



The Martin News

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

August 2, 2021

SGT

SOUTHWEST GEORGIA THERAPY

For All Your Physical Therapy Needs

*Quality you expect...
Results you deserve!*

Butch Jenkins, PT
Molly Barnard, PTA

Savannah Jenkins, DPT
Jamie Pritchard, Office Manager

1009 West Franklin Street
PO Box 846
Sylvester, Georgia 31791
229-821-3892 (phone) 229-821-3893 (fax)



Cindy's Flower Shop

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

Check & Connect Mentoring Program Is Being Implemented At WCHS



Worth County High School is excited about so many amazing things coming up for the 2021-2022 school year, but they are especially pumped up about implementing the Check & Connect mentoring program. WCHS has partnered with the Sylvester-Worth County Chamber of Commerce and the Sylvester-Worth County Family Connections to write and receive a \$50,000, 5-year grant for this initiative. Recently, WCHS teachers finished up their training, and they are eager and ready to pour into the lives of their students. The Check & Connect mentoring program is the only intervention proven to have positive

effects on students staying in school. Mrs. Amy Cummings, pictured below third from left with the newly trained C&C Mentors, is joining our WCHS family as Graduation Specialist, and she will be coordinating the program at both WCHS and WCMS. Building relationships and helping students is their number one focus. WCHS can't wait to get this program started!

Source: WCSD



Worth County Schools 2021-2022 Calendar

Planning (no students)
Holiday (no students or staff)
Last day of 9 weeks

July '21						
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 '21						
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 '21						
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		

October '21						
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 '21						
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 '21						
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	

January '22						
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					

February '22						
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					

March '22						
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		

April '22						
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

May '22						
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				

- 9/6 Labor Day
- 10/8 & 11 Fall Break
- *11/11 Veterans Day celebrations will occur at each school.
- 11/22-26 Thanksgiving Break
- 12/17 Early Dismissal
- 12/20-31 Christmas Break
- 1/17 MLK Day
- 2/21 President's Day
- 3/11 & 14 Winter Break
- 4/4-8 Spring Break
- 5/25 Last Day of School
- 5/25 Early Dismissal
- 5/28 Graduation
- 5/30 Memorial Day

Approved 3/18/21









Welcome Back Plan

2021-2022








All Worth County Schools will welcome all students back for in-person learning for the 2021-22 school-year on Wednesday, August 4th!

The Worth County School District is focused on providing the children of Worth County with outstanding academic opportunities in a safe, supportive, and encouraging learning environment. It is our objective to provide a learning environment that is as similar as possible to the pre-pandemic, in-person model. As it has been, this situation is subject to change and may warrant adjustments by WCSD. Worth County Schools will continue to collaborate with State and local health officials to ensure decisions regarding learning environments are made with the safety of our students and employees being our top priority.

	<p style="text-align: center;">Open House</p> <p>Monday, August 2nd Worth County Primary and Worth County Elementary: 4:00-6:00 p.m. Worth County Middle and Worth County High: 5:00-7:00 p.m.</p>
	<p style="text-align: center;">First Day of School</p> <p>Wednesday, August 4th</p>
	<p style="text-align: center;">Breakfast/Lunch</p> <p>Schools will continue to conduct breakfast/lunch in ways that work best for the individual buildings.</p> <ul style="list-style-type: none"> ● Hand sanitizer will be available in all areas where students will eat. ● Surfaces will be cleaned regularly.
	<p style="text-align: center;">School Visitors - Parents/Guardians/Volunteers</p> <p>Schools will return to pre-Covid protocols regarding parent/guardians, visitors, and volunteers.</p> <ul style="list-style-type: none"> ● WCSS strongly encourages parents/guardians to attend in-person meetings/conferences, as needed.



Welcome Back Plan 2021-2022

	<p style="text-align: center;">Face Masks</p> <p>Face masks will be permitted, but NOT required, in accordance with Governor Kemp's May 28th Executive Order.</p>
	<p style="text-align: center;">Safety Measures</p> <ul style="list-style-type: none"> ● Walk-thru thermometers will be used at school entries. ● Hand sanitizer will be available in multiple locations throughout all schools. ● High volume surfaces will be cleaned and disinfected regularly. ● Faculty/Staff will continue to self-monitor.
	<p style="text-align: center;">Transportation</p> <p>Buses will be cleaned and disinfected regularly.</p>
	<p style="text-align: center;">Sports</p> <p>WCSD will follow guidance from GHSA and health officials. At this time, we believe we will have sporting events with full crowd capacity.</p>
	<p style="text-align: center;">Quarantining</p> <p>Worth County Schools will quarantine/isolate per health officials' guidance.</p>
	<p style="text-align: center;">Weekly Reports</p> <p>Weekly reports will not be published unless a significant increase in Covid cases occurs.</p>
	<p style="text-align: center;">In-Person vs. Virtual Learning</p> <ul style="list-style-type: none"> ● All students will return to traditional, in-person learning. ● A virtual option will NOT be offered by Worth County Schools. ● Students with severe health issues should qualify for hospital homebound (a short-term solution for acute health issues).

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.

Any student who is interested in playing Cross Country for the Fall 2021 season: Try-outs will start Monday, August 2nd through Thursday, August 12th. Tryouts will be at the following dates and times:

- Monday, 8/2: Middle School Softball Field from 3:45-4:30 PM
- Tuesday, 8/3: High School Track from 3:45-4:30 PM
- Wednesday, 8/4: Middle School Softball Field from 3:45-4:30 PM
- Thursday, 8/5: Middle School Bus Loop from 3:45-4:30 PM

These locations and times will be the same for the week of 8/9-8/13. In order to try out, you must have an active physical on file. Be sure to bring plenty of water to tryouts as it will be hot. If you have any questions, please see Coach Hanson at the High School in Room 1002-103 or email him at khan-son@worthschools.net

Source: WCSD

Swingin' Medallions
CONCERT AT THE DEPOT
AUGUST 6 ☆ 7-10 PM
Food Trucks
 Bring your chairs and get ready to dance!
Sip and Stroll
5 - 7 PM
Tables Available to Reserve Until Gone



SHIRAZI IMMIGRATION LAW
— INC —

**GEORGIA'S
TOP
IMMIGRATION
FIRM
FOCUSED ON
SERVING YOU**

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

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

402 N Park Ave., Tifton,
GA 31794

Atlanta Office
(404) 523-3611

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

RAISE THE STANDARD



Rams

VS.



**CAMERON
MARSHALL**

**8.13 | 7:30 PM
SYLVESTER, GA**



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

All proceeds will benefit the Worth County Rams Touchdown Club which is for Middle School and High School Rams



Perry

PAINT & BODY SHOP

"We're committed to bringing your car back to pre-collision condition."

229-436-8011

COLLISION REPAIR • COMPLETE BODY REPAIRS • REFINISHING

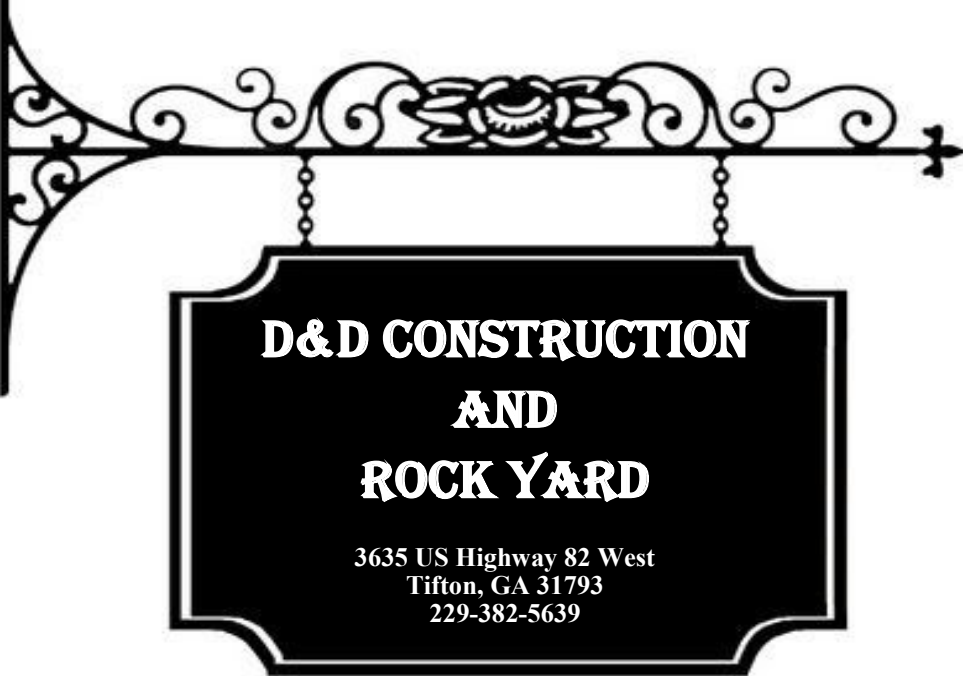
School Zone Safety

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.



*Supplying Landscape Materials to
Landscapers and Homeowners.*

Dirt, Sand, Decorative Rock, Stone,
Mulch, Compost, Potting Soil, Bark, Pine Straw,
Bagged Landscape Materials

**3635 Hwy 82 West
Tifton, GA**

Springin' Up The Yard!



Think Tifton

“Red, White & Blue Devils” Football Game To Raise Funds For Local Veterans



The Tift County High School Blue Devils football team plans a special themed football game on Sept. 10 – a "Red, White, and Blue Devils" game to support awareness and raise funds for local veterans. Newly appointed Athletic Director Chris Martin told the Tifton Rotary Club on Wednesday that the theme is the brainchild of new Tift County football Coach Noel Dean, who launched the nation's first "Pink Out" game for breast cancer awareness in Michigan, where he coached at Lowell High School for 30 years. That event had spread all over Michigan and then the nation, raising millions of dollars for breast cancer diagnosis and treatment. "His ideas stretch beyond the football field," Martin said of Dean. For the Red, White and Blue Devils game, Tift players will wear special one-time commemorative jerseys, each with a name of an honored veteran, whose family will receive the jersey after the game. Fans may purchase limited-edition personalized jerseys in advance to wear to the game at the TiftFootball.com website, now through Aug. 15, for \$35 for jerseys and \$10 for T-shirts. Tift County schools will issue commemorative T-shirts to wear to the Sept. 10 game to all high school students, with freshmen receiving red jerseys, sophomores and juniors white ones, and seniors getting blue jerseys, Martin said. "It's going to be spectacular," he said. "It's something bigger than just winning a game on the football field." New this year, Martin said, the public can buy complete season tickets for general admission, in addition to reserved seating. A new All-Sports Pass includes all football games and every other athletic event. These are \$200 for adults and \$100 for students. With eight home games this year, the Blue Devils kick off the season Aug. 20, and play at home until Oct. 1, when they go on the road to rival Valdosta High School. The complete game schedule is posted at TiftFootball.com

Source: Tifton Grapevine



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

visit us at
TiftonTourism.com



Think Tifton



ThinkTiftonGA

Agricultural Technology Center To Be Built At ABAC Will Help College “Step Into Future Of Ag”



With funding secured for construction of an Agricultural Technology Center, at Abraham Baldwin Agricultural College, President David Bridges says the college is ready to "step into the future of agriculture." "Agricultural technology is the future of agriculture at ABAC," Bridges said. "These new facilities will allow us to train ABAC students with cutting-edge technology in state-of-the-art facilities, making sure that ABAC graduates are ready to go to work. Agriculture continues to be Georgia's largest industry, and we want to be a part of fueling the future." The General Assembly approved \$1.1 million in planning money for the project in the 2021 fiscal year and then followed with \$11.8 million in construction funding this year. Bridges hopes that lawmakers will fund \$1.5 million in equipment costs in Fiscal Year 2023 to complete the \$14.4 million project.

The project includes renovating the Chambliss Building and constructing a 28,000-square-foot Agricultural Technology Center, which will include an open-air pavilion and an enclosed space for teaching and demonstration activities for ABAC students. Tim Carpenter, ABAC facilities director, said the new construction includes a pre-engineered steel structure with brick veneer containing three elements, including a high-bay clear span shop to support large-scale equipment necessary for modern agricultural engineering technology, precision agriculture, and forestry program operations; a high-bay clear span covered structure for livestock and animal science instruction, youth programs, equipment operation and display; and central connector space including instructional, office and service space, and storage. The Chambliss Building renovation will include enhanced specialized labs to support smaller-scale equipment and materials. "Upgraded shop functions will include welding, hydraulics, engine, machine, and fabrication. The renovation will also include classrooms, offices, and service space," Carpenter said.

Source: Tifton Grapevine



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

visit us at
TiftonTourism.com



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

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 really 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 course of 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!

Sign Up for Fall Sports Registration August 18th

Fee To Register For All Sports is \$45.00

Cheerleading
Ages 5-12

Football
Ages 5-12

Soccer
Ages 3-12



Registration forms received after the deadline will be placed on a waiting list and will be taken off of the waiting list on a first come first serve basis.

Registration fees must be paid prior to your child being placed on a team.

Please feel free to call our office for more information. We must have a copy of your child's birth certificate.



Sylvester - Worth County
Recreation Department

203 Industrial Blvd
PO Box 541
Sylvester, GA 31791
229-776-6509

Congratulations to Sylvester's own Kimberly Lawson on the publication of her children's book. It was great to hear her story recently at the Margaret Jones Public Library of why she became a writer and everyone looks forward to many more adventures with Kimmie.

Source: MJPL



**Proud Sponsor
of This Weeks'
SCHOOL
SNAPSHOTS!**

TOMLINSON

OUTDOOR WASHING

COMMERCIAL



RESIDENTIAL

(229) 854-1736

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 flatten the 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.

State Farm

Providing Insurance and Financial Services

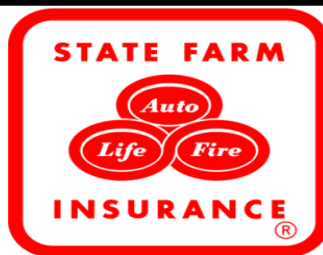
Stuart Pate, Agent

PO Box 189

Sylvester, GA 31791-0189

Phone (229) 776-6906 Fax (229) 776-0149

www.stuartpate.com



**Thank you for your loyalty.
We appreciate you.**

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 website for all the information you will need and good luck on preparing and running your 5K.

Dates to Remember

August

- 2nd ~ Chamber 50/50 Raffle Tickets Sale
- 2nd ~ Open House for WCPS and WCES 4pm-6pm
- 2nd ~ Open House for WCMS and WCHS 5pm-7pm
- 3rd ~ Chamber 50/50 Raffle Tickets Sale
- 3rd ~ First Day of School for Turner County Schools
- 4th ~ Chamber 50/50 Raffle Tickets Sale
- 4th ~ First Day of School for Worth County Schools
- 4th ~ Kiwanis Club Meeting at Noon
- 5th ~ Chamber 50/50 Raffle Tickets Sale
- 6th ~ Chamber 50/50 Raffle Tickets Sale
- 6th ~ First Day of School for Lee County Schools
- 6th ~ Sip & Stroll in Downtown Sylvester 5pm - 7pm
- 6th ~ Swinging Medallions Concert at Depot Downtown Sylvester 7pm - 10pm
- 7th ~ Chamber 50/50 Raffle Tickets Sale
- 7th ~ Bowling Family in Concert
- 7th ~ Sylvester Farmers Market 9am-3pm
- 7th ~ Unity Baptist Back to School Bash
- 7th ~ Worth County Rams Touchdown Club Golf Tournament
- 8th ~ Chamber 50/50 Raffle Tickets Sale
- 9th ~ Chamber 50/50 Raffle Tickets Sale
- 9th ~ WCMS Softball v. Lee West at Home 4pm
- 10th ~ Chamber 50/50 Raffle Tickets Sale
- 10th ~ WCMS Softball v. Cairo Away 4pm
- 11th ~ Chamber 50/50 Raffle Tickets Sale
- 11th ~ Kiwanis Club Meeting at Noon
- 12th ~ Chamber 50/50 Raffle Tickets Sale
- 13th ~ First Day of School for Tiftarea Academy
- 13th ~ Chamber 50/50 Raffle Tickets Sale
- 13th ~ Worth County Rams Football Home vs. Pelham
- 14th ~ Chamber 50/50 Raffle Tickets Sale
- 14th ~ Sylvester Farmers Market 9am-3pm
- 15th ~ Chamber 50/50 Raffle Tickets Sale
- 16th ~ Chamber 50/50 Raffle Tickets Sale
- 16th ~ WCMS Football v. Sumter Away 5pm
- 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 ~ WCMS Softball v. Lee East 4pm
- 18th ~ Chamber 50/50 Raffle Tickets Sale
- 18th ~ Kiwanis Club Meeting at Noon
- 19th ~ Chamber 50/50 Raffle Tickets Sale
- 19th ~ WCMS Softball v. Berrien at Home 4:30pm
- 19th ~ WCMS Football v Pelham at Home 5pm
- 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 ~ Sylvester Farmers Market 9am-3pm
- 21st ~ Sylvester Swine Festival
- 22nd ~ Chamber 50/50 Raffle Tickets Sale
- 23rd ~ Chamber 50/50 Raffle Tickets Sale
- 24th ~ Chamber 50/50 Raffle Tickets Sale
- 24th ~ WCMS Softball v Cook Away 4:30pm
- 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
- 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 ~ WCMS Softball v Fitzgerald Home 4:30pm



Presents:

KIDS DAY IN THE PARK!

Saturday, September 4, 2021

TC JEFFORDS PARK Sylvester, GA

11am-4pm



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

	5k Run for the Dogs	1M Walk/Stroller Roller	10K
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



WCMS Participates In Training For Check & Connect

A group of the Worth County Middle School faculty is participating in a training for Check & Connect. Pictured is some of the group. This is a comprehensive intervention designed to enhance student engagement at school and with learning for marginalized, disengaged students in grades K-12, through relationship building, problem solving and capacity building, and persistence. A goal of Check & Connect is to foster school completion with academic and social competence.

Source: WCSD

Rains Postpone Sunbelt Ag Expo's Annual Field Day Until Aug. 12



The Sunbelt Ag Expo Field Day is rescheduled for Aug. 12; it had been set for this past Thursday but a recent "overabundance of rain" prompted the date change, Expo officials said. "Mother Nature's outpouring of rain over the past few days has left the fields in an impassable condition. Regrettably, we are postponing this year's Field Day until lots of sunshine dries out the farm," the Expo said in a statement. The annual Field Day allows farmers to

get practical information from top agricultural scientists about the newest agricultural technologies that can improve farm operations. The half-day event will take place at the 600-acre Darrell Williams Research Farm, located at the Expo show site at Spence Field in Moultrie. "Each year, our mission is to provide a place where research can be done to benefit all row crop and forage farmers — especially those who might not have the resources or land to just go out and try a new variety or technology on a hunch," said Cody Mitchell, Sunbelt Ag Expo farm manager. This year's Sunbelt Ag Expo is scheduled Oct. 19-21.

Source: Tifton Grapevine

Campbell
Construction & Roofing
705 South Ridge Ave., Tifton, GA
229-456-0478

Commercial & Residential
**Don't Gamble
Call Campbell**
FREE ROOF INSPECTION
LICENSED & INSURED

CELEBRATING
WATERMELON DAY
AUGUST 3

What a great day to enjoy some South Georgia Watermelon! Enjoy watermelon day and what an even better day to share with others!

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.

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 great tips from sleepforkids.org that will help with those long school days and nights.



destiny
FITNESS

**24/7 GYM,
PERSONAL
TRAINING,
GROUP
FITNESS, AND
TANNING**

204 E Kelley Street.
Sylvester, GA 31791

www.destinyfitness.com