



# The Martin News

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August 3, 2020

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## *Cindy's Flower Shop*

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## Sunbelt Ag Expo Cancels Oct. Show



# Sunbelt AG EXPO

The Sunbelt Ag Expo, North America's premier farm show, has been canceled this year because of the pandemic.

The 43rd annual show was scheduled for Oct. 20-22 at Moultrie's Spence Field. The

Sunbelt Agricultural Exposition Board of Directors said in a press release: "While the Expo staff has worked diligently over the past several months to put together an action plan that would enable a safe and successful show, it has become abundantly clear that we must change course. "Unfortunately, we simply cannot safely blend networking, commerce and education while representing the rich history of the Sunbelt Ag Expo. Additionally, the board's decision to cancel the 2020 Sunbelt Ag Expo was greatly impacted by its concern for valued attendees' and exhibitors' expenses, and their need to plan." The 2020 Swisher Sweets/Sunbelt Ag Expo Southeastern Farmer of the Year winner and the Southeastern Hay Contest award winners will still be announced at a later date. The Holiday Arts and Crafts Show, hosted by the Sunbelt Ag Expo, is still scheduled at this time for Nov. 14-15.

Source: Tifton Grapevine

# Worth County School Nutrition

Dr. Shannon Norfleet, Superintendent

Cynthia Thomas, SNP Director



103 Eldridge Street • Sylvester, GA 31791

Phone 229-776-8600 • Fax: 229-776-8603

Worth County School Nutrition Program will provide a weekly meal box for WCSD students to pick up during the month of August. The box will contain breakfast and lunch for 1 week. Parents are allowed to pick up a box for each student in their household.

Meal Pick Up Box dates are:

Wednesday, 08/12/20

Wednesday, 08/19/20

Wednesday, 08/26/20

WCSD will have 12 pickup sites throughout the county. The refrigerated truck will remain at each site for 30 minutes. The two delivery routes and their schedule is listed below:

## ROUTE 1

Henry Hall Woolard Center	709 W. Wallace Street, Sylvester, GA	10:50 – 11:20
Boulder Trail Trailer Park	Moen Drive & Calvin Street Sylvester, GA	11:30 – 12:00
Pope Park	Pope Park Sylvester, GA	12:10 – 12:40
Hamilton & Jackson Circle	Seabrook Drive @ Entrance	12:50 – 1:20
Poulan Post Office	120 Broad Street, Poulan, GA	1:30 – 2:00
Sumner Post Office	501 Main Street, Sumner, GA	2:15 – 2:45

## ROUTE 2

Football Stadium	Parking lot by Home Side	10:50 – 11:20
GA 112/GA 133 Intersection	GA 112/GA133 Behind Store	11:40 – 12:10
First Baptist Acree	County Line Road US 82	12:25 – 12:55
Worthy Manor	Hass & Worthy Street	1:05 – 1:35
Oakfield	408 Whitehall St, Oakfield, GA	1:55 – 2:25
Warwick Post Office	121 Dogwood St. SW, Warwick, GA	2:35 – 3:05

Cynthia Thomas  
 SNP Director  
 Worth County BOE  
[cthomas@worthschools.net](mailto:cthomas@worthschools.net)



## Bryce Graddy

**Bryce Graddy, son of Camille Graddy; Richie and Blair Graddy, has chosen University of Dubuque and will become a Spartan. He has played Baseball for the Worth County Rams Baseball Program under the direction of Head Coach, Will Smith. Bryce is looking forward to this next chapter in his baseball career. Recently Bryce along with two of his teammates were able to celebrate with their family and friends at their signing celebration. Congratulations Bryce!**





## Jack Fletcher

**Jack Fletcher, son of Marcus and Brandi Fletcher has chosen Emmanuel College and will become a Lion. He has played Baseball for the Worth County Rams Baseball Program under the direction of Head Coach, Will Smith. Jack is looking forward to this next chapter in his baseball career. Recently Jack along with two of his team-mates were able to celebrate with their family and friends at their signing celebration. Congratulations Jack!**





# Cason King

**Cason King, son of Chris and Wendy King, has chosen Truett McConnell University and will become a Bear. He has played Baseball for the Worth County Rams Baseball Program under the direction of Head Coach, Will Smith. Cason is looking forward to this next chapter in his baseball career. Recently Cason along with two of his team-mates were able to celebrate with their family and friends at their signing celebration. Congratulations Cason!**



## 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.

# INTEGRITY - COMPASSION - RESPECT

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## CHARLES G. MCDONALD

### WORTH COUNTY CORONER



## 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 then 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.



### GEORGIA AGRICULTURE BINGO

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

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



**Belle's  
Flower Truck**  
1811 US Hwy 41 N  
Tifton, GA 31794  
(229) 520-9283

Tifton's flower truck located at Espresso 41 offers fresh cut flowers.

Pick your own or they will create a custom bouquet for you!

Need arrangements for your special event, give Belle's a call!



Bingo with our friends at the Georgia Farm Bureau is going on all summer long. When kids complete a "bingo" (vertical, horizontal, diagonal), they earn the chance to win a FREE age appropriate book from the Farm Bureau. More information can be found here [https://www.gfb.org/ag-in-the-classroom/other\\_contests.cms](https://www.gfb.org/ag-in-the-classroom/other_contests.cms).

Source: Margaret Jones Public Library

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**WARNING: Microsoft will stop supporting Windows 7 after Jan 14th.**

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### 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.



ABAC Opening Fine Arts Building At Fall Semester



With large rooms for the concert band and concert choir, and with cozy individual practice areas, the new Fine Arts Building at Abraham Baldwin Agricultural College is opening when ABAC students return for the fall semester Aug. 12. Also opening is the newly renovated Carlton Center, which has undergone a two-year rehabilitation process that changed the overall look of the building as an integral part of the \$21.4 million combined project. “We have needed a Fine Arts Building on this campus for a long time,” ABAC President David Bridges said. “Our music program is second to none, and those students deserve a first-rate facility.” The concert band, jazz band, concert choir, and jazz choir will now have plenty of space to operate at peak efficiency, said Dr. Susan Roe, a voice professor and head of the Department of

Fine Arts. “It is beyond a dream come true,” said Roe, a faculty member since 1999. “I walked in there the other day. When we walked in, I just had a moment with God, just being in that building. To watch this program transform itself through the years has been great, and now we have this building. Even COVID-19 will not keep ABAC down.” The Fine Arts Building will have practice space for a 100-plus member orchestra as well as a separate space for an 80-plus member vocal group, said Tim Carpenter, ABAC director of facilities and land resources. The first floor of the building includes the band rehearsal room, instrument storage, the band and choral music library, the choral rehearsal room, band and choral storage, music faculty offices, and a keyboard laboratory. The second floor features individual music practice rooms, a recording control room, art faculty offices, painting/general art labs, a visual arts material storage room, a student work storage room, a display area, and a computer design lab. The Carlton Center’s primary purpose since it opened in 1990 has been as the home for the Baldwin Library. The rehabilitated 51,600-square-foot center will be home for the library and many other services, including student academic support, the bookstore, information technology, veterans’ lounge, archives, and reading and study areas. Dr. Susan Roe, fine arts department head, from left; ABAC President David Bridges; and Tim Carpenter, facilities and land resources director, inside the college's new fine arts building.

Source: Tifton Grapevine

**This Page Brought To You By:**

**think TIFTON**

**TIFTON - TIFT CO. TOURISM ASSOCIATION**

 A large, colorful graphic featuring the word "think" in a teal, lowercase, sans-serif font on the left. To its right are the letters "TIFTON" in a large, bold, uppercase, sans-serif font. Each letter is a different color: 'T' is green, 'I' is red, 'F' is orange, 'T' is yellow-green, 'O' is a teal sun with rays, and 'N' is orange. Below the letters is a stylized graphic of a green road with white dashed lines curving towards a horizon under a teal sun. At the bottom, the text "TIFTON - TIFT CO. TOURISM ASSOCIATION" is written in a bold, black, uppercase, sans-serif font.



**Downtown Tifton To Offer “Lights of Hope” Honoring Those Touched By Cancer**

Downtown Tifton will join communities across the nation Sept. 12 by honoring lives affected by cancer and raising funds for the American Cancer Society. Local business owner Lee Turner of Tifton, a two-time cancer survivor, is organizing the Tifton ceremony of the American Cancer Society Cancer Action Network's (ACS CAN) "Lights of Hope Across America." Turner is the state lead ambassador for ACS CAN Georgia. Tifton residents are teaming up with Turner to display, along Main Street, up to 400 luminary bags with the names and photos of cancer survivors and of those lost to the disease. "We could all use some hope and community right now," Turner said. "Now

more than ever, cancer patients and their families need to know we're here for them through these difficult times and beyond. I'm fortunate I don't need to travel far to build that support and make sure the voices of cancer patients and survivors are heard." More than 25 Tift County students have already volunteered to help put out the bags on Main Street. Business owners are volunteering their storefront windows as an additional space to display the bags. "Working with Lee Turner is such an honor. He cares passionately about his community and his dedication to ACS CAN shines through in every way," said Tifton Mayor Julie Smith. "Tifton is fortunate to have someone of Lee's caliber leading the efforts and bringing us closer in securing good health and healing for the cancer community. I look forward to the Lights of Hope Across America display here on Main Street." Turner's personal battle with cancer and passion to prevent others from receiving a deadly diagnosis is known throughout the community. He faced a difficult 52 years fighting against the disease after being diagnosed at the age of two. After losing his mother and grandmother to cancer, Turner dedicated his life to being a voice for cancer patients and survivors. He has already collected 50 luminary bags in preparation for the September event and hopes to have the remaining 350 by Aug. 31. To dedicate a Lights of Hope bag, contact Turner at 229-848-6123 or at [bulasantiques@yahoo.com](mailto:bulasantiques@yahoo.com). Pictured is Lee Turner in Downtown Tifton exhibiting some of the luminary bags with names and photos of cancer survivors and of those who have succumbed to the disease.

Source: Tifton Grapevine

**This Page Brought To You By:**

**TIFTON - TIFT CO. TOURISM ASSOCIATION**





**Chad Dunn, PharmD**  
**Rhonda Lane, CPhT**  
**Becky Hodge, CPhT**

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**Summer Reading Challenge Extended**

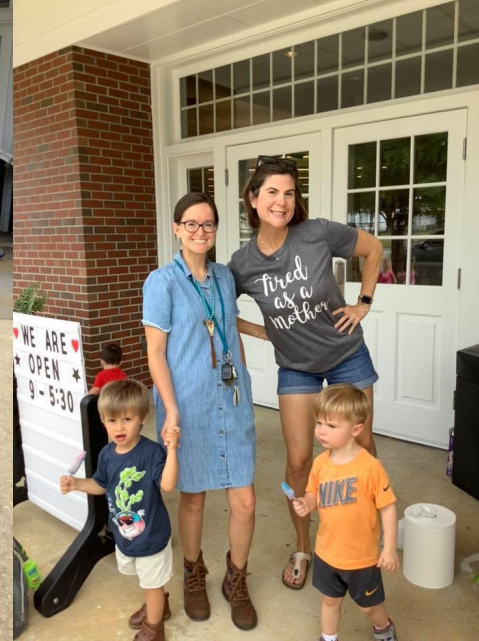
The Margaret Jones Public Library is extending the Summer Reading Challenge to August 31st. Kids are encouraged to make the most of this time by reading books and earning prizes. Read 5 books to earn a tattoo. Read 10 books to earn a sports water bottle. Read 15 books for a ticket to our drive thru snow cones on Sept. 1 from 3:30 to 5:30 pm. Pick up a paper tracker at the library or use the online tracker at <https://worthlib.beanstack.org/>. Read print books or ebooks to participate in the challenge. Good luck and have a blast reading during the month of August!

**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.



**Look at the fun had at the Margaret Jones Public Library recently while learning about popsicles and playing with chalk today at Books and Bubbles with Ms. Sandra! Be sure to join the fun at the Margaret Jones Public Library anytime!**



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## 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!



Sylvester, Georgia

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- Available is a 4,000 sq ft gym that includes free weights, cardio equipment, & hydraulic machines
- Offered is Yoga & Fitness classes Monday - Thursday
- You can have 24 access available with purchase of key

**FOR ALL THESE GREAT STORIES AND MORE, PLEASE BE SURE TO LIKE AND FOLLOW US ON FACEBOOK AT THE MARTIN NEWS! WE APPRECIATE YOUR SUPPORT!**

👋👉 **ATTENTION** 👈👋

🟡 **YARD SALE: Saturday, August 8**  
All Proceeds benefit BFHS 🐾💰

🔴 Please donate your gently used items 🛍️📦📚🗄️🧸🪑🖼️🖨️🔧

Drop off at the BFHS, on the porch of 505 North Isabella St., or Sylvester Animal Hospital

🟠 Have unwanted furniture in good condition? Call [272.6200](tel:272.6200) for how-to donate

⬜ Interested in volunteering for this event, contact Shelly at [272.6200](tel:272.6200)

🟤 Come shop with us on August 8th and spread the word! 🙋

🟢 **ThAnK yOu FoR yOuR sUpPoRt!**



## **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).

## **No UGA vs. GA TECH Game This Year SEC Plans Conference-Only Football Schedule**

As with all sports this year, college football just won't be the same. The Southeastern Conference (SEC) on Thursday announced a 10-game conference-only schedule, which means that for the first time since 1925, the University of Georgia and Georgia Tech will not be facing off on the gridiron. The intrastate and interconference rivals usually meet at the final game of the regular season. "The 10-game SEC schedule provides us the best opportunity to play football as safely as possible in a Covid environment," said UGA Athletic Director Greg McGarity. "It's disappointing the schedule model does not make it possible to play Georgia Tech; however, we look forward to renewing that rivalry in 2021." The SEC is kicking off its football season on Sept. 26. "It was clear in our meeting today that this delay would be beneficial to our student athletes and promote the safe and orderly return to campus for our student body in August," UGA President Jere W. Morehead said Thursday. "Having some separation between the earlier reopening of our campuses and the later start of the football season should be helpful," he said. UGA's fall semester begins Aug. 20.

Source: Tifton Grapevine

## 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.



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