

# The Martin News

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July 5, 2021

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# Southwell Sylvester Primary Care Marking 20 Years in Worth County



Southwell Medical Sylvester Primary
Care is marking its 20th anniversary
serving patients in and around Worth
County. Since July 2001, Sylvester Primary Care has offered full-time primary
care and provided a range of acute,
chronic, and preventive medical care.
Dr. Louise Wilder, who is board certified
by the American Board of Family Medicine, and Todd McDonald, a nurse practitioner and a Worth County native who
has worked at the primary care since the
beginning, are the two healthcare provid-

ers there. "We are honored to have been able to serve this community for the past 20 years," said Michelle Sturgess, the facility's practice manager. "We have loved working with this community, and we hope to continue serving our patients for the next 20 years or more." Todd McDonald, a nurse practitioner, left, and Dr. Louise Wilder offer primary care services at Southwell Medical Sylvester Primary Care.

Source: Tifton Grapevine

### **UPS Guy Delivering To St. Jude**

This week's TikTok is delivered to you by "your\_ups\_guy" in Upstate New York. On TikTok "your\_ups\_guy" is better known as Jason. He is from New York and has been employed with UPS for 20 years. He expressed that he really enjoys his job which consists of delivering in the mountains and around a beautiful lake all while working for a wonderful company! Covering Famous TikTokers has become a great enjoyment for me. There are many wonderful TikTokers with great platforms that I have met on TikTok. Jason's platform is St. Jude.

Jason began TikToking after hearing his 12 year old son talk about it. As a parent, Jason wanted to get the app and see what it was all about. He just wanted to make sure there was nothing on there that he should be worried about with his son seeing. Once Jason was on the app and scrolling' more and more, he noticed all of the amazing and talented creators on the app. Well, guess what? Just like me, Jason was hooked on TikTok! He quickly decided he wanted to start making his own content.

TikTok brings many laughs and allows you to meet great people just as I have met Jason. When asked to Jason, who his favorite TikToker was, he explained that was a very hard question to answer. "There are so many amazing, talented, funny and inspiring creators on TikTok" stated Jason "To choose, one is difficult, but if you ask me to choose, I choose thetiktokdrummer as one of my favorites"! TikTok also allows you to do so many wonderful things on the app. Jason's platform on TikTok is St. Jude. He said he always tells everyone who asks, "There is nothing better than trying to save children and no better organization than St. Jude to do it". When Jason got on TikTok he saw a few creators with kids that were battling cancer. "It was heart wrenching" explained Jason "I couldn't imagine the strength it takes for a parent to watch their child battle such a horrible thing and the strength of the young kids that are in such great spirits". When Jason saw a little girl getting her head shaved while smiling and happy, he said the tears rolled and he knew he wanted to do more to help raise money for families. His main goal on TikTok is to raise awareness for childhood cancer and to raise money for St. Jude to help find cures and help save children. "I hope to accomplish big numbers for St. Jude" stated Jason "The sky is the limit"!

Jason lip syncs to songs using his UPS scanner. People on TikTok request songs for him to sing and most make a donation to St. Jude for him singing their song. Nothing is donated directly to Jason. It is donated to St. Jude. The link is in his bio on his TikTok account. I told Jason that I knew he loved to lip sync, but asked him did he actually love to sing. He got tickled. He told me that he feels like a rock star when he is lip syncing, but he didn't think he really could sing. One of Jason's good friends at work asked if he thought he was a Rock Star and he quickly replied NO but said it sure was a load of fun. As some of us may sing out loud in the shower where no one can hear us, Jason says he might sing out loud once in a while when he is driving in his own personal truck. However, he did sing out loud in one of his videos and folks wanted more. He said for now he is sticking to lip syncing and raising money for St. Jude. If you have not watched any of Jason's videos on TikTok please do. He does an amazing job and most of the songs are so upbeat. I asked Jason what his favorite song was that he had lip synced and he explained there had been many songs that he had enjoyed doing. "My most viewed song that I've done four or five times was Journey - "Don't Stop Believin" with a total of over 75k likes and 285K views combined" stated Jason "It is a fun one." His followers seem to really like that song.

Recently I saw on TikTok where Jason was doing a giveaway with some St. Jude merchandise. I, of course, wanted to know more about this. He explained that he has a follower who lives in a different state that became a friend. She and her husband lost their little girl to cancer. She asked Jason to do a song that their daughter used to sing after treatment, "These Boots Were made For Walking". She has been amazing support to Jason's cause and his mission. She came up with the idea to do a giveaway and sent the St. Jude merchandise to help him out with it. The Official St. Jude page actually commented on one of Jason's videos asking if they could use it. He told them most definitely, but he doesn't know if they have. Jason is unsure if St. Jude knows what has been raised through his St. Jude Platform but as of today, Jason and his followers have raised over \$18,000.

Many people may wonder how Jason has the time to make videos while he is working for UPS. He explained to me during our interview that he gets 55 minutes in breaks a day and it usually takes him 1-2 minutes to make a video. He makes sure his job always comes first. "It definitely makes my job even more fun though" explained Jason "It's also very cool when my customers say "I saw you on TikTok, and you are amazing". He said it is so humbling and that his customers are awesome! UPS does follow Jason on TikTok however, he does not tell everyone what he does. Some of the guys he works with know what he does, but he doesn't advertise it.

Jason stands amazed at the people that have come together to help his cause. An event coordinator out of Oklahoma is planning a lip sync concert and all of the proceeds will go to St. Jude through his link. How awesome is that? It will be so much fun! There is also a Facebook group called OF-FICIALWhiteyy18 Support Group for William White. This a group of ladies that enjoys chatting among each other about the heart throb William White known on TikTok as whiteyy18. This group has over 13,000 members! Their motto is Unity Equals Strength. The ladies decided that once William reaches two million followers on TikTok they will all donate to St. Jude through Jason's link. They are doing this to show William what a strong force he has become in uniting people. They decided to use Jason's platform because he is a huge supporter of William. We can't wait for William to reach two thousand followers. Jason has had some country stars following and supporting him as well. Brad Paisley requested that Jason lip sync "This is Country Music" and Chris Young requested that he lip sync "Famous Friends" featuring Kane Brown. Jason did both and said that "Famous Friends" was his most fun song to do but it was his most nerve racking song as well.

Jason also has his Real Estate License that he does as well. In Jason's spare time, he loves to boat with family and friends. He has a twelve year old son and a beautiful fiancé that he absolutely adores spending as much time with them as he can. He and his fiancé are celebrating three years together this month! Jason wants to let all of his friends and followers know that they are amazing! Because of them, they have raised over \$18k and still going strong. "I couldn't have done it without all of them" expressed Jason "and I'm very thankful for everyone contributing to my cause". Whether it's a follow, a like, a share, a duet, a donation, it all goes a long way to Jason's mission on TikTok and it's very much appreciated. Jason wanted to emphasize that any and all donations go directly through his link on TikTok and goes directly to St. Jude. He does not take any money directly. There was a scammer account created with Jason's photo and similar name (your\_upss\_guy) trying to scam people for donations. Jason will never ask anyone for money or send any link asking for personal information. He only has one account which is your\_ups\_guy.

The Martin News is excited to be a part of Jason's Journey with raising money for St. Jude. September is known as Childhood Cancer Awareness Month. The Martin News will be working through the month of September to help Jason raise money for St. Jude. Please keep an eye out for all the great things we will have planned. This is a small token of what The Martin News can do to help such an amazing platform. Will you join me to help Jason and St. Jude?



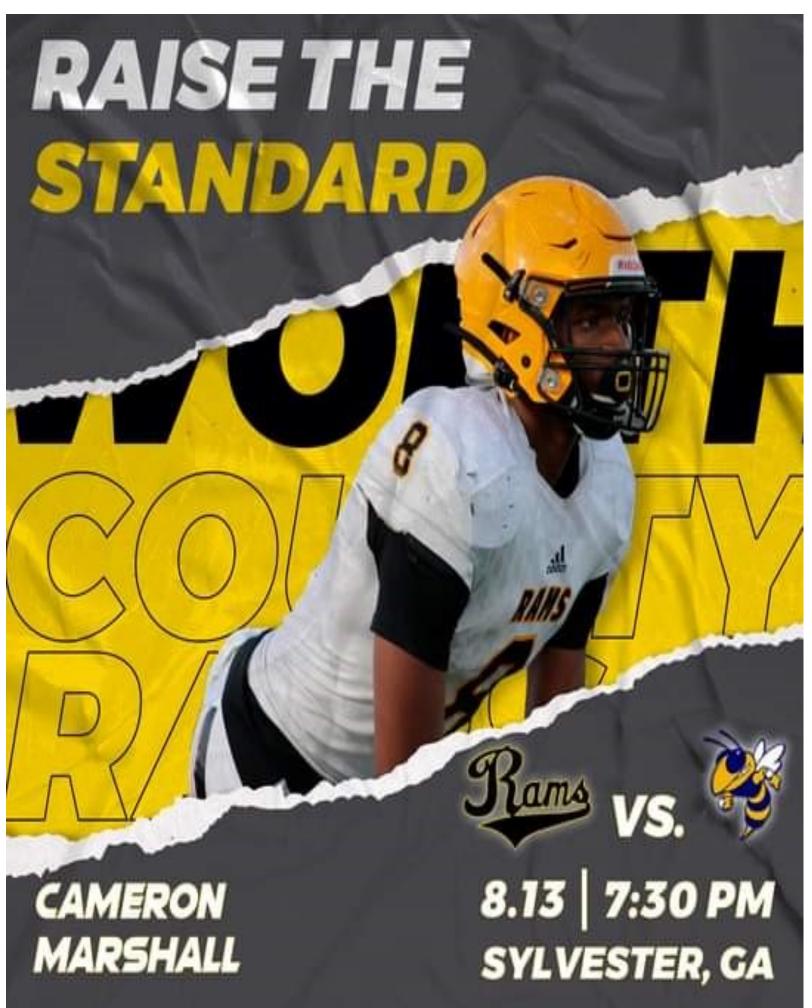
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# WCHS Competition Cheerleader Mini Cheer Camp

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

### New Bicycle Safety Traffic Law In Effect July 1st



Beginning July 1st, a new bicycle safety traffic law went into effect in Georgia. When passing a bicyclist, a driver must move over into the adjacent lane if it is safe and legal to do so. If unable to move over, the driver must slow down to a speed that is either ten miles below the posted speed limit or 25mph, whichever is higher. As currently required by law, drivers must also allow at least 3 feet of room between their vehicle and a bicyclist when passing

Every bike ride begins with putting on a helmet. But it's equally important that you ensure a proper fit so your helmet can best protect you. Size can vary be-

tween manufacturers. Follow the steps to fit a helmet properly. It may take time to ensure a proper helmet fit, but your life is worth it. It's usually easier to look in the mirror or have someone else adjust the straps. For the most comprehensive list of helmet sizes according to manufacturers, go the Bicycle Helmet Safety Institute (BHSI) website.

### **Safety Rules For Bicycling**

- Ride a bike that fits you—if it's too big, it's harder to control the bike
- Ride a bike that works—it really doesn't matter how well you ride if the brakes don't work
- Wear equipment to protect you and make you more visible to others, like a bike helmet, bright clothing (during the day), reflective gear, and a white front light and red rear light and reflectors on your bike (at night, or when visibility is poor)
  - Ride one per seat, with both hands on the handlebars, unless signaling a turn
    - Carry all items in a backpack or strapped to the back of the bike
  - Tuck and tie your shoe laces and pant legs so they don't get caught in your bike chain
- Plan your route if driving as a vehicle on the road, choose routes with less traffic and slower speeds. Your safest route may be away from traffic altogether, in a bike lane or on a bike path

# CGL

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(small cars and mid-size vehicles)
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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
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Chan: 229-347-0253

## Ocilla's Sen. Harper Announces For Georgia Ag Commissioner



State Sen. Tyler Harper, R-Ocilla, announced his candidacy this week for Georgia agriculture commissioner. Harper, a seventhgeneration farmer and Irwin County native, has served in the state Senate since 2013. He seeks to succeed current Agriculture Commissioner Gary Black, who is running for the U.S. Senate. "For me, being a farmer is more than just a job: It's a way of life. As agriculture commissioner, I will use my background, experience, and record of results to fight for our farmers, the consumer, our conservative values, and our way of life here in Georgia," Harper said. He said he supports former President Trump's "America First" policies and has worked closely with former U.S. Agriculture Secretary (and former governor) Sonny Perdue to deliver results for Georgia. Harper graduated from the University of Georgia with a bachelor's degree in agricultural engineering and has an associate degree

from Abraham Baldwin Agricultural College. He serves as vice chair of the Southern Legislative Conference Agriculture & Rural Development Committee.

Source: Tifton Grapevine You're Invited CITY BARBER RIBBON CUTTING Sylvester's Mainstay for Over 100 Years! Join us on Wednesday, July 14th at 12:00pm for the City Barber Ribbon Cutting Ceremony! Light Refreshments will be served! 404 Pope Street Sylvester, GA 31791



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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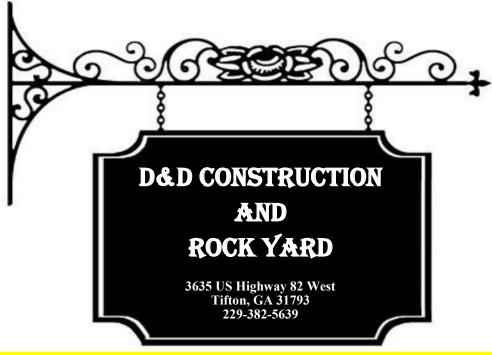
## "Rosie The Riveter" In Spotlight At GA Museum Of Agriculture Exhibit



A colorful new exhibit featuring one of the iconic symbols of World War II begins a short stay July 6 at the Abraham Baldwin Agricultural College's Georgia Museum of Agriculture in Tifton. Museum Curator Polly Huff said "Rosie the Riveter" will be in the spotlight at the "Beyond Rosie: Women in World War II" exhibit in the Museum Gallery from July 6-31. "The exhibit will explore the lives of real women in World War II," Huff said. "I decided to display this exhibit as a thematic leadin for our upcoming large fall gallery exhibition, which will feature preserved relief posters from the war. "Rosie the Riveter is the iconic symbol of women's involvement in World War II. She is one part of a larger story about the many ways women contributed to and were affected by war. World War II changed the everyday social, cultural,

and economic realities of life in the United States, especially for women," Huff said. The exhibit touches on Rosie, a fictional character created by J. Howard Miller to encourage women to join the workforce, which became the most enduring image of their involvement in WWII. The exhibit shows the many ways in which women were motivated by patriotism to serve and participate in the global conflict. Exhibit hours are 10 a.m.-3 p.m. Tuesdays-Saturdays.

Source: Tifton Grapevine





# Springin' Up The Yard!











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.

# With His First NFL Check, Rashod Bateman Buys A House For His Mom



Tifton native Rashod Bateman, the former Tift County Blue Devil football star, former Minnesota All-American and a recent firstround NFL draft pick for the Baltimore Ravens, apparently hasn't let the accolades change him. Bateman remembers where he came from and how he got to his current level of success. And the first person he has thanked is his mother Shonda Cromer of Tifton. After re-

cently signing his National Football League contract, Bateman then bought his mom a new house in the Tifton area. "Dreams to reality," Bateman wrote on social media. "Welcome home mama; I love you." Bateman said that "buying my mom a home has always been dream No. 1." Numerous press reports have detailed how Bateman grew up watching his mother work multiple jobs to make ends meet for her children following his mom's divorce from his abusive stepfather. As a single mother with young children, Shonda Cromer was forced to move several times, and money was tight. But she was always there for her children. Bateman has never forgotten. "As good a football player as Rashod is and all the success that he's had, he's probably a better person," former Tift Blue Devils Coach Ashley Anders recently told the website baltimoreravens.com. "He'll probably be more successful as a person than he is as a football player." Rashod Bateman and his mother Shonda Cromer walk up the driveway to her new Tifton area home.

Source: Tifton Grapevine



Events, Dining, Shopping... SMALL TOWN with loads of SOUTHERN HOSPITALITY

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Think Tifton

Blue Devils Football Season Tickets Go On Sale July 5 With 8 Home Games



Although it's early summer, high school football is fast approaching, and there is excitement in Tifton with a new head coach and new expectations. Tift County High Blue Devil football season tickets and all sports passes will go on sale next week, July 5, at the high school and will be available Monday-Thursday for two weeks through July 15. Tiftonites will get to see a lot of the Blue Devils this football season as Tift County plays eight of its 10 regular-season games at home at Brodie Field. The Blue Devils will begin the season with a home scrimmage Aug. 12 against the newly renamed Turner County Titans. The regular season begins Aug. 20 at home with Crisp County visiting. On Aug. 27, Dutchtown High from Henry County, comes to town. College Park's Banneker High comes calling on Sept. 3. On Sept. 10, Appling County comes to Brodie Field, and on Sept. 17, Irwin County pays a visit. Tift's homecoming is Sept. 24 against Worth County, followed by the Blue Devils' first away game Oct. 1 at the Valdosta Wildcats. The Blue Devils then get a bye week and resume Oct. 15 with Lowndes County at the Brodie. The last home game is Oct. 22 against Camden County, with the regular season ending Oct. 29 at Colquitt County in Moultrie.

Source: Tifton Grapevine Events, Dining, Shopping...

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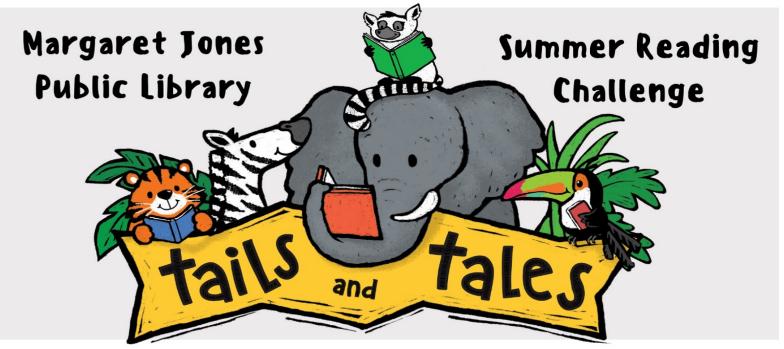


Think Tifton

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



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

FITZGERALD WORTH CO. STROIUM

OCTOBER 22ND

BERRIEN

RAYMOND JONES MEMORIAL STADIUM

OCTOBER 29TH

EARLY CO. WORTH CO. STADIUM

RAISE THE STANDARD





Summer Fun at the Margaret Jones Public Library has been a blast this Summer and still more fun is to be had in July. Recently Stuffed Animal Bingo was held and enjoyed by all the young readers. The staff at the Margaret Jones Public Library says thank you to everyone who donated stuffed animals that were used as Bingo prizes. All the smiles show how much they are appreciated. Be sure to follow the library page on Facebook to see all the events listed.

Source: MJPL





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# Do You Really Know Your Bell Peppers?

The Martin News Sylvester, Georgia 7-5-2021

This is more like one of those "did you know moments"? I was recently looking at a Pampered Chef book on a Facebook Pampered Chef Party and saw this life hack that we all need to know but I surely did not know this. I bet my grandmother did but I did not. Want to know what it is? Sure thing. Before buying a bell pepper, flip it over. The ones with four bumps are females. These are full of seeds but sweeter and better for eating raw. The ones with three bumps are male which are better for cooking. Now when you are shopping for the perfect bell pepper, decide if you plan to eat it raw or cooked. I will definitely watch for this now because I absolutely love bell peppers and I love them raw, just wash them, slice them and eat them up! The Martin News hopes everyone is enjoying the Summer and enjoying your fresh fruits and vegetables that Summer has to offer.

### **Mac & Cheese Please**

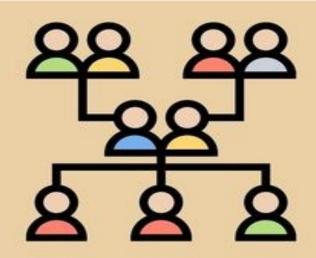
July is when they celebrate Mac & Cheese Day. We celebrate it at our house often but this just gives us another reason to celebrate it! My favorite is mac and cheese shells. Larry's favorite is white cheddar mac and cheese with bacon. What is your favorite. I could truly just eat mac and cheese with nothing else and make a meal out of it. Could you? Do you have a certain restaurant that you like to eat Mac & Cheese?





Called to Care's efforts are focused on creating a community of believers who work together to fill the physical, emotional and social needs of children who are hurting and to help lessen the burden of those who are in direct care of those children. They are not all called to travel on foreign missions, open up their home to orphans or advocate in court for mistreated children, but we are all called to do something. The mission of Called to Care is to equip the body of Christ to support children, families, and workers by ministering through adoption, foster care, and missions. Their vision is for every child to be in a Christ-centered loving home. "Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world." James 1:27. Recently Northside Baptist Church held it's Annual Vacation Bible School and it was amazing. During VBS, money was collected by the children that attended this past week that was going to be donated to Called to Care of Worth County. Pictured is Ms. Barbara Pattee, VBS Director of Northside Baptist Church along with Pastor Jimmy Cargle presenting Ms. Tonia Moore of Called to Care with a check for \$546.65. Called to Care of Worth County hopes their mission will speak to you and you will join them by making a monetary contribution or by volunteering your time and resources.

Picture provided by Northside Baptist Church



# 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, July 21st

1-3pm

Where: Margaret Jones
Public Library



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





# Georgia 4-H Watermelon Growing Contest

Who: K-12<sup>th</sup> 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

# July

6th ~ Books & Bubbles at Margaret Jones Public Library 1030am 6th ~ American Legion Post 335 Blood Drive at Margaret Jones Public Library 3pm-7pm 6th ~ BINGO Night at Ed's Truck Stop 6pm 7th ~ Kiwanis Club Meeting at Noon 8th ~ Pirate Goodie & The Magic Chest at Margaret Jones Public Library 3pm 10th ~ Sylvester Farmers Market 9am-3pm 13th ~ Books & Bubbles at Margaret Jones Public Library 1030am 13th ~ Worth the Read Book Club July Meeting 530pm 13th ~ BINGO Night at Ed's Truck Stop 6pm 13th ~ Darkness to Light Training at Ruth's Cottage 6pm-8pm 13th ~ City of Poulan Council Meeting 6:30pm 14th ~ Kiwanis Club Meeting at Noon 14th ~ Ribbon Cutting for the City Barber at Noon 14th ~ Unicorn Paint & Story Time at Margaret Jones Public Library 2pm 17th ~ Sylvester Farmers Market 9am-3pm 18th ~ VBS at Gordy New Bethel Baptist Church 19th ~ Darkness to Light Training at Ruth's Cottage 11:30am-1:30pm 19th ~ Flamingo Paint Night at Margaret Jones Public Library 6pm 19th ~ VBS at Gordy New Bethel Baptist Church 19th ~ City of Sylvester Work Session 7pm 20th ~ Books & Bubbles at Margaret Jones Public Library 1030am 20th ~ VBS at Gordy New Bethel Baptist Church 20th ~ BINGO Night at Ed's Truck Stop 6pm 20th ~ City of Warwick Council Meeting 7pm 21st ~ Kiwanis Club Meeting at Noon 21st ~ VBS at Gordy New Bethel Baptist Church 24th ~ Sylvester Farmers Market 9am-3pm 26th ~ WCHS Competition Cheerleader Mini Cheer Camp 9am-noon 27th ~ WCHS Competition Cheerleader Mini Cheer Camp 9am-noon 27th ~ Books & Bubbles at Margaret Jones Public Library 1030am 27th ~ Family Connection Meeting Noon-1pm 27th ~ BINGO Night at Ed's Truck Stop 6pm 27th ~ City of Poulan Council Meeting 6:30pm 28th ~ Worth County Schools New Hire Orientation 28th ~ WCHS Competition Cheerleader Mini Cheer Camp 9am-noon 28th ~ Kiwanis Club Meeting at Noon 29th ~ WCHS Teacher Appreciation Breakfast 8am 30th ~ WCPS Teacher Appreciation Breakfast 8am

31st ~ Sylvester Farmers Market 9am-3pm





Saturday, September 4, 2021 TC JEFFORDS PARK Sylvester, GA 11am-4pm





Presented by: Men United Club, Inc. Worth County Family Connection

# Gov Announces High - Speed Internet Expansion In S. GA

Gov. Brian P. Kemp announced this week that Irwin EMC plans to provide access to high-speed fiber broadband service for its 8,400 members in Ben Hill, Berrien, Coffee, Irwin, Tift, Turner, Wilcox, and Worth counties. The Irwin cooperative has selected Conexon Connect, the Internet service provider subsidiary of Conexon, to lead the project. Together, Irwin EMC and Connect will deploy a 1,900mile fiber-to-the-home network in South Central Georgia, providing high-speed Internet access to all of its members. The "broadband project between Irwin EMC and Conexon Connect will have a significant impact on hardworking Georgians by providing new job opportunities, improved education tools, access to telemedicine, and more," Kemp said. "I know this project will have a direct impact on the lives of South Georgians by ensuring they have access to reliable, highspeed internet." "The state Senate has made rural broadband access a top priority, and the announcement of this project continues to work toward our goal of closing the digital divide in our state," said state Sen. Tyler Harper, R-Ocilla. "Our community deserves access to the tools that help our residents and businesses successfully participate in today's economy," said state Rep. Clay Pirkle, R-Ashburn. "Thanks to Irwin **EMC** and Conexon Connect for making broadband a reality in this region.

Source: Tifton Grapevine

### Staying Safe in the Heat this Summer

With this South Georgia humidity and heat, you can never get too much education on this topic! Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average. Because some places are hotter than others, this depends on what's considered average for a particular location at that time of year. Humid and muggy conditions can make it seem hotter than it really is. Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough. In these cases, a person's body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs. Some factors that might increase your risk of developing a heat-related illness include: High levels of humidity, Obesity, Fever, Dehydration, Prescription drug use, Heart disease, Mental illness, Poor circulation, Sunburn and Alcohol use. Older adults, the very young, and people with mental illness and chronic diseases are at highest risk. However, even young and healthy people can be affected if they participate in strenuous physical activities during hot weather. Summertime activity, whether on the playing field or the construction site, must be balanced with actions that help the body cool itself to prevent heat-related illness. Use this website to learn more on how to stay safe in the heat this summer, including how to prevent, recognize, and cope with heat -related illness. Stay safe this hot summer.

