



The Martin News

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August 16, 2021

SGT

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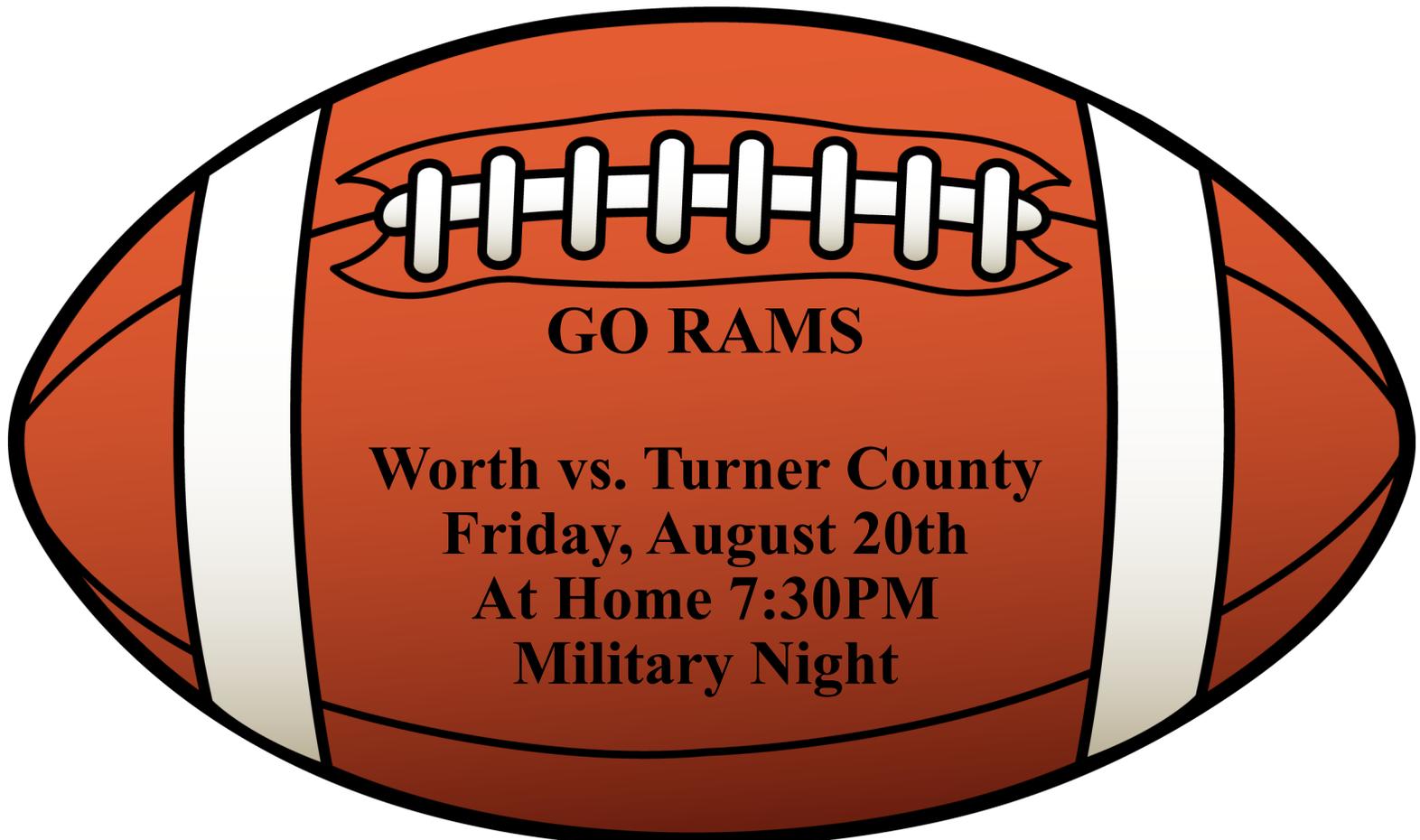
SEND SOME
SUMMER FUN!



Cindy's Flower Shop

305 N Isabella St
Sylvester, GA. 31791
229-776-2787

Time For Friday Night Lights



GO RAMS

**Worth vs. Turner County
Friday, August 20th
At Home 7:30PM
Military Night**



TIRED OF LOW RATES ON YOUR CD'S AND IRA's?

Then Call Junior Dees today in Tifton at 229-472-8824

WE HAVE THE HIGHEST FIXED RATES IN TIFTON!

Register Now for the
Georgia Peanut Festival

Georgia Peanut Pageant

Registration Deadline is August 20, 2021



Applications
are available
at The
Sylvester-
Worth County
Chamber of
Commerce or at

www.gapeanutfestival.org

Georgia Peanut Pageant

August 28, 2021 at 5:00 PM

WCHS Gymnatorium

www.gapeanutfestival.org

229-776-6657



MJPL's Book Jar

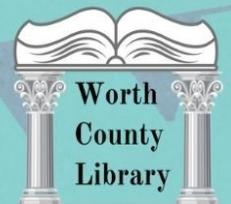


Not sure what to read next? Try a suggestion from our book jar!

Our book jar will have a wide variety of options ranging across various genres and authors



MJPL's Book Jar will be available at the front desk from August 3rd- September 3rd





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— INC —



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Senior Citizens Play An Important Role



August celebrates Seniors! Senior Citizens that is! Seniors play a very important role in the lives of everyone. In 1988, President Ronald Reagan proclaimed this holiday to raise awareness about issues that affect senior citizens and their quality of life.

Seniors played a huge role in my life as a child and a teenager. They are very intelligent and full of information and history. I always enjoyed listening to my grandmothers and their friends. Their stories were from the "old" days but so funny. I

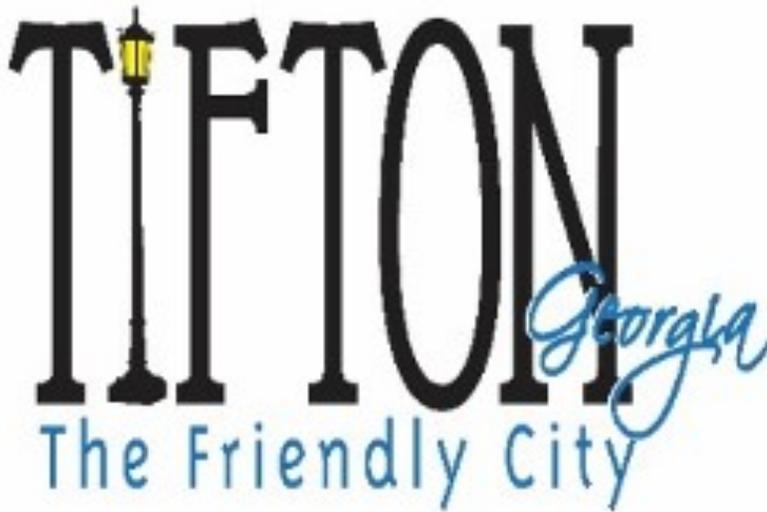
hope that when my child has children that I am that senior those children want to hear from. I am sure I will have good stories to tell as well. Things sure were different from my grandparents' childhood compared to mine and they sure are different from my childhood compared to the children growing up today.

With COVID-19 on the rise again, many seniors are staying in their homes and if they do go out they are very limited to where they are going so please check in on the seniors that you know and make sure they have everything they need. Just a phone call can cheer them up as well.

Be sure you say "thank you" to any senior citizen that you see for they are truly a blessing to us all. They paved the future that we are living and we are paving the future for today's children.

Happy Senior Citizens Month to all the precious seniors out there. Have a wonderful month of August!

Tifton To Break Ground On New Youth Center



The groundbreaking for the City of Tifton's new Youth Center is scheduled at 10 a.m. Thursday at 511 West 17th St. in South Tifton. "On behalf of the City of Tifton, we are beyond thankful to be breaking ground on the Youth Center project. We've been working on this idea for several years now, and to know that soon the families of the surrounding area will have a func-

tional facility to enjoy is very exciting," said Mayor Julie B. Smith. "I'm grateful to our partners at the Tift County School System for working with us, and especially grateful to our Urban Redevelopment Board for their ongoing work to make a positive impact that will benefit our citizens." City Councilman Johnny Terrell noted that "we have wanted to do something like this in this area for so long. We knew it would happen sooner or later, and I am so proud that this is getting done right now, not only for the citizens of the Third District but also for the City of Tifton itself. This Youth Center is going to be a great asset and a dream come true." The Youth Center is made possible through a \$750,000 Community Development Block Grant and additional city funds. The city said it will unveil an artist's rendering of the center and discuss timelines and details at the groundbreaking.

Source: Tifton Grapevine



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

visit us at
TiftonTourism.com



Think Tifton



ThinkTiftonGA

Langdale Foundation Continues Support Of “Destination Ag”



Destination Ag

ABAC's Georgia Museum of Agriculture

The Harley Langdale Jr. Foundation Inc., will extend its support of Destination Ag for three more years at the Abraham Baldwin Agricultural College's Georgia Museum of Agriculture. The "Foundation is very pleased to continue our partnership with ABAC's Destination Ag. We believe it is vitally important to educate our youth about the importance of agriculture and natural resources in their daily lives," said Donnie Warren, the foundation's executive director. Museum Director Garrett

Boone said 36,590 children have attended Destination Ag programming during its first five years. More than 14,000 students are expected to attend Destination Ag classes at the museum during the 2021-22 year. “ABAC’s Georgia Museum of Agriculture is focused on providing educational opportunities for youth within our region and state,” Boone said. “We are proud to continue our partnership with the Harley Langdale Jr. Foundation, a partnership that allows us to enhance our offerings and provide an experiential agriculture and natural resources educational program taught by ABAC students for Georgia’s youth in pre-k through fifth grade.” Destination Ag serves 12 counties – Cook, Colquitt, Berrien, Lowndes, Tift, Echols, Brooks, Turner, Worth, Irwin, Lanier, and Ben Hill – as well as the Valdosta City schools. In the upcoming sixth year of the program, Destination Ag will focus on Pre-K, and students in the first, third, and fifth grades.

Source: Tifton Grapevine



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

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Think Tifton



ThinkTiftonGA

2021 WORTH CO. FOOTBALL SCHEDULE



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 1ST
COOK
 COOK HIGH SCHOOL

OCTOBER 8TH
THOMASVILLE
 VETERANS MEMORIAL STADIUM

OCTOBER 15TH
FITZGERALD
 WORTH CO. STADIUM

OCTOBER 22ND
BERRIEN
 RAYMOND JONES MEMORIAL STADIUM

OCTOBER 29TH
EARLY CO.
 WORTH CO. STADIUM



RAISE THE STANDARD

**RHYTHM
& RIBS
BBQ FESTIVAL
TIFTON, GA**



NEW DATE

SATURDAY
OCT. 9 | **10 AM**
to 10 PM

Fulwood Park • Tifton

BBQ Competition • Shopping • KidZone
Food & Drinks • Music All Day

→ VENDOR & TEAM APPLICATIONS OPEN! ←

www.tiftonribsfest.com • 386.0216

After reading "Chicka Chicka Boom Boom", students in Mrs. Griffis' class at Worth County Primary School designed trees to see whose tree could hold the most letters before falling down.

Source: WCSD



Proud Sponsor
of This Week's
**SCHOOL
SNAPSHOTS!**

TOMLINSON

OUTDOOR WASHING

COMMERCIAL

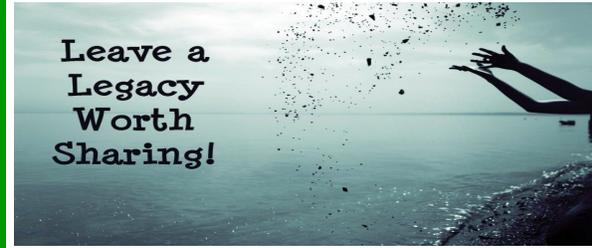


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Your Legacy

Leave a Legacy Worth Sharing!



The month of August is known for many different days to recognize and celebrate and one of them is "What will be your legacy" month. Have you ever thought about what type of legacy you will leave behind when you are gone? Have you thought about what you want your legacy to be? I have and have not thought about it, meaning I have thought about it at times but not put so much thought in to it. However lately I have thought about it. I don't plan on going anywhere anytime soon but as I age I think about the things I am doing now will live long after I am gone. So when I am gone, I want my legacy from my son's stand point to have been a mother that always put him first and always helped his friends when they needed it. Both of those things I feel I have definitely accomplished. So I know without a shadow of a doubt I have left a legacy that I feel my son will continue to carry on in his life as well. One other legacy that I would like to leave behind is that I care for my community and will never forget where I came from. I may not agree with everything that is being done in the community but the only way I can make a difference is to be involved and that is exactly what I try to do. I am proud of my community and will always represent it with honor. So what is your legacy that you would like to leave when you are gone?

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Thank you for your loyalty.
We appreciate you.

Buying Your Ram Tickets On Line



The Worth County Ram Athletics is gearing up for an awesome Ram year! This year, in addition to purchasing tickets at the

gate, you can purchase them on Ticket Spicket. Tickets at the gate are \$10 for general admission and \$12 for reserved seating. On Ticket Spicket, you can purchase general admission tickets for a discounted price of \$8 plus a small convenience fee. Please use the link below to be directed to their Ticket Spicket page. They have flyers posted at each school, the Board Office, and at the Football stadium ticket gate with a QR code as the one posted above that will take you to Ticket Spicket as well. <https://spicket.events/rams>. Also Century Club tickets are still on sale through August 19th. We are excited for this Ram season.



Mrs. Parten's 6th-grade science students worked collaboratively practicing the scientific method in a hands-on lab trying different variables to see how many drops of water a coin could hold.

Dates to Remember

August

- 16th ~ Chamber 50/50 Raffle Tickets Sale
- 16th ~ First Day of School for Dougherty County Schools
- 16th ~ 1st Day to apply for absentee ballots - Sylvester/Worth County
- 17th ~ Chamber 50/50 Raffle Tickets Sale
- 17th ~ Books & Bubbles at Margaret Jones Public Library 10:30am
- 17th ~ WCMS Softball v. Lee East 4pm
- 17th ~ WCHS Softball Double Header in Adel 4pm
- 18th ~ Chamber 50/50 Raffle Tickets Sale
- 18th ~ Kiwanis Club Meeting at Noon
- 18th ~ WCHS Softball in Moultrie 5:30pm
- 19th ~ Chamber 50/50 Raffle Tickets Sale
- 19th ~ WCMS Softball v. Berrien at Home 4:30pm
- 19th ~ WCMS Football v Pelham at Home 5:30pm
- 19th ~ Worth County Board of Education Meeting 7pm
- 20th ~ Chamber 50/50 Raffle Tickets Sale
- 20th ~ Sylvester Swine Festival
- 20th ~ Worth County Rams Football Home vs. Turner County
- 21st ~ Chamber 50/50 Raffle Tickets Sale
- 21st ~ WCMS Softball at Lee County Away Tournament
- 21st ~ WCMS/WCHS Cross Country Meet in Americus
- 21st ~ Sylvester Farmers Market 9am-3pm
- 21st ~ Sylvester Swine Festival
- 22nd ~ Chamber 50/50 Raffle Tickets Sale
- 23rd ~ Chamber 50/50 Raffle Tickets Sale
- 23rd ~ Rosy Raccoon Paint Night at Margaret Jones Public Library
- 24th ~ Chamber 50/50 Raffle Tickets Sale
- 24th ~ Books & Bubbles at Margaret Jones Public Library 10:30am
- 24th ~ WCMS Softball v Cook Away 4:30pm
- 24th ~ WCHS Softball Double Header Home 4pm
- 25th ~ Chamber 50/50 Raffle Tickets Sale
- 25th ~ Kiwanis Club Meeting at Noon
- 26th ~ Chamber 50/50 Raffle Tickets Sale
- 26th ~ Sylvester -Worth County Business Expo 5pm-7pm
- 26th ~ WCMS Softball v Thomasville Away 4:30pm
- 27th ~ Chamber 50/50 Raffle Tickets Sale
- 27th ~ Worth County Rams Football Home vs. Mitchell County
- 28th ~ Chamber 50/50 Raffle Tickets Sale
- 28th ~ Georgia Peanut Festival Pageant
- 28th ~ Sylvester Farmers Market 9am-3pm
- 28th ~ WCMS/WCHS Cross Country Meet in Americus 8:30am
- 29th ~ Chamber 50/50 Raffle Tickets Sale
- 30th ~ Chamber 50/50 Raffle Tickets Sale
- 30th ~ WCMS Softball v Baconton Home 4pm
- 31st ~ Chamber 50/50 Raffle Tickets Sale
- 31st ~ Books & Bubbles at Margaret Jones Public Library 10:30am
- 31st ~ WCMS Softball v Fitzgerald Home 4:30pm



Presents:

KIDS DAY IN THE PARK!

Saturday, September 11, 2021

TC JEFFERSON PARK, SYLVESTER, GA

Sorry EVENT
CANCELLED



BOUNCE HOUSES!



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

BARK IN THE PARK

2nd Annual VETS & PETS

SEPT 18

Check in: 7:15-7:45 am



**Location: Jefford's Park
(Corner of Ga Hwy 112 & Willingham St.)**

Run

Please make payment payable to BFHS / BIP 5K and mail to BFHS, PO Box 5894, Sylvester, GA 31791

	<u>5k Run for the Dogs</u>	<u>1M Walk/Stroller Roller</u>	<u>10K</u>
Time:	8:00 am	8:10 am	8:00 am
Pre-Registration:	\$20	\$15	\$20
Race Day Registration:	\$25	\$20	\$25

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone : _____ Email: _____

T-Shirt Size: XS S M L XL

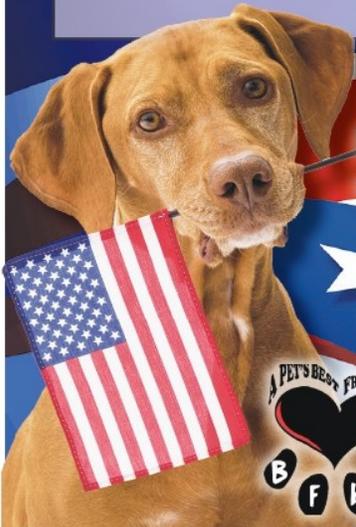
*Pre-registration must be completed by 9/15/21 to guarantee a complimentary t-shirt.
To register online, or for more information, go to www.RunSignup.com*

In consideration of acceptance of the entry, I waive any and all claims for myself and my heirs against the sponsors, organizers, officials and volunteers of the above for injury that may result directly or indirectly from my participation in this event. I further state that I am in proper condition to participate.

Signature (over 18): _____ Date: _____

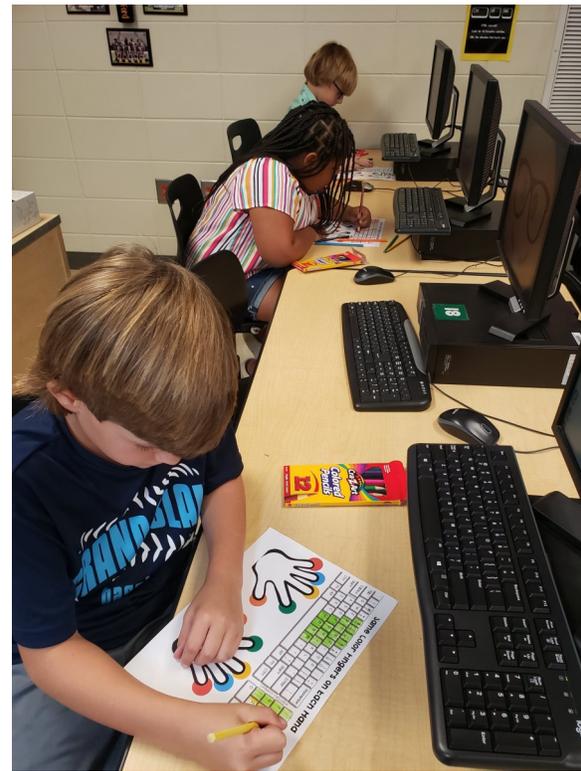
Parent/Guardian (If under 18) _____ Date: _____

Proceeds from this event support the Best Friends Humane Society in Worth County Animal Shelter and American Legion Post 335





Mrs. Goodwin's Pre-K Class



Learning On The Keyboard

Building on skills that were learned at WCPS, third grade students used a printable keyboard to learn key placement. Students had fun learning this vital skill that will be an asset when completing the Georgia Milestones Assessment in the spring.

Source: WCSD

Source: WCSD

Comparing and Contrasting Latitude and Longitude



Students in Ms. McDonald's third grade class used oranges to compare and contrast latitude and longitude, understand the purpose of latitude and longitude, locate all four hemispheres: Northern, Southern, Eastern, Western, locate the equator and prime meridian, learn the location of the North and South Pole, and locate 0 degrees latitude and 0 degrees longitude. Great job, students!

Source: WCSD



From A Student To A Scientist

Mrs. Cooper's 6th-grade science students turned scientists completed a coin lab applying the scientific method. After analyzing the data, their conclusion was that this lab was fun!

Source: WCSD

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The Essence Band Set To Perform Friday

This Friday in Downtown Sylvester The Essence Band will be performing on the back porch of the Depot from 7-10 PM to kick off the Sylvester Swine Festival. The BBQ cook off will be on Saturday. Sylvester Main Street Manager, Mrs. Karen Singletary, invites you to come and have a good time with them at the concert. No tables will be available this time because the cookers will be setting up for the Saturday cook off. Bring your chairs and your dancing shoes and dance the night away.

Source: Sylvester Main Street



Supplies Donated To WCMS

Bryant Drive Baptist Church dropped off school supplies and sweet treats recently to Worth County Middle School staff. WCMS thanks you for your generous donations. Pictured left to right is Pastor Ira Thomas and WCMS Principal Cornellius Frazier.

Source: WCSD



Our mission is to make this a perfect day for you. Gin Creek will be the most unique and beautiful experience you have ever been a part of in your entire life.

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Rockin' Out While Learning The Calendar

Mrs. Dallas' class at Worth County Primary School likes to rock out while learning about the calendar each morning! This is their Month of the Year groove.

Source: WCSD

Land Judging

Do you like being outside?

Getting your hands dirty?

Want to compete at the state level?

Join the Worth County 4-H Land Judging Team

Who: 6th - 12th graders

Practices will be at the 4-H office after school on

Mondays and Thursdays in August

State Contest: August 28th



UNIVERSITY OF GEORGIA
EXTENSION



Worth County Extension

229-776-8216



Curbside Pickup

Margaret Jones Public Library offers curbside service. Just give us a call at 776-2096 with your requests or reserve books online at gapines.org. Go to the side entrance of the library that we share with the bank to pickup your items. Return books in the outside book return.



Margaret Jones Public Library
205 East Pope Street
Sylvester, Georgia 31763



COVID-19 SURGE

- **Drive-Thru Testing Site Now Open**
- **Additional Vaccination Sites Available**

We Need the Community's Help

Please assist us in reducing traffic at Tift Regional Medical Center's ER so our emergency medicine team can focus on true emergencies:

- If you just need a COVID-19 test, we encourage you to visit our drive-thru testing site.
- If you are showing mild symptoms of COVID-19, please see your primary care provider or utilize one of our two convenient care clinics: ExpressCare in Tifton or Southwell Medical Adel Primary Care in Adel.
- Community members are urged to go to the ER or call 911 right away with more extreme symptoms such as: trouble breathing, constant pain or pressure in the chest, bluish lips or face, or sudden confusion.

COVID-19 Drive Thru Testing Site

Located at the Tift Regional Community Events Center
1657 S. Carpenter Road, Tifton

- Open Monday through Friday from **8:00 a.m. to 5:00 p.m.**
- Also open Saturday and Sunday from **9:00 a.m. to 3:00 p.m.**
- No appointments necessary
- Please follow the directional signs upon arrival.
- Patients will remain in their vehicles for a standard COVID-19 nasal swab test.
- COVID-19 testing is also available at ExpressCare in Tifton, Affinity Pediatrics in Tifton, Affinity Pediatrics in Moultrie, Ocilla Pediatrics in Ocilla, and Southwell's primary care clinics in Adel, Ashburn, Nashville, and Sylvester.

COVID-19 Vaccination Sites

New! Tifton school-based clinics. COVID-19 vaccination sites have expanded to Southwell's two school-based clinics in Tifton:

- **Eighth Street Middle School**
- **Annie Belle Clark Elementary School**

Students age 12 and over are eligible for the vaccination with parent or guardian permission. Vaccinations are also available for the faculty and staff of Tift County Schools.

Other Vaccination locations.

The school-based clinics are in addition to the vaccination sites located at Southwell's WorkSmart clinic in Tifton and Affinity Pediatrics in Tifton.

Visit www.MySouthwell.com/Covid-19
for more information or call (229) 353-2819.

WORTH COUNTY SCHOOLS



Varsity Boys/Girls and Middle School Boys/Girls Cross Country

Head Coach - Kyle Hanson

Assistant Coach -

Date	Time	Opponent	Home/Away	Location
Saturday, 8/21	HS Girls 9:00 AM HS Boys 9:45 AM MS Boys/Girls 10:30 AM	6th Annual Furlow Fast Feet Invitational 2021	AWAY	Sumter County Recreation Complex Americus, GA
Saturday, 8/28	8:30 AM	Southland Raider Run 2021	AWAY	Southland Academy Americus, GA
Saturday, 9/11	HS Girls 8:30 AM HS Boys 9:15 AM MS Girls 10:00 AM MS Boys 10:30 AM	Lee County Invitational 2021	AWAY	Lee County Leesburg, GA
Saturday, 9/18	8:00 AM	Deer-Field Windsor Invitational	AWAY	Albany State University Albany, GA
Saturday, 9/25	HS Girls 8:00 AM HS Boys 8:45 AM MS Girls 9:30 AM MS Boys 10:00 AM	20th Annual Tift Invitational 2021	AWAY	Abraham Baldwin Agricultural College Tifton, GA
Saturday, 10/2	HS Girls 8:00 AM HS Boys 8:40 AM MS Boys/Girls 10:30 AM	Westover Invitational 2021	AWAY	Robert Cross Middle School Albany, GA
Saturday, 10/16	MS Boys/Girls 8:30 AM HS Boys 9:00 AM HS Girls 9:30 AM	The Grove XC Classic 2021	AWAY	Wilcox County High School Rochelle, GA
TBA		Region Meet	AWAY	TBA
Friday/Saturd ay, 11/5-11/6		State Championships	AWAY	Carrollton High School Carrollton, GA

Additional Notes:

2021 Worth County Middle School Football Schedule

August 16	Sumter	A	5pm
August 19	Pelham	H	5pm
August 26	OPEN		
September 1	Mitchell Co	A	5pm
September 9	Fitzgerald	H	5pm
September 16	OPEN		
September 23	Thomasville	A	5pm
September 29	Cook Co	A	5pm
October 7	Playoffs		TBA
October 14	Championship		TBA

WORTH COUNTY SCHOOLS



J.V.

Football

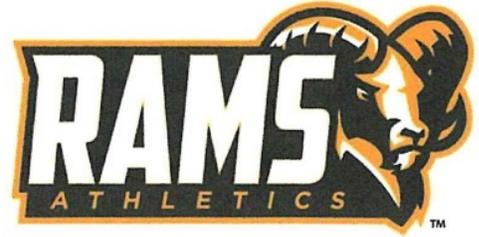
Head Coach – Phillip Ironside

Assistant Coach -

Date	Time	Opponent	Home/Away	Location
Aug 20, 2021				
Aug 26, 2021				
September 2, 2021	4:30	Irwin	Away	
September 9, 2021				
September 16, 2021	5:30	Cook	Home	
September 23, 2021	5:30	Cook	Away	
September 30, 2021	5:30	Westover	Home	
October 7, 2021	5:30	Irwin	Home	
October 14, 2021	5:00	Berrien County	Away	
October 21, 2021				
October 28, 2021	5:30	Berrien County	Home	

Additional Notes:

WORTH COUNTY SCHOOLS



WORTH COUNTY MIDDLE SCHOOL LADY RAMS SOFTBALL TEAM

Head Coach – Courtney Hamilton

Assistant Coach - Shala Juster

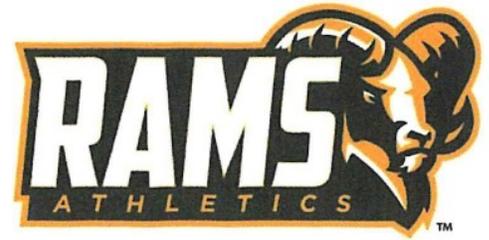
Date	Time	Opponent	Home/Away
8/09/21	4:00 PM	Lee West (DH) (A/B Team)	Home
08/10/21	4:00 PM	Cairo (DH) (A/B Team)	Away
08/17/21	4:00 PM	Lee East (DH) (A/B Team)	Home
08/19/21	4:30 PM	Berrien	Home
08/21/21	TBA	Lee County Tournament	Away
08/24/21	4:30 PM	Cook	Away
08/26/21	4:30 PM	Thomasville	Away
08/30/21	4:00 PM	Baconton (DH) (A/B Team)	Home
08/31/21	4:30 PM	Fitzgerald	Home
09/07/21	4:30 PM	Berrien	Away
09/08/21	4:00 PM	Lanier (DH) (A/B Team)	Away
09/09/21	4:30 PM	Cook	Home
09/13/21	4:00 PM	Cairo (DH) (A/B Team)	Home
09/14/21	4:30 PM	Thomasville	Home
09/16/21	4:30 PM	Fitzgerald	Away
*09/20-09/22/21	4:30 PM	TBD	TBD

Additional Notes:

*Conference Tournament Dates

(DH) indicates Double Header

WORTH COUNTY SCHOOLS



2021 Worth County Lady Rams Softball

Head Coach – Amanda Moore

Assistant Coach – Ashlee McConnell

Date	Time	Opponent	Home/Away	Location
8/3/21	5:00	Tift County (Scrimmage)	Away	
8/10/21 8-11-21	4:00	Thomasville (Double Header)	Home	
8/11/21	5:00	Wilcox County	Away	
8/12/21	5:00	Cairo High School	Home	
8/16/21	5:30	Bainbridge High School	Away	
8/17/21	4:00	Cook (Double Header)	Away	
8/18/21	5:30	Colquitt County	Away	
8/24/21	4:00	Fitzgerald (Double Header)	Home	
8/31/21	4:00	Early (Double Header)	Away	
9/7/21	4:00	Berrien (Double Header)	Home	
9/13/21	5:00	Cairo High School	Away	
9/15/21	5:00	Wilcox County	Home	
9/20/21	5:00	Lanier County	Home	
9/21/21	4:30	Thomasville High School	Away	
9/23/21	4:30	Cook County	Home	
9/27/21	5:30	Colquitt County	Home	
9/28/21	4:30	Fitzgerald High School	Away	
9/30/21	4:30	Early County	Home	
10/5/21	4:30	Berrien County	Away	
10/7/21	5:30	Bainbridge High School	Home	

Proud Sponsors of the Worth County Ram Touchdown Club Football

City of Sylvester

CTSI

Griffin Chevrolet

Perry Paint & Body

*Phoebe Worth
Medical Center*

Southland Controls

*Pictures provided by
Ram Mom, Jennifer Cooper*



Upgrade Your A.M. With These Tips

A good start to a productive, successful day depends on your morning habits and rituals. Here's how to make your morning routine healthy, inspiring, and best of all, easy - using triggers and habit chaining to kick-start an amazing day. Waking up may be the very first habit you ever established, and it's a pretty solid one! You've probably done it every day of your life without even trying (for the most part). Ask yourself these questions:

When you open your eyes in the morning what do you usually do in the first few minutes?

Do you go back to sleep, then reach for your phone and jump out of bed because you're already late?

While the latter may be the most alarming part of your current morning ritual, there are several other repeating habits that are most likely in the mix. You probably start each day with a few of these:

Use the restroom

Brush your teeth

Wash your face

Take a shower

Get dressed

Do your makeup and/or hair

Think about it, do you mix up the order? Probably not very often. And you're usually on autopilot. Each one of these long-standing habits is a trigger that cues the next behavior. A trigger tells your brain to automatically start the next thing in your ritual. By using the power of a long-standing established habit and then adding a tiny, new step to it, you can build a new habit that lasts. This method is called "habit chaining." In its simplest sense, you attach a new habit to an already established one. BJ Fogg, the director at Stanford University's Persuasive Technology Lab, describes it like this: "Find a trigger — something that you already do as a habit — and graft the new habit onto it. Sounds easy enough! The deal is, willpower and motivation are not enough to create new habits. The best way is to identify your established triggers and chain new habits onto them. Add a tiny healthy habit. Think back to your typical morning routine, and you'll find that you may have several potential spots to add a tiny new habit. The tiny habit could be:

a few mindful breaths

setting a priority for the day

a moment of gratitude

one push-up

Once your tiny habit gets chained to your established triggers, it's easier to expand. So maybe the one push-up turns into five over time. But the beauty of it is, every time you wash your face, the urge to hit that push-up next will start to become a habit. So, what tiny habit are you going to chain onto your morning routine? Let's do this, and be Healthy for Good!

Source: American Heart Association

Military Night At Friday Night's Ram Football Game

This Friday Night, August 20th, the Worth County Rams will be honoring our Military. All Military Personnel can present their Military ID Card at the ticket gates and purchase their ticket for \$5. We invite you all to come out and enjoy the evening under the Friday night lights. Athletic Director, Mr. Will Smith and the Worth County School System would like to thank all Military Personnel for all you do. We hope to see you all on Friday and Go Rams.

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