & Blue Paint Night 6:00pm Margaret Jones Public Library City of Sylvester Council Meeting 7:00pm 21	Ken Scott Magic Show Margaret Jones Public Library 2:00pm BINGO Night @ Ed's 6:00pm City of Poulan Council Meeting 6:30pm 22	Kiwanis Meeting 12:00pm	Chamber Board Meeting 12:00pm Purr-fect Pet Care with BFHS Margaret Jones Public Library 2:00pm 24	25	GA Peanut Festival 5K Run 7:00am	T
27	28	29	Kiwanis Meeting 12:00pm  Stuffed Animal Bingo Margaret Jones Public Library 2:00pm 30			CHATRER of COMMERCE	

Monthly Calendar at the Sylvester - Worth County Chamber of Commerce

Above is the monthly calendar published by the Sylvester - Worth County Chamber of Commerce. They are working hard to publish ALL events that they know about for the month in order to keep people in the know of the events happening in our community. Mrs. Karen Rackley, President/CEO of the Sylvester - Worth County Chamber of Commerce encourages all businesses, organizations, schools and more to send in your monthly events to share with the community. You do not have to be a member of the chamber in order to submit your event. You can use this link to add your event to the calendar, https://www.swcountychamber.com/calendar.html. Because events are added daily, please check often on the chamber calendar page for updates. This is the link you can use for the calendar page, https://www.swcountychamber.com/calendar.html.

We, at The Martin News, have a "Dates to Remember" page in our weekly edition each week where we try our best to keep all the events for our community and surrounding communities as well. Please let us know if you know of an event that needs to be added.



For Jr. & Sr. 4-H'ers

# SOUTHWEST FEST

**Tuesday June 22nd** 

7TH - 12TH GRADERS, JOIN US ON LAKE BLACKSHEAR AT VETERANS STATE PARK!

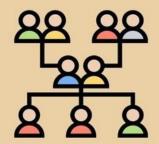


Activities will include:
Pontoon Boat Rides
Minute to Win It Games
Scavenger Hunts
Kickball and More!

CATCH UP WITH FRIENDS FROM ALL OVER SOUTHWEST DISTRICT!







#### 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, June 16th 1-3pm Where: Margaret Jones Public Library

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



#### **Tech Changemakers**

Worth County 4-H has joined fourteen other counties across the state to take part in the 4-H Tech Changemakers program for the upcoming year. Funded through a partnership between the National 4-H Council and corporate donors Microsoft, Land O'Lakes, Verizon and Tractor Supply Company, the 4-H Tech Changemakers program empowers middle- and highschool 4-H'ers to teach digital skills to adults in their local communities. "A digitally inclusive community will not only enable access to the internet and digital technologies, but residents will adopt and use such resources for the betterment of their lives," said Kasey Bozeman, Extension 4-H specialist for science programs. The U.S. Federal Communications Commission estimates nearly 24 million people lack access to broadband internet. The 4-H Tech Changemakers program allows young people to engage local stakeholders and policymakers to educate them on their projects and the importance of closing the digital divide. Rising 7th - 12th graders who would be interested in serving as a Tech Changemaker please see Mrs. Kristen at the 4-H Office. Tech Changemakers would help teach adults about Video Conferencing, Email Basics, Basic Computer System Navigation, Smart Phone/ Tablet Navigation, Searching for Jobs Online, Professional Social Media, and more!

Source: Worth County 4H

#### Georgia No. 1 In Weekly Earnings Growth In May

Georgia led the nation in weekly earnings growth during May with wages growing by an average 4.14%, according to a national business economic report. Georgia also ranked ninth nationally in hourly wage growth at 2.74% and was third among states in hours worked during May with a growth rate of 1.39%, according to data released this week in the Paychex-IHS Markit Small Business Employment Watch report. In weekly earnings growth among states, behind Georgia was California at 4.11%. Florida ranked sixth at 3. 43%. Illinois ranked last and is the only state with weekly earnings growth below 2%, the report notes. Wage rates in leisure and hospitality sectors increased significantly in May, with weekly earnings growth up 9.35%. The next strongest sector was construction, up just 3.79%. But the overall rate of job growth was largely unchanged in May, according to the report. "Small businesses are struggling to return to normal operations and expand due to labor shortages," James Diffley, chief regional economist at IHS Markit, said in a press release. "At the same time, with more people dining out and travel increasing across the U.S., job growth in the leisure and hospitality industry is rebounding significantly, and wages are too," added Martin Mucci, Paychex president and CEO. The South remained the strongest region for smallbusiness job growth, more than 1 point above the national index level. The monthly report analyzes national employment and wage trends, and examines regional, state, metro, and industry sector activity.

Source: Tifton Grapevine



SYLVESTER-WORTH COUNTY CHAMBER OF COMMERCE

#### Painted Rock Hunt

1 Rock = \$50 Chamber Gift Certificate

#### Weekly From June 1st to August 3rd

A new rock will be placed somewhere in Worth County each Tuesday!

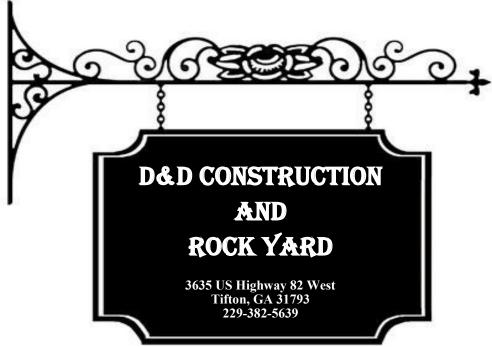
We will post hints on Facebook each week regarding where the rock has been placed and what design you will find on the rock. Each rock is uniquely designed to represent the location

Each family is only able to receive one Chamber Gift Certificate to ensure that the fun is shared by many!

To obtain the Gift Certificate, we ask that you bring the rock to the Chamber of Commerce.

122 North Main Street Sulvester, GA 31791

For more information call us at (229)776-7718





#### Springin' Up The Yard!











Saturday, June 5th was the First Annual "You Are Not Alone" Event. It was held at the Ag Pavilion in Sylvester. This event is held to raise awareness for Veteran's Suicide. Did you know that 22 or more veterans lose their battle daily to suicide? There was a great turn out and support for the first annual event and they are excited to start planning for next year's event. There was live music, speakers about Veteran's suicide, a car show, raffles, good food and so much more. The American Legions Post 335 was proud to host this event. The members of Post 335 but in endless hours of work to pull this event and they can not thank everyone enough for all that they did. Whether you were a sponsor for the event, donated to the events raffle, joined the car show or attended the event, THANK YOU!

Pictures provided by: You Are Not Alone Committee









SOIL IS THE FOUNDATION OF LIFE. COME LEARN MORE ABOUT SOIL AND A FUN JUDGING TEAM OPTION, LAND JUDGING!

JUNE 24TH 1PM-5PM
WORTH COUNTY 4-H
OFFICE
FREE TO ALL!!





SNACKS WILL BE PROVIDED!



#### COLLISION REPAIR • COMPLETE BODY REPAIRS • REFINISHING

#### **Watermelon Days Festival**

The Cordele-Crisp Chamber of Commerce announces that plans are being finalized for the 72<sup>nd</sup> Annual Watermelon Days Festival. "After having to cancel the festival due to COVID last year, the committee is excited to be able to bring the festival back to the Watermelon Capital of the World," stated Monica Simmons, President of the Cordele-Crisp Chamber of Commerce. "The committee is working with the Lake Blackshear Resort, Crisp County Health Department, and the EMA to make sure that we adhering to the COVID guidelines still in place so that we can have a safe event and not cause a spike for the healthcare community. We are currently finalizing events and the brochure will be printed soon and will show the events, dates, times, and locations." The festival will kick-off with the Watermelon Capital Queen Pageant on May 22<sup>nd</sup> at the Crisp County Middle School Auditorium followed by the Gliders practice days and contest on May 28<sup>th</sup>-June 12<sup>th</sup>. The Watermelon Days Ribbon Cutting with speaker Ag Commissioner Gary Black will take place on June 10<sup>th</sup> at 10:00am at the Cordele Farmers Market. We are excited to have an event calendar full for this year's festival with events including the Kiwanis Club Annual Talent Showcase, Crisp County 4-H Dog Show, Kiwanis Fishing Rodeo, Watermelon Classic Race, Downtown Taste of Melon, and many more! Tamala Mathis, Chair of the Watermelon Committee stated," The Watermelon Days Festival Committee is thrilled to bring our community back together for the oldest festival in the state of Georgia. This Festival is a tradition that fellow Cordelians hold near to their hearts." The main festival day will be held on Saturday, June 19<sup>th</sup>. The annual parade will be that Saturday morning at 9:30am. The parade lineup will start at Southgate Shopping Center and the route will be 15<sup>th</sup> Avenue from 6<sup>th</sup> Street to Owens Street. After the parade, the festival will start at 10:00am at the Georgia Veterans State Park. The festival will include arts and crafts, food vendors, food trucks, car and truck display, and live entertainment. There will be a \$5.00 parking fee to enter the Georgia Veterans State Park. RMS Transit of Cordele and Vienna will be offering free transportation from Southgate Shopping Center to the Georgia Veterans State Park from 9am-5pm that day. "We are excited to have our Hot Air Balloon Festival joining our Festival again this year. In the morning time beginning at sunrise on Friday, June 18<sup>th</sup> - Sunday, June 20<sup>th</sup> the hot air balloons can be seen flying over Cordele. On Friday and Saturday afternoons at 5:00pm the hot air balloons will be flying from the Georgia Veterans State Park. The balloons will be back at the Georgia Veterans State Park on Friday and Saturday evenings from 8:30pm-9:30pm where they will glow, weather permitting. "We will not be able to offer tether rides on the balloons this year due to COVID," said Ben Drennan with Full Blast Ballooning and Committee member. "We will be bringing 25 balloons this year from all over the U.S." Eli Tinsley, Chairman of the Cordele-Crisp Tourism Committee said, "He and the Tourism Committee are very excited that we can host the Watermelon Days Festival, noting that it brings several thousand visitors to our community during the almost twoweek event. We are also excited to celebrate the 50<sup>th</sup> Anniversary of the Glider Competition, which brings in approximately 50 planes and over 100 pilots and crew. This group stays in town for two weeks, spending several thousand dollars in our community." This year's festival theme is "A Sweet Southern Tradition Since 1949." We will have shirts for sale at the Chamber prior to and the day of the Festival. We will also have our watermelon masks for sale. Call the Chamber to place your shirt and mask order. If you have any questions about the festival or would like more information on upcoming events, please contact the Cordele -Crisp Chamber of Commerce at info@visitcordele.com or 229-273-1668.

Source: Press Release Provided By Cordele - Crisp County Chamber of Commerce

Worth County Library



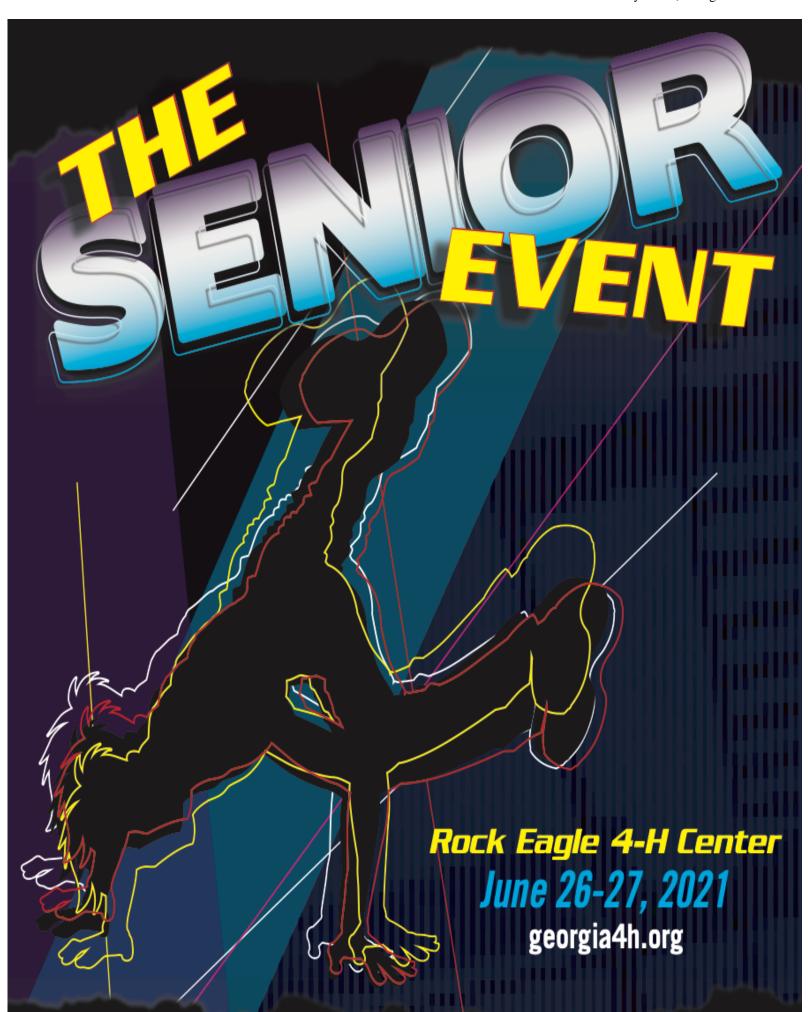


READ 10 BOOKS TO EARN A LIBRARY
BAG BETWEEN MAY 6TH AND JULY 30TH.
THE FIRST BOOKMARK AND EVERY
ADDITIONAL BOOKMARK OF 10 WILL BE
ENTERED IN THE DRAWING FOR A
GRAND PRIZE.



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.



#### **Know Dry Drowning Tips This Summer**

It sounds scary: A child can seem fine after getting out of a pool or body of water but then start to have trouble breathing an hour -- or up to 24 hours -- later. You'll worry a whole lot less once you know the signs of submersion injuries, and how to prevent them. Chances are you've read scary warning stories about "dry drowning" or "secondary drowning" -- terms you probably never even knew existed before you became a parent -- on social media. The idea that your child could "drown" on dry land is admittedly terrifying, and makes many parents feel helpless. But these rare incidents can be prevented. Get the facts you need to help keep your kids as safe as possible in and out of the water. The terms "dry drowning" and "secondary drowning" (also called submersion injuries) are often used interchangeably -- even by some experts -- but they're actually different conditions. In dry drowning, someone takes in a small amount of water through his or her nose and/or mouth, and it causes a spasm in the airway, causing it to close up. In secondary drowning, the little bit of water gets into the lungs and causes inflammation or swelling that makes it difficult or impossible for the body to transfer oxygen to carbon dioxide and vice versa. Dry drowning usually happens soon after exiting the water, but with secondary drowning, there can be a delay of up to 24 hours before the person shows signs of distress. Both can cause trouble breathing and, in worst-case scenarios, death. Rest assured: Dry drowning and secondary drowning incidents, while incredibly scary, are rare and account for only about 1 to 2 percent of drowning incidents. There are no specific stats on how many kids die each year from these types of submersion injuries, but it's very few in reports noted. The good news is, dry drowning or secondary drowning (submersion injury) doesn't happen out of nowhere. No matter your child's age, be on the lookout for: Water rescue. Any child pulled from the pool needs medical attention at the very least, call your pediatrician. Coughing. Persistent coughing or coughing associated with increased work of breathing needs to be evaluated. Increased "work of breathing." Rapid shallow breathing, nostril flaring, or where you can see between the child's ribs or the gap above their collarbone when they breathe, means they're working harder to breathe than normal. This is a sign that you should seek medical help immediately. Sleepiness. Your kid was just excitedly playing in the pool, and now she's fatigued? It could mean not enough oxygen is getting into to her blood. Don't put her to bed until her doctor gives you the goahead. Forgetfulness or change in behavior. Similarly, a dip in oxygen level could cause your child to feel sick or woozy. Throwing up. Vomiting is a sign of stress from the body as a result of the inflammation and sometimes a lack of oxygen, also from persistent coughing and gagging. Any time you're concerned about your child and think he could have symptoms of dry or secondary drowning, whether you're in your backyard pool or on a beach vacation, call the pediatrician right away for advice. Your child's doctor should be able to talk you through it and might advise you to go to the ER, a primary care doctor, or a national urgent care center. But if your child is really struggling to breathe, call 911 and/or head to the emergency room right away. Necessary treatment may not be available in settings other than the ER. Treatment for submersion injury depends on the severity of the patient's symptoms. The doctor will check the child's vital signs, oxygen level, and work of breathing. Patients with more mild symptoms just need careful observation, in more serious cases, the doctor may also do a chest x-ray or give him oxygen. In cases of respiratory failure, or when a child can no longer breath on their own, extra support is needed -- such as intubating or putting the child on a ventilator -- but that's very rare. The goal will be to increase blood flow in the lungs and get the child breathing well again. Prevention is the same for dry drowning and secondary drowning as it is for any other kind of drowning: Swim lessons. Kids who are comfortable and skilled at moving around in the water are less likely to go under and take in water. Around age 4 is a good time to start. Supervision. Monitor kids closely in and around the water, and enforce pool safety rules. Water safety measures. Children should wear floatation devices on boats; pools should have four-sided fencing around them; and you should never leave standing water where a child could get into it. As long as you practice water safety, pay close attention to your kids after swimming, and get them checked out if you notice any signs of trouble breathing, you shouldn't have to constantly stress about dry drowning or secondary drowning.

Source: Parents.com



THE FACULTY AND STAFF OF

ACADEMIC HONORS DAY PROGRAM JUNE 9, 2021

> BY INVITATION AND FACEBOOK LIVE STREAM'

> > 6TH GRADE 8:30AM 7TH GRADE 10:00AM 8TH GRADE 1:30PM

at WCMS Cafeteria



#### **4-H Summer Programs**



Please sign up by June 11th for all activities at the 4-H Office. Activities are for rising 5th - 12th graders unless otherwise stated. Please make sure you have a medical form on file. There will be limited spaces for the Tri-County STEM Camp and Go Fish Perry.

Source: Worth County 4H

#### Tift County Canning Plant Now Open By Appointment Only



The Tift County Canning Plant is now open for the summer by appointment only. The canning plant, which offers a way to preserve fruits, vegetables, soups, salsas, juices and other foods, is open 8 a.m- 1 p.m. Mondays through Thursdays until July 7. For appointments, call 229-387-2480. The facility is located In the back of the Agriscience Building behind Tift County High School. To get there, enter the bus entrance off New River Church Road, and the Agriscience Building is the first one on the right. Services at the Canning Plant include canning, blanching, corn creaming, juicing, and potato peeling. The facility is open to anyone to preserve foods for home use only; no commercial usage is allowed. Customers must provide their own canning jars, lids, rings and/or freezer bags. A \$1 fee per metal quart can is required. Preserving food in a customer's own glass jar costs 15 cents per jar. Corn creaming is 10 cents per ear of corn, and blanching for freezing costs \$2 per blanching tray.

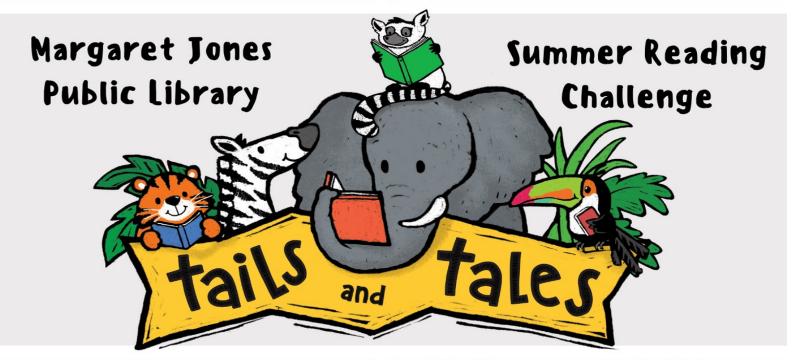
The purpose of the food processing program is to provide instructional services in preparation, processing, and preservation of food products. Agricultural education teachers in the Tift County School System operate the Canning Plant. The Tift County Food Processing Center is an educational public service provided through the cooperative efforts of the Tift County Board of Education, the Tift County Board of Commissioners, the Tift County Agriculture Education Department, and the Georgia State Department of Education.

Source: Tifton Grapevine

Sign up begins in May. Pick up a book tracker at the library. Print books or digital books count towards your reading goal.



Kids, teens and adults are invited to read for prizes this summer! Kids win a water bottle and a ticket to the party. Teens and adults win a bag.



June Programs in the Library
Toddlers on Tuesdays, 10:30 am
6/14 Live Animal Show, 2 pm
6/20-7/2 Book Fair, daily
6/22 Magic Show, 2 pm
6/24 Purr-fect Pet Care with Best
Friends Humane Society, 2 pm
6/30 Stuffed Animal Bingo, 2 pm

July Programs in the Library
Toddlers on Tuesdays, 10:30 am
7/3, 7/5 Library closed
7 /8 Critter Tales, 2 pm
7/14 Unicorn Paint & Story, 2 pm
7/20 End of Summer Party, 2 pm

For more information, call 776-2096 or visit worthlib.org

#### **Capture Your County Photography Contest**

Photo contest hosted by the Georgia 4-H Tech Team. Take a photo that represents Worth County.

Photos will be judged using the following criteria: What does the image show about the county? What is depicted in the image? What describes the photo? How is the photo composed? What kind of visual representation is there? Is the quality of the photo high? What aspects\* of the photo makes it pop? What does the overall picture say about the county?

\*Aspects include view point, composition, color balance, contrast, lighting, concept, and perspective.

Photos due to Mrs. Kristen at kpford@uga.edu by July 29th. Winners will be announced by August 31st.

Source: Worth County 4H

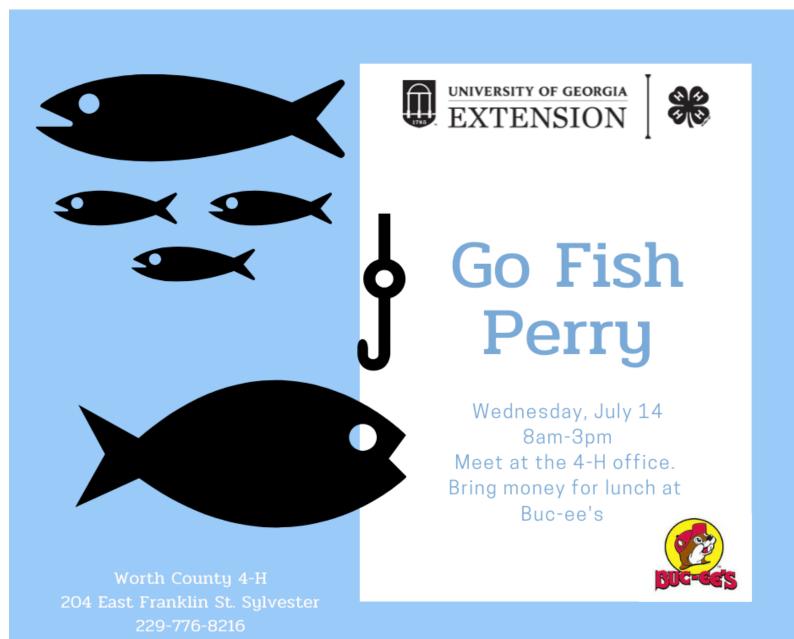
#### **2021 Georgia 4-H Photo Contest**

I am excited to announce the 2021 Georgia 4-H Photo Contest! This contest is open to all 4-H'ers in 4th -12th grades and adults. Two photos may be submitted per participant under each of the five categories:

> Focus on 4-H Agriculture and STEM Focus on 4-H Camp and Environmental Education Focus on 4-H Citizenship, Leadership, and Service Focus on 4-H Healthy Living Focus on 4-H Volunteerism

Any photo entered into this contest must have been taken between August 1, 2020 - July 31, 2021, by the 4-H'er or adult submitting the photo. Full guidelines for each of these categories are outlined on the Georgia 4-H webpage (www.georgia4h.org/photo). All photos must be submitted by Wednesday, August 25, 2021. Photos should be submitted at the following website: tinyurl.com/4hphoto21.

Source: Worth County 4H





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 IST COOK

COOK HIGH SCHOOL

OCTOBER 8TH
THOMASVILLE

VETERANS MEMORIAL STADIUM

OCTOBER ISTH

WORTH CO. STADIUM

OCTOBER 2200

BERRIEN

RAYMOND JONES MEMORIAL STADIUM

COTOBER 29TH EARLY CO.

WORTH CO. STADIUM



Rams |

**RAISE THE STANDARD** 

#### Annual Faculty VS. Students Kickball Championship

#### Worth County Elementary School



Source: Worth County Elementary School

"A great time was \times had by all who participated in the 3rd Grade All-Stars vs. Faculty Kickball game. The faculty won with a score of 20-10."

"It was a close one with the 4th Grade All-Stars vs. Faculty Kickball game today. Luckily (for the staff) the faculty came out on top with a score of 6-3."

**Source: Worth County Elementary School** 





"What a game! What a game! The fifth grade students gave the faculty and staff a run for their money! For the first time ever, the kickball game went into an extra inning to decide who the winners would be. The faculty and staff, however, came out as victors as they won 3-2!"

**Source: Worth County Elementary School** 



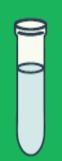
Proud Sponsor of This Weeks' SCHOOL SNAPSHOTS!













# Get Your 4-H On

Stations will be lead by 7th - 12th graders on their Project
Achievement subject. These will range from science
experiments, wildlife, outdoor recreation, healthy living, and
more! Play games, learn 4-H chants, dance.

Lunch is provided!

Bring a canned food item as your ticket in the door!

July 29th 9 am to 2 pm

Worth County Ag Pavilion

102 Rebecca Dr. | Sylvester, GA



Worth County 4-H 229-776-8216

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Thank you for your loyalty. We appreciate you.

#### Young Writers Conference To Award \$15,000 In Scholarships

High school seniors and currently enrolled ABAC students will be eligible for \$15,000 in scholarship money when they participate in the Young Writers Conference (YWC) at Abraham Baldwin Agricultural College. There is no charge to attend the conference, which will be held virtually via Zoom from 9 a.m.-noon July 17. High school students in grades 9-12 may participate in the YWC as well as current ABAC students. Only high school seniors and ABAC students are eligible for scholarship funds. The YWC is sponsored by the ABAC Department of English and Communication. Dr. Wendy Harrison, who chairs the department, said the theme this year is "Fantastic Stories and Where to Find Them." "This year's Young Writers Conference will feature three workshops," Harrison said. "One workshop will guide students to write a poem in the style of Walt Whitman's 'Song of Myself.' Another will teach students to create a digital story, and a final one will focus on aspects of writing fiction, such as the source of ideas for fiction writing and character and plot development." Students may register online. For information, contact Harrison at wharrison@abac.edu or call 229-391-4962.

Source: Tifton Grapevine

#### GE%RGIA 4-H CLOVERS & CO.



Singers, Dancers, Instrumentalists, & Production Crew Wanted! Rising 4th-12th grade Georgia 4-H'ers are eligible to audition.

**Audition by Friday, June 11** 

Contact your County Extension Office for more information.

#### **Clovers and Company Auditions**

Clovers & Co. auditions are now open. The cast is comprised of vocalists, instrumentalists, dancers, and production crew members. 4-H'ers in 4<sup>th</sup>-11<sup>th</sup> grades in the 2020-2021 school year will be eligible to audition. Because of the COVID-19 pandemic, returning cast members that have not yet graduated high school will not be required to reaudition this year unless auditioning for a different role within the cast. However, all returning cast members will be required to submit a signature page. The vocal, dance, and instrumental application can be found here: https://

tinyurl.com/21CloversApp. The production crew application can be found here: https://tinyurl.com/21CloversProductionApp.

Source: Worth County 4H



## 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

#### June

7th ~ City of Sylvester Work Session 7pm 7th ~ VBS at Pine Forest Baptist Church 6pm-8pm 8th ~ Books & Bubbles at the Margaret Jones Public Library 1030am 8th ~ Lunch & Learn with the Sylvester - Worth County Chamber of Commerce & Sunbelt Ford at Noon 8th ~ Worth the Read Book Club at the Margaret Jones Public Library 530pm 8th ~ Bingo at Ed's 6pm 8th ~ VBS at Pine Forest Baptist Church 6pm-8pm 8th ~ City of Poulan Council Meeting 630pm 8th ~ Worth County Rams Touchdown Club Meeting 630pm 9th ~ Field's Funeral Home Live on FB Show 10am 9th ~ Kiwanis Club Meeting at 12Noon 9th ~ VBS at Pine Forest Baptist Church 6pm-8pm 10th ~ VBS at Pine Forest Baptist Church 6pm-8pm 10th ~ BFHS Meeting 630pm 11th ~ Last Day of School for Worth County Schools 11th ~ CTSI Ribbon Cutting 5pm 11th ~ Liquid Pleasure Concert Downtown Sylvester 7pm 11th ~ Lizz Faith Downtown Pizza Tavern 7pm 12th ~ Worth County High School Graduation 8am 12th ~ Let Your Light Shine - Ladies Conference 10am 12th ~ VBS at Terrell Baptist Church 6pm-8pm 13th ~ VBS at Terrell Baptist Church 6pm-8pm 13th ~ VBS at Unity Baptist Church 14th ~ Animal Tales and Tails at the Margaret Jones Public Library 2pm 14th ~ VBS at Terrell Baptist Church 6pm-8pm 14th ~ VBS at Unity Baptist Church 15th ~ Books & Bubbles at the Margaret Jones Public Library 1030am 15th ~ Bingo at Ed's 6pm 15th ~ VBS at Terrell Baptist Church 6pm-8pm 15th ~ City of Warwick Council Meeting 630pm 15th ~ VBS at Unity Baptist Church 16th ~ Field's Funeral Home Live on FB Show 10am 16th ~ Kiwanis Club Meeting at 12Noon 16th ~ VBS at Terrell Baptist Church 6pm-8pm 16th ~ VBS at Unity Baptist Church 17th ~ Worth County Board of Education Meeting 17th ~ VBS at Unity Baptist Church 20th ~ Happy Father's Day from The Martin News 21st ~ Scholastic Book Fair at the Margaret Jones Public Library 21st ~ Red, White & Blue Paint Night at the Margaret Jones Public Library 6pm 21st ~ City of Sylvester Council Meeting 7pm 22nd ~ Sylvester - Worth County Family Connection Meeting 22nd ~ Scholastic Book Fair at the Margaret Jones Public Library 22nd ~ Books & Bubbles at the Margaret Jones Public Library 1030am 22nd ~ Ken Scott Magic Show at the Margaret Jones Public Library 2pm 22nd ~ Bingo at Ed's 6pm 22nd ~ City of Poulan Council Meeting 630pm 23rd ~ Scholastic Book Fair at the Margaret Jones Public Library 23rd ~ Kiwanis Club Meeting at 12Noon 23rd ~ Field's Funeral Home Live on FB Show 10am 24th ~ Purr-fect Pet Care with Best Friends Humane Society at the Margaret Jones Public Library 2pm 24th ~ Scholastic Book Fair at the Margaret Jones Public Library 24th ~ Worth County Rams Football Firework Stand at Walmart 25th ~ Scholastic Book Fair at the Margaret Jones Public Library 25th ~ Worth County Rams Football Firework Stand at Walmart 26th ~ Worth County Rams Football Firework Stand at Walmart 26th ~ Scholastic Book Fair at the Margaret Jones Public Library 26th ~ Georgia Peanut Festival 5K Run 7am 27th ~ Worth County Rams Football Firework Stand at Walmart 28th ~ Worth County Rams Football Firework Stand at Walmart 28th ~ Scholastic Book Fair at the Margaret Jones Public Library 29th ~ Scholastic Book Fair at the Margaret Jones Public Library 29th ~ Books & Bubbles at the Margaret Jones Public Library 1030am 29th ~ Worth County Rams Football Firework Stand at Walmart

> 30th ~ Worth County Rams Football Firework Stand at Walmart 30th ~ Kiwanis Club Meeting at 12Noon 30th ~ Scholastic Book Fair at the Margaret Jones Public Library 30th ~ Field's Funeral Home Live on FB Show 10am 30th ~ Stuffed Animal Bingo at the Margaret Jones Public Library 2pm



# American Legion Sylvester Post 335 Inc. Indoor Yard Sale

Saturday Jun 12th In the Sumner Room at the Sylvester Library. Doors open at 8AM!

Beat the Weather!

If you have items, you would like to donate please call Jim Hamsley @ 229-347-0808
Or Ray Humphrey @ 229-343-6470
All proceeds go to support our Youth and Veterans
Service Programs

#### **Tifton Names Veterans Park For Jack Stone** Longtime Businessman - Volunteer Instrumental In Downtown Park's Creation Decades Ago



Longtime Tifton businessman and community volunteer Jack Stone was surprised Saturday as Tifton's Veterans Memorial Park was named in his honor. The honor was announced during Tifton's Memorial Day ceremony Saturday morning. Stone, 93, a U.S. Army veteran, was instrumental in the park's creation more than three decades ago and has since organized veterans observances at the downtown site. He worked tirelessly to create this memorial park," Mayor Julie B. Smith said during the presentation. "The community appreciates you so very much." The veterans park grew out of Stone's vision, and he worked to obtain the necessary funding and then has served as the park's volunteer curator. For nearly a decade, he pushed for a U.S. Veterans Administration clinic in Tifton, which came to fruition in 2016. For approximately 60 years, Stone has been involved in community affairs. He was one of the organizers of the Downtown Tifton Merchants Association and served on its board for nearly a half century. Stone currently serves on the Tifton Downtown Development Authority and the Tifton-Tift County Tourism Association boards, and in recent years has also served on the Tift Theatre board. He has owned and operated the Western Auto store on Main Street since 1959, and played football, along with his renowned athlete-brother Bobby, for Tifton High School in the mid 1940s. Jack Stone at Tifton's Veteran Park, named in his honor Saturday, stands with framed items chronicling some of his work on behalf of local veterans.

Source: Tifton Grapevine



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Think Tifton

#### **Think Tifton**

#### TRMC Expansion To Be Completed By Mid November



November and beyond," said Le.

The 263,000-square-

foot expansion and renovation at Southwell's Tift Regional Medical Center is on track for completion by the middle of November this year, officials told the Tifton Rotary Club on Wednesday. The project was started in June 2019 with groundbreaking on the four-story patient tower. "It will be the tallest building in Tifton," said Rebekah Hudson with JE Dunn Construction. She, Jeremy Jones with Jones Construction, and Alex Le, chief operating officer for Southwell, discussed progress on the expansion project. In addition to the new construction, 83 portions of the original medical center are being updated and renovated, Jones said. "Out of 16 phases of renovation, we are on eight through

11," Jones said. "The longtime challenge of the medical center has been getting from the 20th Street side of the building to the 18th Street side without getting lost," Jones said. "We're going to fix that, and make the flow user-friendly for visitors." The current Emergency Room is designed for treating 25,000 a year but sees about 55,000 patients. With the new 48-bed ER on the first floor of the

new patient tower, TRMC will be prepared for 80,000 ER visits a year, Le said. It is on two acres in front of the former entrance to the hospital. The current facility has 20 Intensive Care Unit beds and 12 stepdown beds. The new ICU on the third floor of the patient tower will have 20 ICU beds and 16 stepdown beds. They are retrofitted so that if needed, the stepdown rooms can be converted to ICU in the case of emergencies. The fourth floor will be a specialized wing for orthopedics with its own rehabilitation gym. It increases the number of the orthopedic beds from 24 to 36. With the extra space, there is more room for closets and storage space for wheelchairs and other equipment for orthopedic recovery. One whole floor, the second, is dedicated to mechanical equipment, and a new helipad will be able to handle any helicopter, including a Blackhawk. TRMC once had one visit when a military officer had an emergency. The kitchen and dining rooms in the original medical center are undergoing renovation that will double the size of both the kitchen and the server space. "The cafeteria will be easier to find," Jones said. The cafeteria and gift shop will be right inside the main entrance. The 20th Street lobby will be for outpatient surgery. The expansion project is costing \$152 million, Le said: "Ninety million is coming from the USDA; \$60 million is being paid for by Southwell." All in all, the expansion will add 72 rooms to the campus for a total of 181 rooms, Le said. "It will allow us to decommission all semi-private rooms," Le said. The old rooms will be re-

designed to look like the new ones. "We are licensed for 181 beds, but we are allowed to have more if needed," Le said. "We'll submit for more beds as needed." The new patient tower is designed to support four more floors in the distant future for a total of eight floors. "We're prepared to fully meet the needs of our community when we open in

Source: Tifton Grapevine



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#### Alzheimer's Association Georgia Encourages Americans to Make Brain Health A Priority as Part of Their Return to Normal

— June is Alzheimer's and Brain Awareness Month —

— More than 150,000 residents are living with Alzheimer's with more than 334,000 family and friends serving as their caregivers — ATLANTA, GA., June 1, 2021 — With COVID-19 vaccines rolling out across the country, many Americans are looking forward to resuming their lives and returning to normal. This June, during Alzheimer's and Brain Awareness Month, the Alzheimer's Association, Georgia Chapter is encouraging Georgia residents to make brain health an important part of their return to normal. "The past year has been extremely challenging for most Americans," said Linda Davidson, Executive Director, Alzheimer's Association, Georgia Chapter. "Chronic stress, like that experienced during the pandemic, can impact memory, mood and anxiety. As Georgia residents begin to return to normal, we encourage them to make brain health a priority." The Alzheimer's Association, Georgia Chapter offers these five suggestions to promote brain health and to help Georgia residents restore their mental well-being: Recommit to Brain-Healthy Basics: Evidence suggests that healthy behaviors took a back seat for many Americans during the pandemic. Gym memberships were put on hiatus, social engagement became more challenging and many Americans swapped out healthful eating for their favorite comfort foods, take-out meals and frequent snacking while working remotely. One study published recently found participants gained nearly 1.5 pounds per month over the past year, on average.

The Alzheimer's Association — through its U.S. POINTER Study — is examining the role lifestyle interventions, including diet, may play in protecting cognitive function. Right now, many experts agree that people can improve their brain health and reduce the risk of cognitive decline by adopting healthy lifestyle habits, preferably in combination, including: <a href="Exercise regularly">Exercise regularly</a>— Regular cardiovascular exercise helps increase blood flow to the body and brain, and there is strong evidence that regular physical activity is linked to better memory and thinking. <a href="Maintain a heart-healthy diet">Maintain a heart-healthy diet</a>— Stick to a meal schedule full of fruits and vegetables to ensure a well-balanced diet. Some evidence suggests a healthful diet is linked to cognitive performance. The Mediterranean and DASH diets are linked to better cognitive functioning, and help reduce risk of heart disease as well. <a href="Metarthy of the green">Get proper sleep</a>— Maintaining a regular, uninterrupted sleep pattern benefits physical and psychological health, and helps clear waste from the brain. Adults should get at least seven hours of sleep each night and try to keep a routine bedtime. <a href="Stay socially and mentally active">Stay socially and mentally active</a>— Meaningful social engagement may support cognitive health, so stay connected with friends and family. Engage your mind by doing activities that stump you, like completing a jigsaw puzzle or playing strategy games. Or challenge yourself further by learning a new language or musical instrument.

Return to Normal at Your Own Pace: Many Americans are eager for a return to normal life following the pandemic, but others are anxious. In fact, one recent survey found that nearly half of adults (49%) report feeling uncomfortable about returning to in-person interactions when the pandemic ends. For those feeling anxious, the Alzheimer's Association suggests taking small steps. It may also be important to set boundaries and communicate your preferences to others in your social circles. Help Others: There is evidence to suggest that helping others during the pandemic may not only make you feel better, but it may be good for you as well. Research shows that helping others in a crisis can be an effective way to alleviate stress and anxiety. One study published during the pandemic found that adults over age 50 who volunteer for about two hours per week have a substantially reduced risk of dying, higher levels of physical activity and an improved sense of well-being. To help others and yourself during June and throughout the year, volunteer in your community, run errands or deliver meals to a homebound senior or donate to a favorite cause, such as supporting participants in the Alzheimer's Association's The Longest Day event on June 20. Unplug and Disconnect: Technology has dominated our daily lives during the pandemic like never before. While technology has kept us connected through COVID-19, it has also created fatigue for many Americans. Experts warn that excessive stimulation coming from our phones, computers, social media sources and news reports can add to our already heightened anxiety levels. To avoid technology overload, experts advise setting limits on your screen time, avoid carrying your phone everywhere, and disconnecting from digital devices at bedtime. Control Your Stress Before it Controls You: In small doses, stress teaches the brain how to respond in healthy ways to the unexpected, inconvenient or unpleasant realities of daily life. Prolonged or repeated stress, however, can wear down and damage the brain, leading to serious health problems including depression, anxiety disorders, memory loss and increased risk for dementia. Reports indicate that Alzheimer's and dementia caregivers are especially vulnerable to physical and emotional stress. The Alzheimer's Association offers tips to help manage caregiver stress. Meditation, exercise, listening to music or returning to a favorite activity you have missed during the pandemic are just some ways to manage stress. Do what works best for you. "The COVID-19 pandemic has been an overwhelming time for all of us," Davidson said. "It's important for people to know there are steps we can take to lessen the stress and anxiety we might be feeling. It can be easy to take brain health for granted, but now more than ever, it's a good idea to make it a priority." Currently, the Alzheimer's Association and representatives from more than 40 countries are working together to study the short- and long-term consequences of COVID-19 on the brain and nervous system in people at different ages, and from different genetic backgrounds.

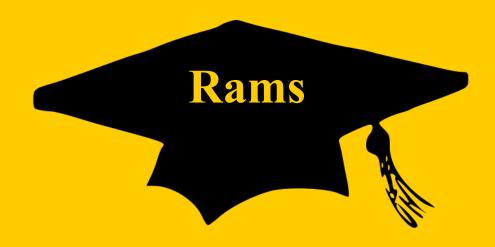
Created by the Alzheimer's Association in 2014, Alzheimer's and Brain Awareness Month is dedicated to encouraging a global conversation about the brain and Alzheimer's disease and other dementia. To learn more about the Alzheimer's Association, available resources and how you can get involved to support the cause, visit alz.org. The Alzheimer's Association is a worldwide voluntary health organization dedicated to 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. Visit alz.org or call 800.272.3900.

#### Field's Funeral Home Live On Facebook Weekly

Every Wednesday morning at 10am, Mr. Charles McDonald with Field's Funeral Home has a Live Show on Facebook. It is a great show filled with guests, announcements and so much more. If you are interested in being a guest, please give Mr. McDonald a call and he will get you on the show. The live show is great for the community because it educates the community on upcoming events and things our great community and surrounding communities has to offer. If you would like your business to be a sponsor, please let Mr. McDonald know as well. His contact number is 229-402-7049. Thank you for your support and be sure to tune in Wednesday mornings at 10am.







2021

# Graduation Celebration

# Congratulations to all 2021 graduates!



phoebehealth.com

#### Dear Graduate...

You have the freedom to define who you are.

#### Find Your Passion

You will fail. Don't give up.

LIFE IS HARD WORK, THERE IS NO EASY OUT.

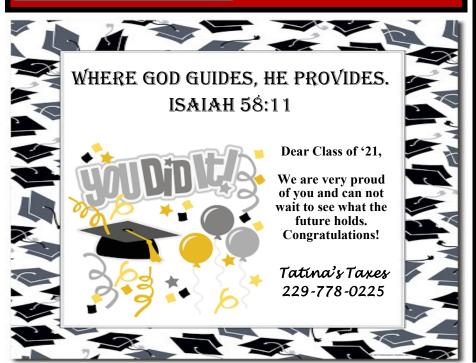
Be responsible and respect this world

Believe In Yourself



Congratulations to the Class of 2021!

507 West Price Street Sylvester, GA 31791 229-776-5649



# JEREMIAH 29:11 "For I know the plans I have for you," declares the LORD, "PLANS TO PROSPER YOU and not to have you, plans to give you HOPE and a FUTURE".

To The Class of 2021

Congratulations and best wishes on your future endeavors.
"For with God, nothing shall be impossible"
Luke 1:37





Snipes Piggly Wiggly 631 East Franklin St. Sylvester, GA 31791 (229) 776-5868



Congratulations to the Class of 2021 from the Staff at Snipes Piggly Wiggly.

We wish you the best in all you do!



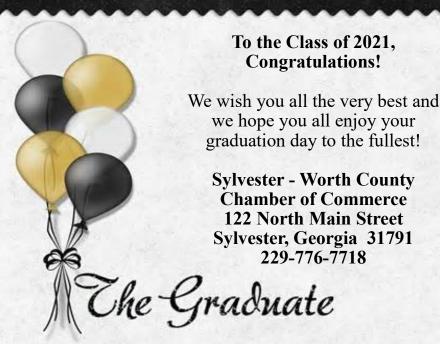
B U T 0 

You have brains in your head and feet in your shoes, you can steer yourself in any direction you choose!"

Congratulations to the Class of 2021

#### **ED'S TIRES**

202 East Franklin Street Sylvester, Georgia 31791 229-776-6952



Congratulations to the Class of 2021!

We wish you nothing but the best!

Colony Bank 601 North Main Street Sylvester, GA 31791 229-776-7641 The Martin News Sylvester, Georgia June 2021



Good Fortune awaiting you with

Relationships, built on love and caring

 $\mathcal{D}$ reams, keeping them always close to heart

 ${\color{red} \underline{\mathcal{U}}}$ nderstanding of others' opinions, and

 $\underline{\mathcal{I}}$ rust, in yourself to make good choices with

 $\underline{\mathcal{L}}$ nergy, enough to fulfill your lifelong goals



Congratulations to the Class of 2021!

We wish you all the Best!

Southland Controls 510 Ashburn Highway Sylvester, Georgia 31791 229-344-1900



Your life is your story and the adventure ahead of you is the journey to fulfill your own purpose and potential.

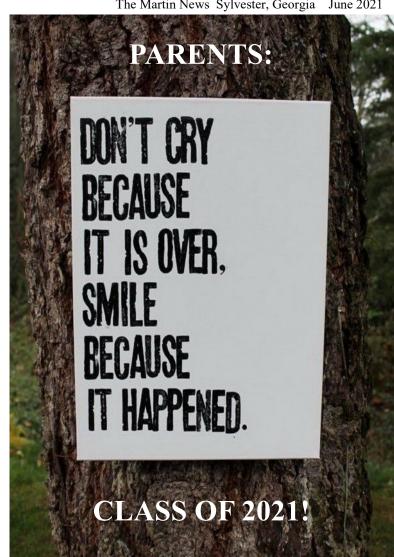
Kerry Washington

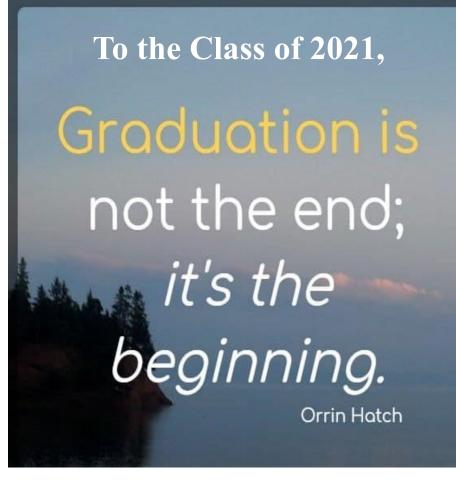




Congratulations to the Class of 2021!

**Dairy Queen** 509 East Franklin Street Sylvester, GA 31791 (229) 776-6692







Congratulations to the Class of 2020!

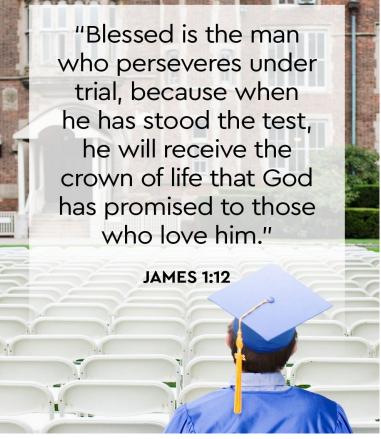
May all your dreams come true ~

4 Paws Parlor 114 East Liberty Avenue Sylvester, Georgia 31791 229-520-5008

# CONGRATULATIONS SENIORS

CLASS OF 2021





Congratulations to the Class of 2021!

We wish you all many blessings! Unity Baptist Church 101 E. Bryant Drive Sylvester, GA 31791 229-776-4212



# WAY TO GO CLASS OF 2021! WE ARE YERY PROUD OF YOU ALL!

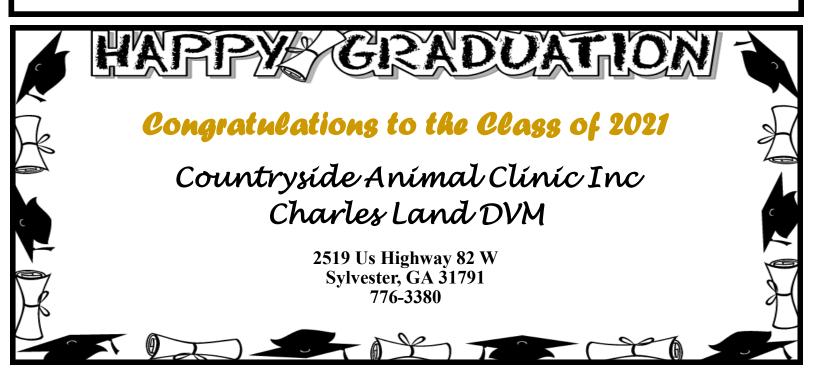
Ed's Truckstop 209 Highway 82 Northwest Poulan, Georgia 31781 (229) 776-4795



I hope your dreams take you...
to the corners of your smiles,
to the highest of your hopes,
to the windows of your opportunities,
and to the most special places
your heart has ever known."

#### WE WISH YOU ALL THE VERY BEST!

El Metate Mexican Restaurant 602 West Franklin Street Sylvester, GA 31791 (229) 821-3203





RELAX FROM ALL THE GRADUATION STRESS AND ENJOY YOURSELF AT ALCHEMY GAMES & COFFEE SHOPPE!

CONGRATULATIONS CLASS OF 2021

121 FRONT STREET
SYLVESTER, GEORGIA 31791
(229) 338-6754

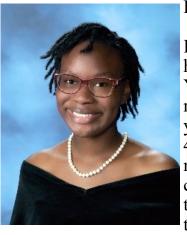
# class of 2021

We are all very proud of you! Congratulations on your accomplishments!

Sheriff Donald Whitaker and the Worth County Sheriff's Office



#### Janya Green



Baby Girl,

I can not express enough how proud I am of you. You have endured so much over the last 4 years, but maintained a 4.0 GPA. You wanted to make a change in your community... you made that change! You wanted to help tackle the hunger

deserts.... you tackled it! My sweet daughter Janya, I couldn't have asked for anything greater! I've shown you how to fly on your own... take your flight and sore to higher heights! You're prepared. It's your time. Your future is as bright as the nearest star. It awaits you! Be the person I know you are.... a future leader.... a game changer....my blessing..... my daughter....



Love, Mom

She is clothed with Strength and Dignity, and laughs without fear of the future.

Proverbs 31:25

Cassidy Tompkins Class of 2021



Cassidy,

We are very proud of you and all that you have accomplished. We wish you nothing but the very best and we can not wait to see what the future holds for you. Keep your head held high and nothing is impossible. And always remember, if you can

dream it, you can do it!

Love, The Tucker Family



#### HE BELIEVED HE COULD SO HE DID!

Matt Grímsley C/O '21



We are very proud of you Matt! We wish you and all of your Class of 2021 the very best!

Doug Hughes Pest Control 118 East Kelly Street Sylvester, Georgia 31791 229-776-4834

Class of 2021

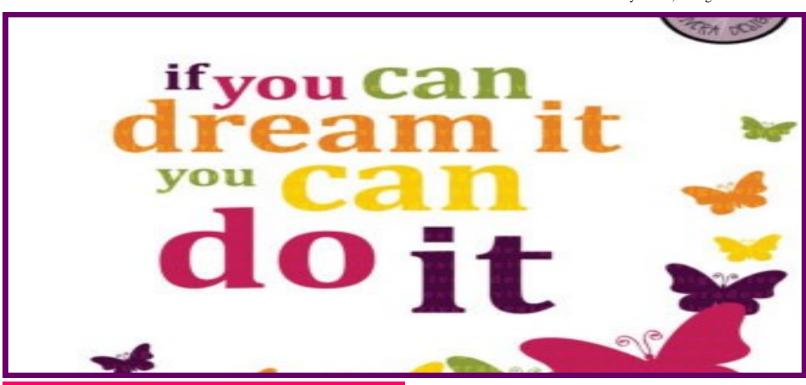
Go confidently in the direction of your dreams.
Live the life you have imagined.

- Henry David Thoreau ~

#### Congratulations to the Class of 2021

Worth County Middle School 1305 North Isabella Street Sylvester, Georgia 31791 (229) 776-8620







Congratulations to the Class of 2021!

Way to go!!

May all your wishes come true!

The Martin News
PO Box 5003
Sylvester, GA 31791
272-4356
Imanley1210@gmail.com

Visit us at themartinnews.org

#### In MeMe's voice...

I knew you could do it and you did it. It took a lot of hard work to reach this goal. I hope you feel great about what you've accomplished, and I hope you'll continue to be a person who shows up day in and day out for those things that are worthwhile and important in life. I wish I could be at your graduation to tell you in person how proud I am of you. Never forget that there is nothing you can't accomplish when you believe in yourself.

Love, MeMe



Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Proverbs 3:5-6

JaKerria Walker Class of 2021



**Worth County High School Class of 2021** 

Congratulations to each and everyone in the Class of 2021! You all have made us very proud! We can not wait to see what the future holds for each one of you.

**Worth County High School** 



For I know the

Planc
I have for you,

declares the **Lord**Plans to **Prosper** you and not to harm you

Plans to give you ope and a Future

-Jeremiah 29:11