



# The Martin News

Covering Worth County and Surrounding Counties

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August 1, 2022

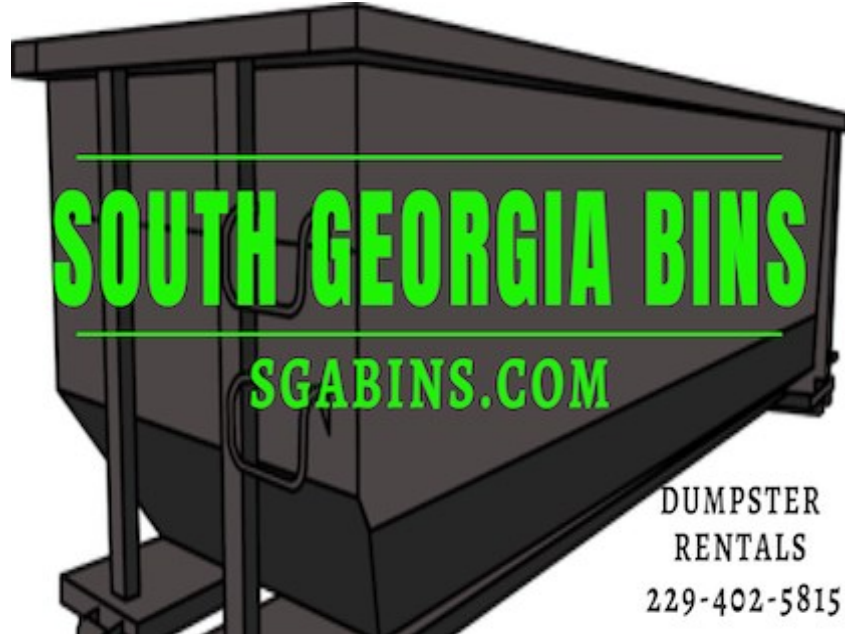
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## National Purple Heart Day



NATIONAL  
PURPLE HEART DAY  
AUGUST 7

Purple Heart Day on August 7 is the kind of day created to give back. It's a day for Americans to remember and honor the men and women who bravely represented their country and were wounded or killed whilst serving. These people are decorated with a Purple Heart in the name of the President, and this day is for remembering them and their sacrifice. Some states, counties, and cities pause in recognition, as do some sports and entertainment entities. Military and veteran organizations also hold meetings for remembrance. Please join us as we honor those that have been given a Purple Heart. George Washington awarded the original Purple Heart, designated as a Badge of Merit, in 1782. There was a lack of funds in the Continental Army at the

time so the award was a way to honor enlisted and deserving people. The honor is presented to soldiers for "any singularly meritorious action." It was designed with a piece of silk bound through it with a thin edge of silver. Washington only gave out three of the badges himself, and instead authorized subordinates to issue the badges as they saw fit. The Badge of Merit faded from use but was revived and launched in 1932, this time as the Purple Heart. As well as honoring those wounded in combat, this iteration of the Purple Heart recognized commendable action. It was in 1944 that the policy was tweaked slightly and the Purple Heart was given the purpose we know it for today, specifically to honor those who have been wounded or died. The first service member to be given the modern Purple Heart was General Douglas MacArthur for his service in the Pacific theater during World War II. In total there have been 1.8 million Purple Hearts awarded over the years. Purple Heart Day was first observed in 2014 and has been observed every year since. It's a chance to reflect on the bravery of those who have fought for the U.S. and to ensure that their courage is never forgotten.



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**WHEN: AUGUST 6 10:00 AM - 1:00 PM**

**WHERE: UNITY BAPTIST CHURCH**

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**\*LAST DAY TO REGISTER IS AUG. 2\***

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### On Your Mark, Get Set....RUN!

Doing a 5K run can add a new level of challenge and interest to your exercise program. A 5K run is 3.1 miles. Don't be daunted by the distance. A 5K run is a great distance for a beginner. You can prepare for a 5K run in just two months. Consider using this seven-week 5K run training schedule as your guide. This 5K run training schedule was created by Olympian Jeff Galloway. It's tailored for beginners or anyone who wants to complete a 5K race. You don't have to use this training schedule only for a 5K run. You can also adapt it for a 5K walk. This 5K training schedule incorporates a mix of running, walking and resting. This combination helps reduce the risk of injury, stress and fatigue while boosting your enjoyment of physical activity. Remember, you can run or walk slowly to help your body adjust to this 5K training schedule. Under this 5K run schedule, you'll spend a portion of your training walking. For instance, during week one on run/walk days, you'll run for 15 seconds and then walk for 45 seconds, repeating that cycle for 30 minutes. As the weeks progress, you'll gradually increase the amount of time running and reduce the amount of time walking. If you're adapting the training for a 5K walk, then you always walk, even on run/walk days. One day a week, which is Friday on this 5K schedule, is a day of rest from exercise, giving your muscles time to recover. On Sunday, you can either take a second day of rest, or you can enjoy a walk at your choice of distance. On this 5K run training schedule, race day falls on Saturday of your seventh week. I personally have never ran a 5K but did use to speed walk them and enjoyed it very much. With speed walking, the walk is faster than a normal walk but not running. I truly enjoyed it. For this information and more on preparing for a 5K, please visit the [mayoclinic.org](http://mayoclinic.org) website for all the information you will need and good luck on preparing and running your 5K.

### Staying Hydrated in Sports

Whether it is during an actual game or during practice, staying hydrated is very important. It does not matter if you are younger or older, your body depends on water for survival. Did you know that water makes up more than half of your body weight? Every cell, tissue and organ in your body needs water to function correctly. For example, your body uses water to maintain its temperature, remove waste and lubricate joints. Water is essential for good health. You lose water each day when you go to the bathroom, sweat, and even when you breathe. You lose water even faster when the weather is hot, when you exercise, or if you have a fever. Vomiting and diarrhea can also lead to rapid fluid loss. If you don't replace the water you lose, you can become dehydrated. Symptoms of dehydration include Little or no urine, or urine that is darker than usual, dry mouth, sleepiness or fatigue, extreme thirst, headache, confusion, feeling dizzy or lightheaded and no tears when crying. Don't wait until you notice symptoms of dehydration to act. It can be hard to recognize when you're dehydrated, especially as you age. Actively prevent dehydration by drinking plenty of water. There are different recommendations for water intake each day. Most people have been told they should be drinking 6 to 8 8-ounce glasses of water each day, which is a reasonable goal. However, different people need different amounts of water to stay hydrated. Most healthy people can stay well hydrated by drinking water and other fluids whenever they feel thirsty. For some people, fewer than 8 glasses may be enough. Other people may need more than 8 glasses each day. Some people are at higher risk of dehydration, including those who get a lot of exercise, have certain medical conditions, are sick, or are not able to get enough fluids during the day. Older adults are also at higher risk. As you age, your brain may be unable to sense dehydration and send the signals for thirst. If you are concerned that you may not be drinking enough water, check your urine. If your urine is consistently colorless or light yellow, you are most likely staying well hydrated. Water is the best option for staying hydrated. There are other drinks and foods that can help provide the water you need, but some may add extra calories from sugar to your diet. Drinks like fruit and vegetable juices, milk and herbal teas can contribute to the amount of water you should get each day. Even caffeinated drinks, such as coffee, tea, and soda, count toward your daily water intake – up to a point. But it's best to limit these since caffeine may cause some people to urinate more frequently or feel anxious or jittery. A moderate amount of caffeine, 200 to 300 milligrams (about the amount in 2 to 4 8-ounce cups of coffee), is not harmful for most people. If you have any questions about the amount of water you should take in, please follow up with your physician. Sports is fun but staying safe is very important too!



# Worth County Schools

## 2022 – 2023 Calendar

Planning (no students)	Holiday (no students or staff)	Last Day of 9-Weeks	1 <sup>st</sup> Day of School
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JULY 2022						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

AUGUST 2022						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER 2022						
S	M	T	W	Th	F	S
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11	12	13	14	15	16	17
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25	26	27	28	29	30	

OCTOBER 2022						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER 2022						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2022						
S	M	T	W	Th	F	S
				1	2	3
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
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JANUARY 2023						
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22	23	24	25	26	27	28
29	30	31				

FEBRUARY 2023						
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19	20	21	22	23	24	25
26	27	28				

MARCH 2023						
S	M	T	W	Th	F	S
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19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL 2023						
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23	24	25	26	27	28	29
30						

MAY 2023						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- 8/3 First Day of School
- 9/5 Labor Day
- 10/7 & 10 Fall Break
- 11/21-25 Thanksgiving Break
- 12/16 Half-Day
- 12/19-30 Christmas Break
- 1/16 MLK Day
- 2/20 President's Day
- 3/10 & 13 Winter Break
- 4/3 7 Spring Break
- 5/24 Last Day of School
- 5/24 Half-Day
- 5/27 Graduation

Approved 3/10/2022







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BRIDAL REGISTRY**



*Carly Patterson &  
John Michael Brooks  
September 10, 2022*

*Andi Branch & Avery Mathis  
September 10, 2022*

*Littney Turner & Ashton Black  
October 1, 2022*

*Amy Bartley & Jeremy Doss  
October 22, 2022*

*Sarah Beth Bennett & Kyle Rhodes  
November 12, 2022*

*Kallie Kimbrough &  
Tucker Matthen's  
November 26, 2022*

*Avery Barber & Denzell Gowdy  
December 17, 2022*

*Molly Jones & Layton Gatwood  
December 31, 2022*

*Tonya Webb & Ryan Marchant  
February 25, 2023*

## Break For Breakfast

Breakfast is the most important meal of the day. It provides important daily nutrients such as protein, fiber, calcium and carbohydrates. You wouldn't expect your car to run without fuel, so you shouldn't expect a child to function all day without the fuel of a nutritious breakfast. Eating breakfast regularly offers physical, mental and academic benefits to students. Eating breakfast can improve cognitive performance, test scores and achievement scores in students, especially in younger children. According to a study published in the journal "Archives of Pediatrics and Adolescent Medicine," students who increased their participation in school breakfast programs had significantly higher math scores than students who skipped or rarely ate breakfast. As an added benefit, the group of students who increased breakfast participation also had decreased rates of tardiness and absences. Eating breakfast regularly may also help students maintain a healthy weight. According to a study published in "Public Health Nutrition," children who skipped breakfast in the morning were more likely to overeat and have a lower overall diet quality than children who ate breakfast every day. This led to increased body mass index (BMI) measurements. Breakfast provides energy for morning activities and helps to prevent mid-morning slump. But what type of breakfast is best? Any breakfast is better than no breakfast, but try not to have doughnuts or pastries all the time. They are high in calories, sugar, and fat. A doughnut for breakfast won't keep you feeling full. Try to eat a variety of foods, including fruit, vegetables, grains (make at least half your grains whole grains), protein (meat, poultry, fish, eggs, dry beans, nuts, and seeds), and dairy products.

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# Project Appleseed 2022 Tour

is coming to

**Martin, GA**

**Red Hill Range  
2208 Toms Creek Rd**

## Marksmanship and History Events

**April 2-3, April 16, May 14, May 15, June 12, September 10-11, November 5, November 6**

**Events start at 08:30. Please arrive early to allow time for setup and sign in.**

### Heritage

&

### Marksmanship

- The Debt We Owe To Our Forefathers
- The Duty We Owe To Our Posterity
- The Story Of Our Nation`s Birth
- The Lessons Of April 19, 1775.
- New Shooters - Learn fundamentals and make quick progress
- Experienced Shooters - learn new techniques
- Experts - polish skills and become an RWVA Instructor in Training
- Master the Riflemans Quarter Mile

Project Appleseed is a nationwide program that teaches rifle marksmanship skills that have been passed down from generation to generation and reconnects Americans with the people and events of colonial America. Participants are taught skills that allow a Rifleman to be accurate out to 500 yards using a standard rifle with iron sights. This ability is traditionally known as mastering the 'Rifleman's Quarter Mile' and is an American tradition that has been part of this nation from its very first days. So join us and hear some little-known Revolutionary War history, reaffirm your heritage, and make America a better place.

Learn More, Find Directions and Register at:  
[www.appleseedinfo.org/search-states-location.php?locationid=755](http://www.appleseedinfo.org/search-states-location.php?locationid=755)

For more information contact:  
GA State Coordinator [GA@appleseedinfo.org](mailto:GA@appleseedinfo.org)

*Attendees are responsible for determining applicable firearms laws.*

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## School Zone Safety



School is starting a little later than normal this year however now is a great time for you to start getting prepared for the school zone and to be safe. Things are bound to get a little crazier on the roads during the first few weeks of school. It will be even more important for drivers to slow down and pay attention in school zones. We can make our school zones safer just by exercising extra care and caution. Here are a few back-to-school safety tips from the National Safety Council.

- Know your schools drop-off procedures
- Don't load or unload children across the street from the school
  - Carpool to reduce the number of vehicles at the school
- Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you; this could put them in the path of moving traffic
  - In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection
- Always stop for a school patrol officer or crossing guard holding up a stop sign
- Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas
  - Never pass a vehicle stopped for pedestrians
  - Never pass a bus from behind – or from either direction if you're on an undivided road – if it is stopped to load or unload children
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop

The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus. Be alert; children often are unpredictable, and they tend to ignore hazards and take risks. The Martin News hopes that everyone has a great 2020-2021 school year. We want everyone to be safe so please go over all safety measures that are shared by the Worth County Schools as well.





*Carlette Anderson*

229-206-3079

carletteanderson85@yahoo.com

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# Rams

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HOME OF THE RAMS



## RAISE THE STANDARD WORTH COUNTY



8/19

8/26

9/2

9/9

9/23

9/30

10/7

10/21

10/28

11/4

### 2022 SCHEDULE





## ABAC's Bridges Retires; New President To Start



After 16 years as president of Abraham Baldwin Agricultural College (ABAC), Dr. David Bridges is leaving campus as president for the last time. "I have done all I can do, and I don't have any regrets," said Bridges, who retires July 31. "It will be up to the members of the next leadership team to keep ABAC moving. I am confident that they will." Dr. Tracy Brundage, previously president of Keystone (Pa.) College, becomes ABAC's 11th president on Monday. Meanwhile, Bridges formally becomes director of the state Center for Rural Prosperity and Innovation. He has been its acting director since it was established in 2018 on the ABAC campus. "It's time to do something different," Bridges said. "I have enjoyed my tenure as president of ABAC, and it's been a great capstone to my career." Bridges said his primary advice to the new president is to "remain laser-focused on our mission; focus on who ABAC is and what ABAC can be. Don't get caught up in who people think ABAC should be."

Source: Tifton Grapevine



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The Tifton-Key West Connection
A Part Of Tifton Resides In Tift - Hemingway House

By: Frank Sayles



Recently, I visited once again the Asa F. Tift home in Key West, my latest of several visits during the past 35 years. The old home built in 1851 is one of Key West's top tourist attractions – not because Tift built it and lived there but because Ernest Hemingway acquired it and spent much of the 1930s there writing many of his seminal works.

West's early settlers. Upon Amos Tift's death, Asa and his brothers took over their father's Key West store, expanding the business to include most of the Mallory Square area. They were successful merchants, ship owners, ship and mail agents, operated a large ice house, and had a large warehouse to support the wrecking industry. Asa Tift was one of Key West's premier salvage wreckers. In those days, the first wrecker who reached a ship that ran aground on the Florida reef could claim the cargo, and Tift was often the first. He was an important figure in Key West's history, and his bust is among those in Key West's Historic Memorial Sculpture Garden. An actor also portrays Asa Tift in the Key West Wreckers' Museum. On a recent sticky hot day, I found myself retracing steps from my past down Key West's Whitehead Street to the "Tift-Hemingway House," a place I first visited during the annual Hemingway Days Festival in 1987. In the intervening years, I have attended nighttime parties on the grounds of the old home, where I had my first taste of sushi, and even have sat on the side of Hemingway's swimming pool, the first in Key West, and dangled my feet in its warm waters under the twinkling night sky and swaying coconut palms. Although Hemingway is no longer home – and hasn't been for a long while – one can sometimes still feel his presence at 907 Whitehead St. His writing studio over a former carriage house is preserved, and some of his furniture remains. But on this visit, I came seeking Asa Tift, whose portrait still hangs both inside and outside the home, now a museum. Tift had very few happy days there; his wife and children died from yellow fever within three years of the family moving into the Spanish Colonial-style house. By the time Hemingway bought the property in 1931, it was in disrepair from years of neglect and required much work. No, Asa Tift is not there. He is buried in Magnolia Cemetery in Charleston, S.C. What does remain is a house where its occupants in the 19th and 20th centuries made an impact on their world, and a house that, in its timber and woodwork, retains a part of that which became Tifton.

Source: Tifton Grapevine



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# Just a few snapshots from Ma Flora's Helping Hands Back To School Supply Drive that was held on Saturday, July 30th! Over 470 Bags were given out!

Source: Linda Gail - Gibson Solomon



Proud Sponsor  
of This Weeks'  
SCHOOL  
SNAPSHOTS!



# Dates to Remember

## August

- 1st ~ Lunch & Learn at the Sylvester - Worth County Chamber of Commerce 11:30am - 12:30pm
- 1st ~ Reopening/Ribbon Cutting for A Little of This and A Little of That in Ashburn 12noon
- 1st ~ Open House for Worth County Primary School and Worth County Elementary School 4pm-6pm
- 1st ~ Open House for L & H After School Program 4:30pm - 7:30pm
- 1st ~ Open House for Worth County Middle School and Worth County High School 5pm-7pm
- 1st ~ Sunflower Paint Party at Margaret Jones Public Library 6pm
- 1st ~ Sylvester City Council Meeting 6pm
- 2nd ~ Books & Bubbles at Margaret Jones Public Library 10:30ams in Ashburn 6pm-9pm
- 2nd ~ National Night Out Against Crime at Carroll
- 2nd ~ Worth County Board of Commissioners Meeting 7pm
- 3rd ~ Worth County Schools Start
- 3rd ~ Kiwanis Meeting 12noon
- 4th ~ American Red Cross Blood Drive at Tifton Methodist Church in Tifton 12:30pm - 5:30pm
- 4th ~ Bark in the Park Volunteer Meeting 5:30pm
- 5th ~ AgGA Farm Credit Meet & Greet 10:30am -1:30pm
- 5th ~ Margaret White Night Out Against Crime 6pm-9pm
- 6th ~ Fishing Rodeo 7:30am - 5pm
- 8th ~ Town of Sumner Council Meeting 7pm
- 9th ~ Books & Bubbles at Margaret Jones Public Library 10:30am
- 9th ~ Best Friends Humane Society Bingo Night at Ed's Truck Stop 6pm
- 9th ~ Poulan Council Meeting 6:30pm
- 10th ~ Wendy's Ground Breaking 11am
- 10th ~ Kiwanis Meeting 12noon
- 11th ~ Best Friends Human Society Monthly Meeting 6:30pm
- 11th ~ Board of Education Meeting 7pm
- 12th ~ American Red Cross Blood Drive at Dougherty County Community in Albany 11am - 4pm
- 12th ~ American Red Cross Blood Drive at Southwell West Campus in Tifton 11am -3pm
- 12th ~ Worth County Rams Scrimmage Against Pelham Away
- 12th ~ Bingo Night at First United Methodist Church in Cordele 6pm-8pm
- 13th ~ Cars & Coffee at Prince Chevrolet in Tifton 8am-11am
- 15th ~ City of Sylvester Council Meeting 6pm
- 16th ~ Books & Bubbles at Margaret Jones Public Library 10:30am
- 16th ~ Warwick Council Meeting 7pm
- 17th ~ Kiwanis Meeting 12noon
- 18th ~ Business After Hours at Margaret Jones Public Library 5pm-7pm
- 18th ~ Bark in the Park Volunteer Meeting 5:30pm
- 19th ~ Sylvester Swine Festival and Concert 7pm-10pm
- 19th ~ Worth County Rams Against Turner Away
- 20th ~ Sylvester Swine Festival
- 23rd ~ Books & Bubbles at Margaret Jones Public Library 10:30am
- 23rd ~ Poulan City Council Meeting 6:30pm
- 24th ~ Kiwanis Meeting 12noon
- 26th ~ 100th Anniversary Celebration at Margaret Jones Public Library 4pm-7pm
- 26th ~ Worth County Rams Against Mitchell County Away
- 27th ~ Mary Alice Shipp CDC Community Awards Banquet 6pm
- 30th ~ Books & Bubbles at Margaret Jones Public Library 10:30am
- 31st ~ Kiwanis Meeting 12noon



Presents:

# KIDS DAY IN THE PARK!

**Saturday, September 3, 2022**

**TC JEFFORDS PARK Sylvester, GA**

**11am-4pm**



**PRESENTED BY: MEN UNITED CLUB, INC.**

**SYLVESTER - WORTH COUNTY FAMILY CONNECTION**

**L&H COMMUNITY OUTREACH**



## Shamiraca Ny'keria Taylor Receives the Earnest and Johnnie Mae Carter Memorial Scholarship

Congratulations to Shamiraca Ny'keria Taylor! She is the recipient of the Earnest & Johnnie Mae Carter Memorial Scholarship. "Continue to spread your wings and grow" exclaimed Mr. Carter "May God continue to bless you as you pursue your goals and admirations."

Source: Mr. Earnest Carter

## Sleep Schedules are Important for School Time

Children between the ages of five to twelve need 10-11 hours of sleep a night. At the same time, there is an increasing demand on their time from school with doing homework, sports, and other extracurricular and social activities. In addition, school aged children become more interested in TV, computers, the media, and Internet as well as caffeine products – all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep. In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours. Sleep problems and disorders are prevalent at this age. Poor or inadequate sleep can lead to mood swings, behavioral problems such as hyperactivity and cognitive problems that impact on their ability to learn in school. It's important to have these great sleep tips for school-aged children. Teach school-aged children about healthy sleep habits. Continue to emphasize need for regular and consistent sleep schedule and bedtime routine. Make child's bedroom conducive to sleep – dark, cool, and quiet. Keep TV and computers out of the bedroom. Avoid caffeine. Preschoolers are a little different. They typically sleep 11-13 hours each night and most do not nap after five years of age. As with toddlers, difficulty falling asleep and waking up during the night are common. With further development of imagination, preschoolers commonly experience nighttime fears and nightmares. In addition, sleepwalking and sleep terrors peak during preschool years. Be sure with preschoolers that you use these sleep tips. Maintain a regular and consistent sleep schedule. Have a relaxing bedtime routine that ends in the room where the child sleeps. Child should sleep in the same sleeping environment every night, in a room that is cool, quiet and dark – and without a TV. These are just a few helpful tips from [sleepforkids.org](http://sleepforkids.org) that will help with those long school days and nights.

Get off the couch and on the road!

Worth County Residents

# FREE COOKIE

Just let us know you're from Worth Conty and enjoy one of our fresh-baked cookies on us!

How far would you go for a free cookie?

The Blue Goose is waiting for you!

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[looseatthegoose.com](http://looseatthegoose.com) • 478-233-1548

Hours: Tues. - Fri. 10 to 6  
 Most Saturdays 10 to 4

**Vaccines: They're Not Just for Kids**

August is National Immunization Awareness Month. This includes immunizations for adults. The need for vaccination does not end in childhood. All adults should get vaccines to protect their health. Every year, thousands of adults in the U.S. suffer needlessly, are hospitalized, and even die from diseases that could be prevented by vaccines. Immunizations are especially important for older adults and adults with chronic conditions such as asthma, chronic obstructive pulmonary disease (COPD), diabetes or heart disease. Additionally, immunizations are crucial for anyone who is in close contact with the very young, the very old, people with weakened immune systems, or those who cannot be vaccinated. All adults should get the influenza (flu) vaccine each year to protect against seasonal flu. According to data from the Centers for Disease Control (CDC), only 42% of adults 18 years or older received the flu vaccine during the 2013-2014 flu season. Adults should also get the Tdap vaccine to protect against pertussis (whooping cough) and then a Td (tetanus, diphtheria) booster shot every 10 years. In addition, it is also recommended that women get the Tdap vaccine each time they are pregnant, preferably between 27 and 36 weeks of pregnancy. CDC data also revealed that only 17% of adults 19 years or older received the Tdap vaccine in 2013. Depending on one's age, occupation, travel, health status, vaccination history, and other risk factors, adults may need other vaccines such as shingles, pneumococcal, Hepatitis, and HPV. Some of these vaccines can help prevent cancer. Hepatitis B vaccine can prevent liver cancer that can occur after developing chronic hepatitis B. The HPV vaccine can prevent cancers caused by HPV infection, including cervical, vaginal, vulvar and anal cancer. Vaccination is important because it not only protects the person receiving the vaccine, but also helps prevent the spread of disease to others. Vaccines are thoroughly tested before licensing and carefully monitored after they are licensed to ensure they are safe. Side effects from vaccines are usually mild and temporary. The most common side effects are soreness, redness or swelling where the shot was given. Some people may have allergic reactions to certain vaccines, but serious and long-term side effects are rare. Even people taking prescription medications can be vaccinated. However, if you are pregnant, or have a weakened immune system, talk with your health care professional before being vaccinated, as some vaccines may not be recommended for you. For more information about immunizations, visit [www.cdc.gov](http://www.cdc.gov).



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  - Puppy Training
  - Basic Obedience
- \* Private Lessons

Beth Daniel, Certified Dog Trainer

**(229) 848-3662**

**[trainthatdog@yahoo.com](mailto:trainthatdog@yahoo.com)**

**Bring On The S'mores**

August is National S'mores Month. A s'more is a simple campfire dessert which consists of a marshmallow (either roasted or not roasted) and a piece of milk chocolate bar sandwiched between two pieces of graham cracker. S'mores have been around since 1920s. The exact origin of the word "s'more" is unclear, though it seems to be a contraction of the phrase "some more", as in "give me some more". If you are feeling really creative in National S'mores Month, try a different variation of the traditional s'more, like s'mores pizza. Lightly grease a pizza pan. Spread one (16 1/2 ounce) package of chocolate chip cookie dough into the pan and the flatten dough to the edges. Bake at 350 °F until slightly brown (about 10 minutes). Remove from the oven. Sprinkle the top with 2 cups chocolate chips, 2 cups miniature marshmallows, and 2 cups graham crackers, broken into pieces. Return to the oven for another 5-8 minutes. Remove from the oven when marshmallows and chocolate chips are melted and crust is brown. Drizzle with chocolate syrup before serving.



# 2022 FISHING RODEO

Hosted by Limb Support, Inc



**AUGUST 6, 2022**  
**JEFFORDS PARK**  
**SYLVESTER, GA 31791**  
**(THE HUT NEXT TO THE TRAIN)**



**Registration starts at 7:30 AM**  
**Weigh-in starts at 1:00 PM**

**Registration Fees**  
**\$20 Adults; \$10 ages 13-17**  
**Free for children 12 and under.**

**Great Prizes for Largest Bass, Bream,  
Catfish & Crappie**  
**Grand Prize for longest fish!**

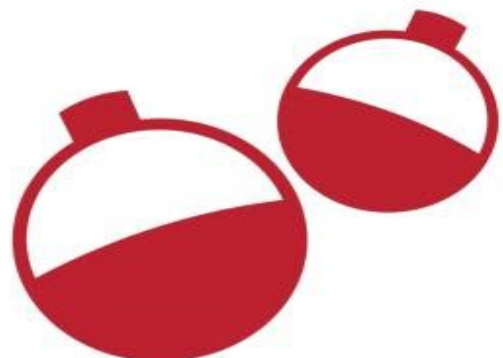
- **Fishing location not provided**
- **No frozen or dead fish accepted**
- **No checks or credit cards**
- **We will be collecting used eye glasses; Contact Tim Spencer at (229) 854-5619**

**ADVANCED TICKETS LOCATIONS**  
**Carroll's Sausage & Meats (Sylvester)**  
**Limbcare Prosthetics & Orthotics**  
**Palmyra Rd Albany**  
**Sylvester Chamber of Commerce**



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| Boaters World of Albany Georgia  | Newell Firearms & Outdoor               |
| Carroll's Sausage & Meats        | Outback Steakhouse                      |
| Ed's Tires - Sylvester           | Ray Ray's Bait & Tackle Store - Warwick |
| Home Depot                       | Rice Bowl                               |
| Hot Dog King                     | Sky High Bounce Party Central           |
| Limbcare Prosthetics & Orthotics | Stardust 2 Skate Center                 |
| Longhorn                         | Sylvester Food Mart - Albany            |
| Lowe's                           | Walmart                                 |
| Lucky Lotto                      |   |





**Wendy's**

*Groundbreaking*

**Join us Wednesday, August 10th,  
2022, at 11:00 am at 808 E. Franklin  
St. in Sylvester for Wendy's  
Groundbreaking!**





# Shred Day

We are excited to announce that we will be hosting another community Shred Day on September 30th from 9am - 2pm. The event will take place in Downtown Sylvester.

Chamber Members: Up to 5 boxes FREE  
Non-Members: \$8 per box

Limit 10 boxes unless an appointment is made.  
We will announce the exact location prior to the event.

For more information call us at 229-776-7718!



## Phone Loops Is A Must Have

I am HOOKED on this new product that I had the honor of trying out! It's an intuitive and minimal phone accessory. It allows an ergonomic one-hand grip on any device. These phone loops are the best and they have all types of designs. No more dropping your phone on your face when you are laying in the bed looking at it and you have to admit that you have done that at least once.... Me on the other hand, a bunch! Safety meets style — the Loop is a universal phone strap that provides a secure yet relaxed grip to avoid unfortunate and expensive drops. Enjoy a safe and intuitive one-handed solution for your smartphone. Visit [phoneloops.com](http://phoneloops.com) and check all of them out. And guess what? Enter the code LYNN15 when you go to check out and you will save 15% off of your order!

# JOIN US FOR A MEET & GREET



**FRIDAY, AUGUST 5**

**11:30AM - 1:30PM**

**SYLVESTER OFFICE  
105 DEXTER WILSON BLVD.**

**PLEASE RSVP BY JULY 29TH  
CALL OUR OFFICE AT  
229.776.5599**

**WE WILL HAVE GIVEAWAYS AND  
REGISTRATION FOR DOOR PRIZES!**

*Drop by for lunch and meet Robert Bramblett and Heather Dupree  
and visit with Kandice Mathis and Stuart Cook*







# Business After Hours

COME OUT TO MEET THE MARGARET  
JONES PUBLIC LIBRARY STAFF AND  
CELEBRATE 100 YEARS OF LIBRARY  
SERVICE TO WORTH COUNTY!

MARGARET JONES PUBLIC LIBRARY  
AUGUST 18TH, 2022  
5 TO 7PM



## Mark Your Calendars For The Upcoming Georgia Peanut Pageant

It's that time pageant beauties to mark your calendars for August 27, 2022, for the Annual Georgia Peanut Festival Pageant. They are now accepting applications. You can pick up your application at the Sylvester-Worth County Chamber of Commerce! The last day to apply is August 19, 2022. Please submit all applications by either dropping them off at the Chamber or mailing them to:

Georgia Peanut Festival  
P.O. Box 40  
Sylvester, Ga 31791

If you have any questions, please call Teresa Robison at (229) 343-4394 or the Sylvester-Worth County Chamber of Commerce at (229) 779-7718. You can also visit [www.gapeanutfestival.org/pageant/](http://www.gapeanutfestival.org/pageant/) for more information.

Source: Sylvester - Worth County Chamber of Commerce



# GEORGIA PEANUT PAGEANT

AUGUST 27, 2022

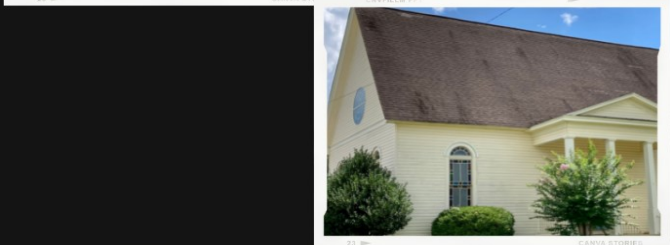


NOW TAKING  
APPLICATIONS  
UNTIL  
AUGUST  
19, 2022

WCHS GYMNASIUM - 5:00 PM

WWW.GAPEANUTFESTIVAL.ORG

229.771.7718



## Join us to celebrate Margaret Jones Public Library's 100<sup>th</sup> Anniversary

August 26, 2022

4 to 7 pm

Tour all 3 library buildings that  
have served Worth County





### Sylvester Police Department Participated In The City Of Sylvester Annual Summer Camp

When summer comes, The City of Sylvester has an annual summer camp and this summer some of the Sylvester Police Department Officers had the chance to interact with some of the campers. Officer Mathis, Sergeant Deriso, and SRO Williams emphasized the dangers of interacting with strangers, when and when not to dial 911, and the equipment officers within the department use. They enjoyed educating our youth as that is the way to building a promising future.

Source: Sylvester Police Department



### Sylvester Police Chief Sworn In

The City of Sylvester swore in their new Police Chief recently at the City Council Chambers. Welcome Police Chief Ronald Jackson.

Source: City of Sylvester



### Phoebe Worth Medical Center Celebrates Three Employees As They Retire

Friday, July 29th the Phoebe Worth family wrapped up a bittersweet summer celebrating the retirement of long time employees whose combined service equals 108 years!

In June, Phoebe Worth Medical Center celebrated Dawn Chapman's 34 years of service, and earlier in July they recognized 22 years of service by Janet Hudson. It was Josie Stewart's turn Friday as she wraps up a career spanning 52 years, all in service to the Worth County community!

Phoebe Worth Medical Center is so grateful for the commitment shown by these ladies and will surely miss them, but we wish them the best as they begin to enjoy more time with their friends and family!

Please join us in congratulating Dawn, Janet and Josie on their retirement!

Source: Phoebe Worth Medical Center



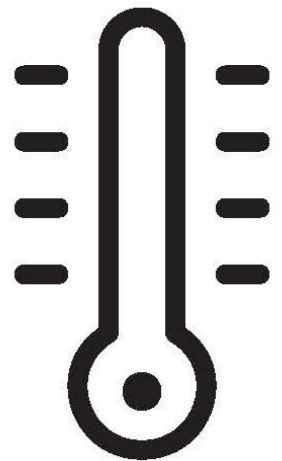
RUTH'S COTTAGE AND THE PATTICAKE HOUSE

# STOP THE HURT

Help us make a life changing...*lifesaving*... difference by donating today.



GOAL  
**\$50,000**



The programs and services we offer to *Tift, Turner, Irwin, and Worth Counties* are vital to these communities and can often be lifesaving for our clients.

**EVERY LEVEL OF GIVING CAN MAKE A DIFFERENCE:**

- Coloring books and crayons for one shelter child: **\$10**
- 60-minute phone card for an adult victim: **\$20**
- Meals for one victim for one day: **\$40**
- Clothing, shoes, and toiletries for one sexual assault victim: **\$75**
- Two sessions of mental health therapy for a victim: **\$200**
- Shelter admission, advocacy, and transition to safety for one adult in shelter: **\$500-\$1,000**
- Forensic interview, forensic medical exam, and therapy for child abuse victim: **\$500-\$1,000**

By contributing to this July campaign, you are joining us in our efforts to "Stop the Hurt!"

Those interested in making a donation to RCPCH can do so online at [www.stopthehurtga.org/donations/](http://www.stopthehurtga.org/donations/), through Venmo with the username **@ruthscottage\_thepatticakehouse**, mailing a check to PO Box 2727, Tifton, GA 31793, or by bringing checks or cash by in person to the administrative building, located at 211 Chesnutt Avenue in Tifton.

*\*Donations are tax deductible.*

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