



The Martin News

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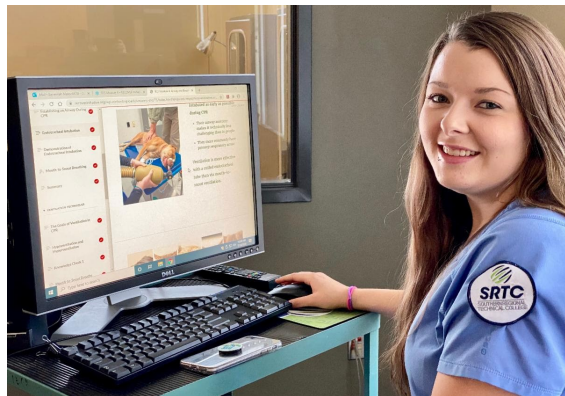
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SRTC Vet Tech Students Join Worldwide CPR Training



The veterinary technology program at Southern Regional Technical College (SRTC) is participating in a worldwide effort to train veterinarians and veterinary technicians in the most current, evidence-based emergency life-saving techniques for cats and dogs. During the COVID-19 pandemic, the RECOVER initiative (Reassessment Campaign on Veterinary Resuscitation) has extended cardiopulmonary resuscitation (CPR) training at no cost to students or their accredited colleges with veterinary training programs. The initiative is a non-profit, volunteer-based

program. As of May, more than 160 schools in 23 countries had registered with the program, and 18,507 students enrolled in the online evidence-based canine and feline CPR training. As of July 15, 83 percent of SRTC's current veterinary technology students and 100 percent of recent graduates had completed the training. "We had already covered canine CPR in our labs, but this training deepened my knowledge and confidence in emergency care for cats and dogs," said SRTC vet tech student Savannah Maton. SRTC vet tech student Savannah Maton recently participated in the advanced CPR training for cats and dogs.

Source: Tifton Grapevine

The Benefits of the Work-Based Learning Program at Worth County High School

With the new school year almost ready to get kicked off, Worth County High School offers a great program that can benefit the students and the businesses in our community. The Work-Based Learning provides students with opportunities for instruction in both academic and occupational skills, career exploration, and guidance in identifying employment and educational goals. Students have the opportunity to connect what they learn in school with work-site application to enable a smooth transition into the work force and/or education beyond high school. The following Work-Based Learning programs are available to help students develop their occupational skills. Youth Apprenticeship: Youth apprenticeship programs offer students both school-based and work-based experiences. To qualify, students must have completed classwork and technical training related to the career field. Students and employees agree on a long-term plan of accumulating 2000 hours of on-the-job training. Apprenticeship is intended for career fields which require intense training and education beyond high school. Cooperative Education: Cooperative education programs provide paid work experiences linked to the career/technology program the student is pursuing. Students are released from school one or two periods to work at a job part-time in a paid position. Students attend both academic and occupational-related courses during the remainder of the school day. Internship: An internship tends to be a short-term placement directly related to a student's program of study. Internships usually begin after completion of school-based learning in the student's chosen career focus area. Internship placements are usually for intense observation of how a job is performed in a specific career area. Employability Skill Development (ESD): This program is for the student who has a job during his/her senior year, and the student has not or will not be taking a class that is related to the job. The purpose of this type of placement is for the student to learn basic employability skills that will be transferable to any job the student may later choose. Ideally, students who are working in an ESD placement will become qualified for one of the other placement opportunities and be re-categorized as soon as possible. The benefits are truly never ending. Benefits for employers: Offers a source of skilled and motivated future employees, Provides an opportunity to prepare and train future employees, Reduces the costs of recruitment and training, Improves employee retention, Offers an opportunity to provide community services, Increases employee visibility in the educational community and Encourages involvement in the curriculum development process. Benefits for students: Increases motivation by showing the relevance between school and work, Provides opportunities to explore possible career fields, Gives a realistic view of specific career fields, Helps to develop workplace responsibility, positive attitudes and habits, Offers opportunities for leadership development, Improves job prospects after graduation, Allows for interaction with adults in a work-based setting and Encourages the pursuit of education after high school. There are a few requirements for admission into the program. They are Parental approval, Completion of or enrollment in an appropriate technology/career education course which relates to your career objective, Good attendance record, Good academic record and on track for graduation, Good discipline record, Reliable transportation to and from the work place, Must be a junior or senior and must be at least 16 years of age, Good attitude, Good grooming habits, Recommendation from current teachers and Completion of Work-Based Learning application process. They are several areas of study in the program. They are Ag-Science, Automotive Technology, Broadcast Video Production, Business Education, Child Care, Construction Technology, Family and Consumer Science, Healthcare Science Technology, Horticulture, Information Technology and Introduction to Teaching. If you are interested in your business participating, please contact the program director, Tina Pate at tpate@worthschools.net or give her a call at 229-463-3031.

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CHARLES G. MCDONALD

WORTH COUNTY CORONER

Groups Create Peanut Federation For Unified Industry Voice

Peanut growers, shellers and buying points have formed the U.S. Peanut Federation to be a united voice in Washington, D.C., for the peanut industry. "I commend the associations for joining forces to advocate for our nation's peanut industry which plays an important role in feeding not only our country but also the world," said U.S. Rep. Austin Scott, R-Ga., of Tifton. "As times get tough for our country, it is important to concentrate efforts in a unified voice to better our peanut industry in rural America, and I look forward to seeing the positive impacts of this new partnership." The Federation is comprised of the Southern Peanut Farmers Federation, the American Peanut Shellers Association and the National Peanut Buying Points Association. The organizations that make up the newly founded national federation have a history of serving its members and communities to support the peanut industry.

Source: Tifton Grapevine



GEORGIA AGRICULTURE BINGO

Take a picture of you doing the activity then color in the box so you know you completed that activity. When you have BINGO (5 across, down or diagonally) you will receive a bookmark that will tell you how to enter to win a prize from Georgia Farm Bureau. Each BINGO is an additional entry!

 Plant a flower seed that is beneficial to pollinators. Visit https://gfb.org/Bingo-Flower for plant suggestions.	 Listen to the book "Right This Very Minute" on Youtube. https://gfb.org/Bingo-RVM	 Create a sign thanking farmers for producing your food, then post a picture of you holding the sign on social media using #GeorgiaFarmBureau and/or tagging @friends of Georgia Farm Bureau on Facebook.	 Eat your favorite Georgia grown vegetable. (GA ranks 3rd in the nation in fresh market sweet corn production.)	 Science Activity: Compost in a Bag. For directions visit: https://gfb.org/Bingo-Compost
 Read a book under a tree. (GA's forested land covers about two-thirds of the State's 37.1 million acres, about 24.8 million acres.)	 Go on a picnic for lunch that includes a Georgia grown commodity. (Georgia is 1st in the nation in peanut production.)	 Color a commodity coloring page from GFB. To find a page visit https://gfb.org/Bingo-Coloring	 Plant a vegetable. Visit https://gfb.org/Bingo-Vegetables to learn how to plant a vegetable garden.	 STEM Challenge-build a barn using toothpicks and marshmallows. For directions visit https://gfb.org/Bingo-Marshmallow
 Eat your favorite Georgia grown fruit. (Georgia ranks 3rd in the nation in watermelon production.)	 Dig for earthworms. (Earthworms help improve soil structure, and they create tunnels in the soil for air, water, and plant roots.)	FREE SPACE	 Find a bee outside and/or watch a video. For the video visit https://gfb.org/Bingo-Bee . (Bees are responsible for 1 in every 3 bites of food we eat.)	 Make a no bake recipe. Visit https://gfb.org/Bingo-Recipes to find lots of recipes!
 Help make supper with a Georgia grown commodity. (Cattle are raised in all 159 counties of GA. 1 cow will provide over 400 lbs of beef.)	 Draw your favorite farm animal. (3 out of 4 counties in GA are involved in poultry and GA ranks 1st in the nation for broiler production.)	 Play an educational online farm game. Visit https://gfb.org/Bingo-Games to find a game.	 Play outside. (Kids and teens should get at least 60 minutes of physical activity daily.)	 Eat your favorite dairy product. (GA currently has over 120 dairy farms and is home to over 72,000 dairy cows.)
 Go to the grocery store and find a GA or American grown fruit or vegetable.	 Visit a Certified Farm Market. Visit https://gfb.org/Bingo-CFM to find a CFM near you.	 Look at the tags inside your shirts to find one that is 100% cotton and wear it. (Georgia ranks 2nd in the nation in cotton production.)	 Write a letter to your family or friends. (Georgia ranks 1st in the nation in annual timber harvest volume.)	 Help make breakfast with a Georgia grown commodity. (Georgia ranks 5th in the nation in table egg production.)



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Source: Margaret Jones Public Library

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Wine and Its Benefits

The list of wines benefits is long—and getting more surprising all the time. Already well-known as heart healthy, wine in moderation might help you lose weight, reduce forgetfulness, boost your immunity, and help prevent bone loss. With America likely to edge out France and Italy in total wine consumption in the near future, according to one analyst, and with women buying more than 6 out of every 10 bottles sold in this country, were happy to report that wine may do all of the following:

1. Feed your head. Wine could preserve your memory. When researchers gave memory quizzes to women in their 70s, those who drank one drink or more every day scored much better than those who drank less or not at all. Wine helps prevent clots and reduce blood vessel inflammation, both of which have been linked to cognitive decline and heart disease. Alcohol also seems to raise HDL, the so-called good cholesterol, which helps unclog your arteries.
2. Keep the scale in your corner. Studies find that people who drink wine daily have lower body mass than those who indulge occasionally; moderate wine drinkers have narrower waists and less abdominal fat than people who drink liquor. Alcohol may encourage your body to burn extra calories for as long as 90 minutes after you down a glass. Beer seems to have a similar effect.
3. Boost your body's defenses. In one British study, those who drank roughly a glass of wine a day reduced by 11% their risk of infection by *Helicobacter pylori* bacteria, a major cause of gastritis, ulcers, and stomach cancers. As little as half a glass may also guard against food poisoning caused by germs like salmonella when people are exposed to contaminated food, according to a Spanish study.
4. Guard against ovarian woes. When Australian researchers recently compared women with ovarian cancer to cancer-free women, they found that roughly one glass of wine a day seemed to reduce the risk of the disease by as much as 50 percent. Earlier research at the University of Hawaii produced similar findings. Experts suspect this may be due to antioxidants or phytoestrogens, which have high anticancer properties and are prevalent in wine. And in a recent University of Michigan study, a red wine compound helped kill ovarian cancer cells in a test tube.
5. Build better bones. On average, women who drink moderately seem to have higher bone mass than abstainers. Alcohol appears to boost estrogen levels; the hormone seems to slow the body's destruction of old bone more than it slows the production of new bone.
6. Prevent blood-sugar trouble. Premenopausal women who drink one or two glasses of wine a day are 40 percent less likely than women who don't drink to develop type 2 diabetes, according to a 10-year study by Harvard Medical School. While the reasons aren't clear, wine seems to reduce insulin resistance in diabetic patients.

Proposal: Open Tift Schools On Aug. 7; Require Masks On School Buses

During a marathon workshop meeting Tuesday night, Tift County Schools Superintendent Adam Hathaway asked the Tift County Board of Education (BOE) to delay school opening by four days until Friday, Aug. 7, to allow teachers more time to prepare. Hathaway and other system officials spent two-and-a-half hours of the meeting briefing BOE members on proposals to open schools next month during the pandemic. Proposals, which haven't yet been adopted, include requiring masks on school buses and encouraging masks inside school buildings when social distancing is difficult. The school board meets in regular session Thursday, and a final plan could be approved then. "It's a highly emotional situation," Hathaway said. "There are a variety of opinions about how we restart. I know that the emotional part of this is important." But Hathaway added: "As we make decisions, it is important that we, as an organization, look to science. ... Science has got to drive our decision-making." The school system has proposed a "community spread plan" relating to the coronavirus, and the Ga. Department of Public Health (DPH) "has signed off" on it, the superintendent said. The plan would set three conditions – Green, Yellow and Red: Green would mean schools are open in a traditional manner with enhanced precautions and protocols; Yellow would involve scenarios such as staggered classes to minimize spread of the virus; and Red would mean a school shutdown. To assess the Green level, the community spread of the virus would be 0-5 percent of the population during the previous 14 days; Yellow would be 5.01-10 percent; anything above 10 percent of the population would be Red. The spread would be determined by dividing the current number of positive cases in Tift County with the county's population. As of Tuesday night, Hathaway said, "The county is at 0.69 percent. which would put us in Green." He explained the percentage is a result of 281 positive cases during the previous 14 days divided by a population of 40,644. Even if one looks at the total number of cases in Tift since virus tracking began in March, the county would still be in Green at 2.29 percent, Hathaway said. The superintendent said he would work with the DPH each week to assess the community spread for the previous 14 days in order to determine the level. A specific school could find itself in a different level than the rest of the school system, based on its number of cases, he said. "We will move forward very deliberately and intentionally," Hathaway said. "A decision that we make today may be undone in two weeks. ... This is a fluid situation, and it's changing constantly." Any parent may opt for a student to stay home and receive online instruction, but that determination must be made by July 21. Hathaway said a student opting for online instruction may still participate in programs and extracurricular activities, but must meet individual program requirements. School board members discussed mask requirements, with several members asking about the difference between requiring masks on buses because of a lack of social distancing versus not requiring them inside schools when social distancing may also be difficult or impossible. Some members said the requirements should be uniform. Hathaway noted that "going back (at level) Green does not look like going back last August." But he added that parents should "understand that your child will be close to other children. ... We're not going to hold them prisoner; they are going to be able to get out for recess."

Source: Tifton Grapevine



ABAC Teams, Athletes Receive NJCAA Academic Honors

The National Junior College Athletic Association (NJCAA) has announced the 2019-20 Academic Teams of the Year, and four teams from Abraham Baldwin Agricultural College made the list. Despite an academic year that was interrupted by COVID-19, NJCAA student-athletes flourished in the classroom as 1,026 teams around the country earned at least a 3.0 GPA or better, the NJCAA said. Individual student athletes from ABAC also received honors – 24 of them earned All-Academic status. ABAC teams earning academic honors are: Men's Tennis, with a combined grade-point average (GPA) of 3.52 (seventh-highest among NJCAA schools); Softball, with a 3.63 GPA (13th highest); Women's Tennis, 3.5 GPA; and Men's Golf, 3.02 GPA. Among ABAC athletes earning All-Academic status, with at least a 3.6 GPA, are: First Team All-Academic – Abbey Adkins (softball), Taylor Hadlock (soccer), Jessica Lindsey (women's tennis), Tiago Marques (men's tennis), Kati Mills (softball) and Karli Williams (softball). Second Team All-Academic – Desirae Beachem (softball), Arianna Calcatelli (women's tennis), Lorenzo Del Biondo (men's tennis), Chloe Evans (soccer), Sheridan Lowry (soccer), Amber Maxwell (softball), Taylor Middleton (softball), Irene Romero Redondo (women's tennis) and Bailey Spires (softball). Third Team All-Academic – Joshua Campbell (golf), Melissa Escalante Alvarado (soccer), Jenna Hickman (softball), Caleb Lanoux (baseball), Kenneth Limyadi (tennis), Phuong Pham (men's tennis), Katie Royals (softball), Matt Terrill (baseball) and Olivia Wright (soccer).

Source: Tifton Grapevine





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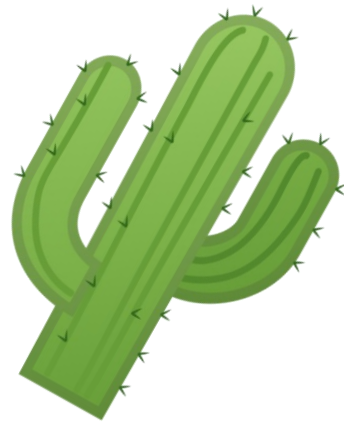
Where Are Your Driving Thru?

National Drive Thru Day is Friday, July 24th. Where will you drive thru on Friday? Here in Sylvester alone, we have several drive thru places. Now I wonder if they are considering this drive thru places to eat or drive thru places to do business? Think about it. These days, we drive thru to get food, medicine and even clothes at the cleaners. We drive thru to drop off mail and to go to the bank. Many places have drive thru services so where will you drive thru on National Drive Thru Day?

Are You An Aunt or Uncle?

If you are an aunt or uncle then July 26th is YOUR day! We all know they recognize mothers and fathers but now I see they recognize aunts and uncles. I LOVE being an aunt! I only have two nephews, one is about to turn 20 on Friday and one is the same age as my son which is 16. Being an aunt is fun because you can spoil them and send them home. I am also an aunt to those that are not related by blood. When I was growing up, for years and years, I use to think I had many aunts and uncles when all in all there was many that we called aunt and uncle that were just very close friends to the family. Aunts and uncles, whether blood related or not, are just an extra set of hands to the parents. They tend to love your children the same as you would all while teaching and guiding them the way you would as well. The Lord knew what he was doing when he added extra people to a child's life. The saying "it's take a village to raise children" stands true maybe even more today than ever.

Another paint party with Allison Kilcrease at The Margaret Jones Public Library was a great turn out and fun was had by all. Be sure to check the Facebook Page of the library for many different events including the paint parties.



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How Their First Library Card Teaches Kids Responsibility

Think of all the cards in your wallet right now. Visa? MasterCard? American Express? Starbucks? All those shiny plastic rectangles in your pocket signify bills to pay, money to spend, and all the other responsibilities that come with being a grown-up. But do you remember your first card? That first time you got a wallet and couldn't wait to fill it with grown-up things, like photos, money, and cards! Perhaps that first official card of your very own was a library card. But a library card isn't simply a way for kids to gain access to library materials, it's also an ideal way to start kids on a path to responsible adulthood. Kids can learn a great deal about responsibility (and how to be thoughtful members of society, in general) with a little guidance from wise adults and a trusty library card. Here are six lessons young people can learn by being proud bearers of a library card that will prepare them for the future: How to Participate in Civil Society. My library card was the first official document I was actually allowed to carry in my very own wallet. Being an avid fan of public libraries, our mother took us straight to the local branch's front desk so my brother and I could fill out a couple of crisp, official forms in exchange for keys to the magical kingdom of books. The cards were the first signal that we were part of a larger community. Who says bureaucracy can't be totally worth it once in a while? How to Keep Important Documents (or objects) safe and handy. You can't delve into the next installment of J. K. Rowling's universe of witchcraft and wizardry without keeping your library card free of damage and close at hand. Likewise, books, DVDs, and other items that belong to the community deserve some tender, loving care. A library card teaches kids to value meaningful objects and take special care of them for others' eventual use. How to Be a Good Borrower? Like looking both ways before you cross the street, certain rules in life are just common sense to adults. However, kids must be shown how to be respectful, polite, and law-abiding citizens. But becoming conscious of the span of time they get to enjoy that DVD or audiobook is not just about due dates. It's also about empathizing with that other kid who is patiently waiting to learn life lessons from Judy Blume, too. And you can be sure that when some thrilling adventure is coming due, your favorite kid will surely speed up those words-per-minute. How to Accept Consequences? A library card helps young people understand that forgetting (or refusing) to be responsible means suffering the consequences. Whether it's paying for overdue, lost, or damaged materials, kids benefit from learning that the effects of ignoring responsibilities can take a solid chunk of that cash they so proudly display in their wallets (as well as their trustworthiness). Ouch. How to Choose Thoughtfully? With row after row of books, DVDs, magazines, the library is a veritable cave of wonders—but one must choose wisely. Even though we'd like to take it all home with us, there are limits. A library card is an opportunity for youngsters to learn moderation and decision-making skills, as they grow to strike a balance between their desires, abilities, and means. That the System Works (if we're responsible together) Finally, a library card is symbolic of a society that takes responsibility for helping all people become more knowledgeable, better informed, and wiser. Libraries are places of discovery where everyone can learn about the universe, life, love, and all the things that make us human. That is, if the majority of people uses it appropriately. A library card is a key that allows kids to participate in what's right with society, while at the same time helping them to grow into decent adults. Of course, kids may not just accept these important responsibilities on their own. That is why wise adults must be there to offer guidance—a little nudge in the right direction—to help young people discover the awesome power of their first library card.

Source: Shared by Medium.com



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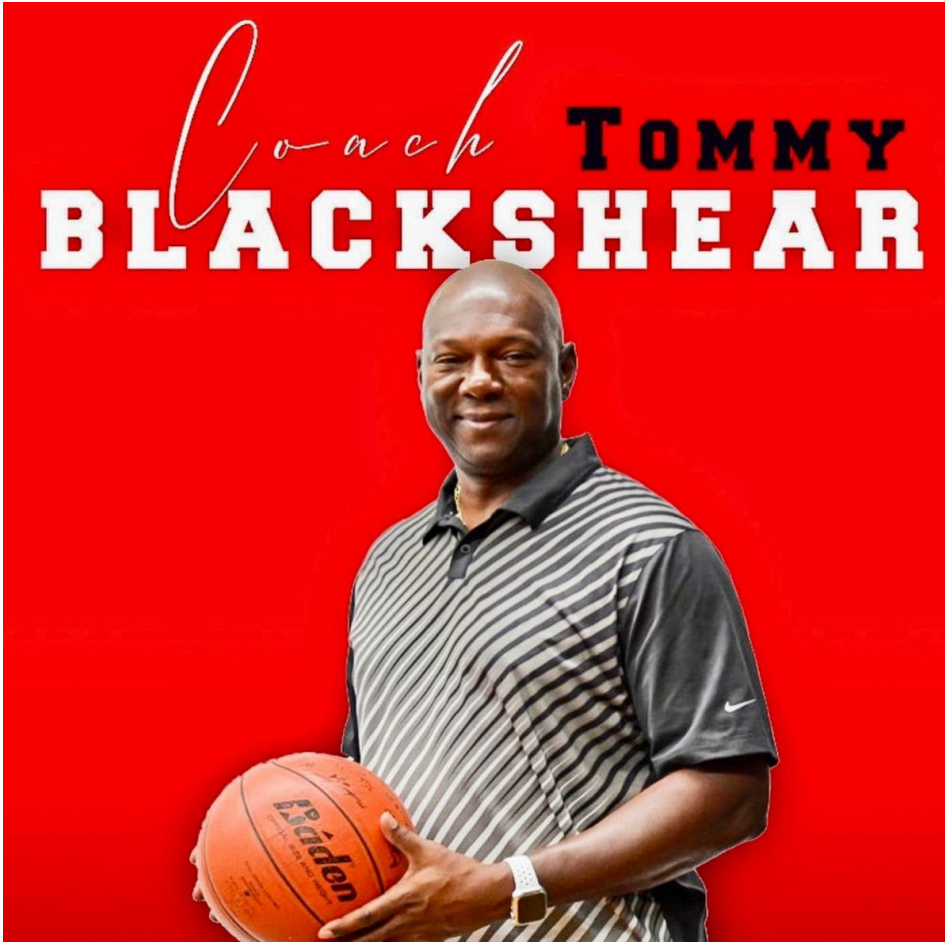
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BOE: AUG. 7 Opening, Millage Rollback, Basketball Coach Delays School 4 Days; Sets Tax Decrease Names Tommy Blackshear New Head Coach



The Tift County Board of Education (BOE) on Thursday set Aug. 7 as the opening date for schools, approved a slight millage rollback for taxpayers, and brought back former Blue Devil Head Coach Tommy Blackshear to once again lead the Tift County High basketball program. On the recommendation of Superintendent Adam Hathaway, the BOE is delaying the start of school by four days to allow teachers to better prepare for the school year during the pandemic and to allow their input about how new procedures in place may work. The school system is opening under level Green, allowing physical instruction but under new guidelines and procedures. "It's not going to look like it did last August," Hathaway told the board. "Social distancing is going to be the order of the day." Face masks will be required on all school buses but will only be required inside school buildings "when social distancing is a challenge," Hathaway said.

However, he doesn't expect such challenges to occur very much. The superintendent said students will not be "in a mask all day and locked in a room." The school system has posted answers to "Frequently Asked Questions" about school reopening: Regarding the tax millage rate for the new fiscal year, the BOE rolled back the rate from the current 16.940 rate to 16.932. "That's the best thing we can do for our community right now," Hathaway said. He added that the reduced millage will not result in any program or personnel changes in the school system's budget. The BOE also named Tommy Blackshear as head boys' basketball coach. "We are happy to welcome Coach Blackshear to the Tift County family," Hathaway said. "We expect great things from our boys' basketball program under his leadership. He has a long history of success on the basketball court as a head coach, and we know that will continue in the future for our Blue Devils." Blackshear coached the Tift County boys' basketball team from 1988-2004 and was named the 1996 Georgia Tip Off Club's Coach of the Year. After becoming the Blue Devils head coach in 1988, Blackshear's teams won 10 region titles, went to the final four of the state basketball tournament three times and captured the AAAA state championship in 1996. Blackshear's Blue Devil teams went to the state tournament 11 of his last 12 seasons. "Coach Blackshear understands hard work, success, and what it means to be a Blue Devil," said Tift County High Principal Chad Stone. Blackshear is a graduate of Armstrong Atlantic State University, where he excelled as an All American both on the basketball court and in the classroom. He was inducted into the Tift County Athletic Hall of Fame in 2015. Xavier Holmes was the Blue Devils' interim head coach last year.

'Great Georgia Pollinator Census' Returns in August



Students and families may participate in the second annual Great Georgia Pollinator Census on Aug. 21-22 coordinated by University of Georgia Cooperative Extension. About 4,500 participants documented more than 131,000 insect sightings as part of the inaugural census in 2019, and more than 100 events related to the project took place around the state. This year's count may look different with social distancing recommendations, but organizers are encouraging participants to plan on counting

pollinators at home, whether solo or with their families. Census takers are asked to count pollinators on a favorite pollinator plant with abundant insect activity for 15 minutes each day using the provided observation sheet. "The goals of the project are to gather data on pollinator insect populations, foster pollinator habitats and increase entomological literacy about these insects," said Becky Griffin, UGA Extension school garden and pollinator census coordinator. If you can't tell a honey bee from a bumble bee, don't worry. An Insect Counting and Identification Guide gives detailed instructions on counting and photo examples for classification, which is helpful, since there are more than 500 bee species reported in the state. Those interested may visit ggapc.org to sign up and subscribe to the monthly newsletter about pollinator gardening and insect identification. The project's Facebook group, Georgia Pollinator Census, has grown to nearly 1,500 members and includes educational resources such as videos and files available for teachers to use in the classroom.

Source: Tifton Grapevine



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