

The Martín News Covering Worth County and Surrounding Counties

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September 12, 2022

Coming Soon

Aged With Grace To Perfection

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Helping the hands today that took care of us yesterday!



Time For Friday Night Lights



WORTH COUNTY HIGH SCHOOL

Riddell

BECAUSE RAMS RUN OVER THE COMPETITION!

LAVAJ

5:30 PM @ HOME GAMES STADIUM FRONT ENTRANCE STAY FOR TAILGATING BEFORE KICK OFF



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marquezhope119@gmail.com

The Martin News Sylvester, Georgia 9-12-2022

Roberts & Cc















OSTBYE



Five Easy Ways to Find **Healthier Options** While Grocery Shopping

Want to make smart food choices but confused by all the health claims, messages and logos on foods? Use these tips to avoid the brain strain while shopping online or in-person at the store. Read food nutrition labels, even for so-called "healthier" foods. Ingredients and nutrient content can vary a lot by brand and preparation. When there's more than one choice, compare labels. Choose the item with the lowest amounts of sodium, saturated fat, trans fat and added sugars. Beware of sneaky ingredients. For example, sodium and added sugars go by many different names, making it harder to tell just how much is in there. Choose frozen, canned or dried produce when fresh isn't available or practical. It can be just as nutritious as fresh, and will last longer. Choose canned fruit packed in water, light syrup or its own juice. With canned and frozen vegetables, choose the product with the lowest amount of sodium. Heavy syrups and sauces can add unwanted ingredients to your healthy fruits and veggies. Choose whole-grain foods. Lots of products claim to be, but there's a simple way to know for sure. Look for the word "whole-grain" (or "whole" followed by the grain name) as the first item in the ingredients list. And we're talking more than just bread. Include crackers, cereals, tortillas, pasta and other grain foods in your wholegrain quest. To quickly and easily identify foods that can be part of an overall healthy eating plan. When it's on the label, you know the product has been certified by the American Heart Association to meet specific science-based nutrition requirements. The Heart-Check is easy to spot and takes some of the guesswork out of comparing Nutrition Facts label information. Keep in mind, not all red hearts or check marks on food packages are the trusted Heart-Check mark! Look for the American Heart Association name if you're unsure. And, the Heart-Check program is voluntary. That means not every heart-healthy food, such as fruits and vegetables, will apply for a Heart-Check mark. But you won't find the Heart-Check on desserts, candy, chips and other foods that do not meet our nutrition requirements.

The Martin News Sylvester, Georgia 9-12-2022



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.

Source: American Heart Association

WCES ANNUAL TITLE 1 MEETING TUESDAY, SEPTEMBER 13TH 6 P.M. WCES CAFETERIA

Come find out information about our Title I Program at WCES!



The Martin News Sylvester, Georgia 9-12-2022



COLLISION REPAIR • COMPLETE BODY REPAIRS • REFINISHING

Project Appleseed 2022 Tour

is coming to

Martin, GA

Red Hill Range 2208 Toms Creek Rd

Marksmanship and History Events

April 2-3, April 16, May 14, May 15, June 12, September 10-11, November 5, November 6 Events start at 08:30. Please arrive early to allow time for setup and sign in.

Heritage

- The Debt We Owe To Our Forefathers
 - The Duty We Owe To Our Posterity
- The Story Of Our Nation's Birth
- The Lessons Of April 19, 1775.

- quick progress
- Experienced Shooters learn new techniques
- Experts polish skills and become an RWVA Instructor in Training

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

> Learn More, Find Directions and Register at: www.appleseedinfo.org/search-states-location.php?locationid=755

For more information contact: GA State Coordinator GA@appleseedinfo.org

Attendees are responsible for determining applicable firearms laws.

Sponsored by the Revolutionary War Veterans Association, a 501(c)(3) organization

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Marksmanship

- New Shooters Learn fundamentals and make

- Master the Riflemans Quarter Mile

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Think Tifton

Disc Golf Tourney Brings 76 Players To Tifton's Fulwood Park Tifton Woman Places First In Her Division



Discs were sailing through the steamy air for eight hours Saturday as scores of players competed in Fulwood Park for a National Amateur Disc Golf Tour-sanctioned Tournament. Eleven of the players qualified to compete in the national championship competition in Texas in October. Playing in her first tournament ever, Rebekah Hardy of Tifton was one of

those 11 first-place winners, qualifying in Female Amateur 3 (Recreational) division. The Fulwood tournament hosted 76 players, said Tommy Cowart, tournament director. The NADGT National Championships will be held Oct. 26-29, at Live Oak Brewing Co. in Del Valle, Tex-"The amount of growth we have seen since the first one I ran this year is outstanding, espeas. cially in Zhe women's and junior divisions," Cowart said. Thirty percent of the players in the Tifton tournament were women and juniors. "That's the most I've ever seen around this area. I want to eventually run a full tournament of nothing but women and a full tournament of nothing but juniors," Cowart said. He noted that 30 players were first-time tournament participants. Besides Tifton's Hardy, other first-place winners were: Male Amateur 1 (Advanced) - Christopher Musial of Green Cove Springs, Fla.; Female Amateur 1 (Advanced) -Mallory Starkey, Tallahassee; Male Amateur 2 (Intermediate) - Spencer Mathis, Warner Robins; Male Amateur 3 (Recreational) - Rhett Harris, Bloomingdale, Ga.; Male Junior (18 and under) - Mac Musselwhite, Tallahassee; Male Junior 15 (15 and under) - Greyson Schneider, Valrico, Fla.; Female Junior (18 and under) - Trinity Bryant, Jacksonville; Male Amateur 40 (age 40-49) - James Coste, Tallahassee; and Male Amateur 50 (age 50-59) - Lloyd Sawyer, Albany.

Source: Tifton Grapevine



Think Tifton

TCHS Students Spend Summer In UGA's Young Scholars Program



Two Tift County high seniors were among high school students interested in agriculture, food, and environmental sciences who spent the summer learning from world-renowned research scientists through the University of Georgia's Young Scholars Program (YSP). The UGA Griffin campus selected 20 students to participate in YSP, a six-week

paid summer internship organized by the UGA College of Agricultural and Environmental Sciences to broaden students' interest in various fields of study. Emma Barr and Catherine Roach of Tift County High School participated in the program on the Griffin campus. Students are assigned to work with a researcher and their staff on campus. They learn about ongoing research, how to use lab equipment, work in the field, and complete their own research project under the guidance of their mentor. Barr spent her summer working with Dr. Shimat Joseph and his research team in the entomology department studying the tiger beetle, a common predator found in residential lawns, golf courses, and sod farms in Georgia. Roach worked under mentor Dr. Bodie Pennisi in the horticulture department studying narrowleaf silkgrass, a native endemic flowering plant known for its benefit to native pollinators. Students interested in participating in YSP next summer must be at least 16 and have completed their sophomore year of high school by the program start date. Students may apply to be part of the program at three UGA campuses: Athens, Griffin, and Tifton. Applications are open for submission Nov. 1 through Jan. 31, 2023. For information, visit ysp.caes.uga.edu.

Source: Tifton Grapevine





24 hour roadside spill response

Oil spill remediation

Water-based recoveries



24

Hazardous materials removal and disposal

Non-roadside recoveries and cleanups

Jimmy Smith Managing Member & Hazmat Tech **Autumn Smith** Administrator & Hazmat Tech

ministrator & Hazinat fee

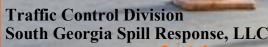
TRAFFIC CONTROL DIVISION

atter Labor Astronom

Cell: 229-938-7809

Cell: 478-952-3354

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Eugene Fairchild

Cell: (229) 8056036 Office: (229) 535-4259 Fax: (229) 535-4220 PO Box 87 Warwick, GA 31796 Sgsrtrafficcontrol@gmail.com Worth County Head Start enjoying their visit to the Margaret Jones Public Library! Be sure to follow the Margaret Jones Public Library on Facebook to see what upcoming events they have going on. Lots of great things happening at the library!

Source: MJPL





Proud Sponsor of This Weeks' SCHOOL SNAPSHOTS!

Dates to Remember

September

12th ~ Senior Parent Night at WCHS 6pm 12th ~ Sumner Council Meeting 7pm 13th ~ Annual Title I Meeting at Worth County Primary School 9:30am 13th ~ Strategies To Help Your Worth County Primary School Student 10am 13th ~ WCMS Softball Double Header Home at 4:30pm 13th ~ WCHS Softball Away 5pm 13th ~ Annual Title I Meeting at Worth County Primary School 5:30pm 13th ~ Strategies To Help Your Worth County Primary School Student 6pm 13th ~ Annual Title I Meeting at Worth County Elementary School 6pm 13th ~ BFHS Bingo at Ed's Truck Stop 6pm 13th ~ Poulan Council Meeting 6:15pm 14th ~ Picture Day at Worth County Primary School 14th ~ Kiwanis Meeting at Noon 14th ~ WCMS Softball 4:30 at Home 14th ~ WCMS Football Away at 5pm **15th ~ WCMS Softball Double Header 4pm Home** 15th ~ WCMS Football Away at 5pm 15th ~ Bark in the Park Volunteer Meeting 5:30pm 16th ~ Last Chance Band in Downtown Sylvester 7pm-9pm 17th ~ WCMS Cross Country Away at 8am 17th ~ WCHS Cross Country Away at 8am 17th ~ WCMS Softball Pink Out Game 9:30 at Home 17th ~ WCHS Softball Doubleheader 11am at Home 19th ~ City of Sylvester Council Meeting 6pm 20th ~ WCHS Softball Home at 5pm 20th ~ City of Warwick Council Meeting 7pm **21st** ~ Kiwanis Meeting at Noon 22nd ~ WCMS Football 5pm at Home 23rd ~ WCHS Homecoming Football Game at 7:30am 24th ~ WCMS Cross Country Away 9am 24th ~ WCHS Cross Country Away 9am 27th ~ City of Poulan Council Meeting 6:30pm 28th ~ Kiwanis Meeting at Noon 30th ~ Shred Day in Downtown Sylvester 9am - 2pm

Bingo Challenge At The Margaret Jones Public Library

I think we all can say that we like a good game of Bingo right? I know I love to play Bingo and what better way to play a good game of Bingo than to play it while reading! The Margaret Jones Public Library has a Bingo Challenge going on that started September 1st and will continue through November 23rd. There is a Bingo Card for the children and one for teens/adults. You will win a prize when you get a bingo. Be sure to check out the Bingo cards on the Margaret Jones Public Library Facebook Page. Make plans with the whole family to stop by the library and start checking out the books to fill up your Bingo card. Good luck to everyone and I hope to see you at the library!



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Living The Best Life With True Friendships

True friends are hard to find these day but these five ladies love each other dearly and value the friendship they share. Recently they decided to participate in a trend going around on social media. They drew names and went to Goodwill and bought for the friend they drew. The outfits were suppose to be fun, crazy and not match in any way. As you can see in the pictures above, they are definitely full of fun and didn't match at all. The ladies then decided to go out on Labor Day dressed to a T in Sylvester to support local. They went to supper at Three Squares and enjoyed a great dinner all while surprising their waitress with a generous tip. They wanted to spread their joy to others. How amazing is that! After supper they went to Downtown Sylvester to enjoy the beautiful artwork that Allison Kilcrease painted. They then enjoyed a shopping trip to Walmart and a desert stop at Dairy Queen. All of the ladies enjoyed the evening. Life is short! Live it up no matter what you are wearing! In the far left picture at the top from left to right is Holly Hughes, Betty Dorsey, Tatina Tucker, Shanna Entrekin and Julie Black.



Rams Snack Basket Giveaway

Want a chance to win this Rams Snack Basket? I know I do! All you have to do is visit the Margaret Jones Public Library and use your card this month and you will be entered in the drawing. There's many reasons to go visit the library. Maybe you need to use their computers. Maybe your child has a project coming up at school and needs to check out a book. Maybe you just want to check out a book and chill at home snuggled up in a blanket and a good cup of coffee and read the day away. Whatever the reason may be, be sure to visit the Margaret Jones Public Library today!

Photo Credit: MJPL



Sylvester - Worth County Chamber Of Commerce Bow Ties and Pearls Event Held Thursday, September 8th

On behalf of the Sylvester-Worth County Chamber of Commerce, Board of Directors, Ambassadors, and Staff, they would like to extend a huge thank you to all of their sponsors for the Bow Ties and Pearls Event on Thursday, September 8th. It was a huge success, and they would not have been able to do it without the support of our community. The Bow Ties & Pearls Mix and Mingle was held at Southern Woods Plantation and the Sylvester - Worth County Chamber of Commerce would like to thank all the staff members for the hospitality and the great food. It was delicious and very well presented.

The sponsors of the event were: **Gold Sponsors** City of Sylvester, Mitchell EMC and Phoebe Worth

Silver Sponsors

ComNet Solutions, Renasant Bank, SafeAire Heating & Cooling and Southwell Medical Sylvester Primary

Bronze Sponsors

Conger LP Gas, Cooper Family Construction, LLC, Lisa Davis - Realtor Century 21, Miss Georgee's Play Kare, Shipp Shape Lawn, South Georgia Banking Co., Sylvester Computer Guy, The Howard Center for Women's Health and Wiregrass Resource Center.

You are truly appreciated. Thanks again.



2nd ANNUAL Vets & PETS 5K RUN

0800 Saturday September 24 2022 Jeffords Park Sylvester Ga.

Entry fee: \$25 per person online@RunSignup.com by Sept 17.

Entry fee \$30 per person after Sept 17

Offline registration forms (paper) may be picked up or dropped off at the front desk at the Margaret Jones Public Library

You must be registered by Sept 17 to ensure receiving your selected size T-Shirts. Shirts will be available for those registering after Sept 17 on size availability.

`Day of run registration (24 Sept) will start at 0645 Run will start at 0800 POC: Jim Hamsley 229-347-0808 All proceeds go to support Veterans Service Programs and the Best Friends Humane Society



DEMOLITION

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LUNCH AND LEARN YOUR LOGISTICAL PROBLEM SOLVER

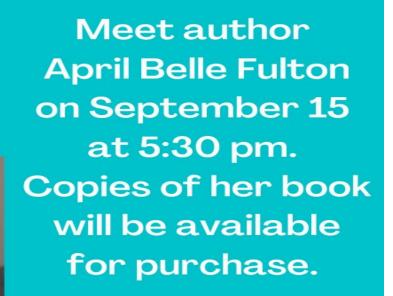
With ABC Wrecker & Recovery LLC. and South Georgia Spill Response LLC.

Come out and learn more about the unique features these businesses have in your own community. This event is a great opportunity for networking

Lunch will be included!

September 13th, 2022 at 11:30AM to 1:30PM At the Sylvester-Worth County Chamber of Commerce 122 N Main St. Sylvester, Ga. 31791

Join us for a Meet and Greet with April Belle Fulton





Class of 2023 Seniors and their Parents/Guardians are invited to Senior Parent Information Night

MONDAY | SEPTEMBER 12,2022 | 6 PM WCHS GYMNATORIUM

JOIN US! WE'LL COVER:

- Important Dates
- Financial Responsibilities
- Senior Activities
- FAFSA
- Cap & Gown Information (Herff Jones)

- Applying to College
- ACT/SAT Testing Dates/Information
- Visit College/Military Information Tables
- And MUCH MORE!

SENIOR PRODUCTS GIVEAWAYS! Cap & Gown, Yearbook, and MORE!

Scan the QR Code to RSVP or email/call Amy Cummings at acummings@worthschools.net or call the school at 229-776-8625.





L&H Community Outreach After School Program Learns The Importance Of Nutrition

On Tuesday, September 6th, Mrs. Cynthia Thomas visited with the after school students at L&H Community Outreach After School Program to teach them the importance of nutrition. Mrs. Thomas is the Nutrition Director for the Worth County School System. National Nutrition Week is celebrated September 1st through the 7th every year. This year's theme was "Eat Right, Bite by Bite". Mrs. Thomas taught our students how important nutrition was for them. Teaching our students this importance while they are growing up will help them into teenage years and beyond.

Photo Credit: L&H Community Outreach

REQUEST FOR QUALIFICATIONS 2019 COMMUNITY HOME INVESTMENT PROGRAM (CHIP) GRANT

CONSTRUCTION OF SINGLE-FAMILY HOMES

NOTICE IS HEREBY GIVEN that the Sylvester Housing Authority, a recipient of the GA Department of Community Affairs 2019 CHIP grant program, will receive Statement of Qualifications from general contractors of residential home builders interested in participating in the construction of two (2) new homes to be completed before December 31, 2022, and sold to qualified home buyers.

Prospective general contractors are encouraged to prepare a statement of qualifications detailing their housing experience and project management experience. The Sylvester Housing Authority will select one or more general contractors or builders with proven experience, financial resources, capacity, and professional expertise to successfully construct up to two houses at one time.

This is a Section 3 contract opportunity. The Sylvester Housing Authority provides equal opportunity for all businesses and does not discriminate against any person or business because of race, color, religion, sex, national origin, and handicap or veterans' status.

Bids will be accepted beginning August 10, 2022. Bid package can be picked up at 411 North Jefferson Street, Sylvester, Georgia 31791. The bid opening is scheduled for September 13, 2022, at 11:00AM at the Sylvester Housing Authority located at 411 North Jefferson Street Sylvester, Ga 31791.

<u>Submit all Documents and the Pre-Qualification Application by September 13, 2022, by 10:45AM</u>

Michael Allen, Chief Executive Officer Via Email: mallen@shauthority.com

By mail to: Michael Allen, Chief Executive Officer Sylvester Housing Authority P.O. Box 386 Sylvester, GA 31791

Or deliver to: Michael Allen, Chief Executive Officer Sylvester Housing Authority 411 North Jefferson Street Sylvester, GA 31791



AARP Smart Driver Safety Course

AARP Smart Drivers Class will be offered Tuesday, October 25, 2022 9 am to 4 pm with lunch on your own at Margaret Jones Public Library 205 East Pope Street, Sylvester, GA Cost \$25 for non-members \$20 for AARP members Register by calling 229-776-2096

- Approved for drivers beginning at 16 years of age with valid driver's license, if accompanied by adult. Younger drivers should check with their insurance company to confirm whether the discount will apply before taking the class.
- Each class provides 6 hours of instruction.
- Automobile insurance discount is available for drivers who have had no moving violations or at fault claims for the past three years.
- Certificate for three years is provided when class has been completed. You must turn your certificate into your automobile insurance company for discount to apply.





Join us at Hometown Cleaners, located at 636 E Franklin St #7184 for a ribbon cutting and grand reopening!

For more info call- 229-776-9733



WORTH COUNTY SCHOOLS



CROSS COUNTRY 22-23

Date	Time	Opponent	Home/Away	Location
August 13th	9AM-11AM	2nd Annual Peach State Preview	AWAY	Heritage Center at Town Bluffs Park Hazelhurst, GA
August 20th	8AM-10:30AM	Patriot Pride Invitational	AWAY	1358 Hwy 215 South Rochelle, GA
August 27th	8:30AM-10AM	6th Annual Furlow Fast Feet Invitational	AWAY	Sumter County Recreation Complex Americus, GA
September 10th	8:30AM-11AM	Lee County Invitational	AWAY	295 Leslie Highway Leesburg, GA
September 17th	8AM-10:30AM	Deerfield-Windsor Invitational	AWAY	Albany State University Albany, GA
September 24th	9AM-11:30AM	Tiftarea Panther Prowl	AWAY	Tiftarea Academy Chula, GA
October 1st	8AM-10:30AM	21st Tift Invitational	AWAY	ABAC Tifton, GA
October 6th	5PM-6:30PM	The Red Flame Classic	AWAY	Wilcox County High School Rochelle, GA
October 26th	10:30- HS Boys 11:15- HS Girls	1-AA Region Meet	AWAY	Heritage Center at Town Bluffs Park Hazelhurst, GA
November 5th/6th	ТВА	GHSA State Championship Meet	AWAY	Carrollton High School Carrollton, GA

Head Coach - Sanders Dorough

Athletic Director - Will Smith

Principal - Melissa Edwards

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Families with & without pets are invited to come out & join the fun!

FRIDAY EVENING: VENDORS, DJ AT 5 PM, AND FAMILY MOVIE AT 8:30 PM

FESTIVAL OPENS AT 10 AM ON SAT.

5K VETS & PETS RUN

Rescues and Animal Shelters are welcome to be a part of the Adoption Depot.

Events subject to change

WATCH FOR UPDATES ON THE BFHS BARK IN THE PARK FESTIVAL FACEBOOK PAGE.



2022 WCMS Football A-Team Schedule

Date	Opponent	Location	Time
August 18	Thomas County Central	Home	5:00PM
August 25	Washington Middle School	Cairo	5:00PM
September 1	OPEN		
September 8	Ben Hill Middle School	Fitzgerald	5:00PM
September 15	OPEN		
September 22	Thomasville	Home	5:00PM
September 29	Cook County	Home	5:00PM
October 6	Playoffs	TBA	TBA
October 13	Championship	TBA	TBA
October 25	Football Banquet	Cafeteria	6:00PM

2022 WCMS Football B-Team Schedule

Date	Opponent	Location	Time
September 14	Cook County	Away	5:00PM
September 28	Thomas County Central	Away	5:00PM

minimi WCPS WILL HOLD ITS ANNUAL TITLE 1 MEETING ON

ANNUN N

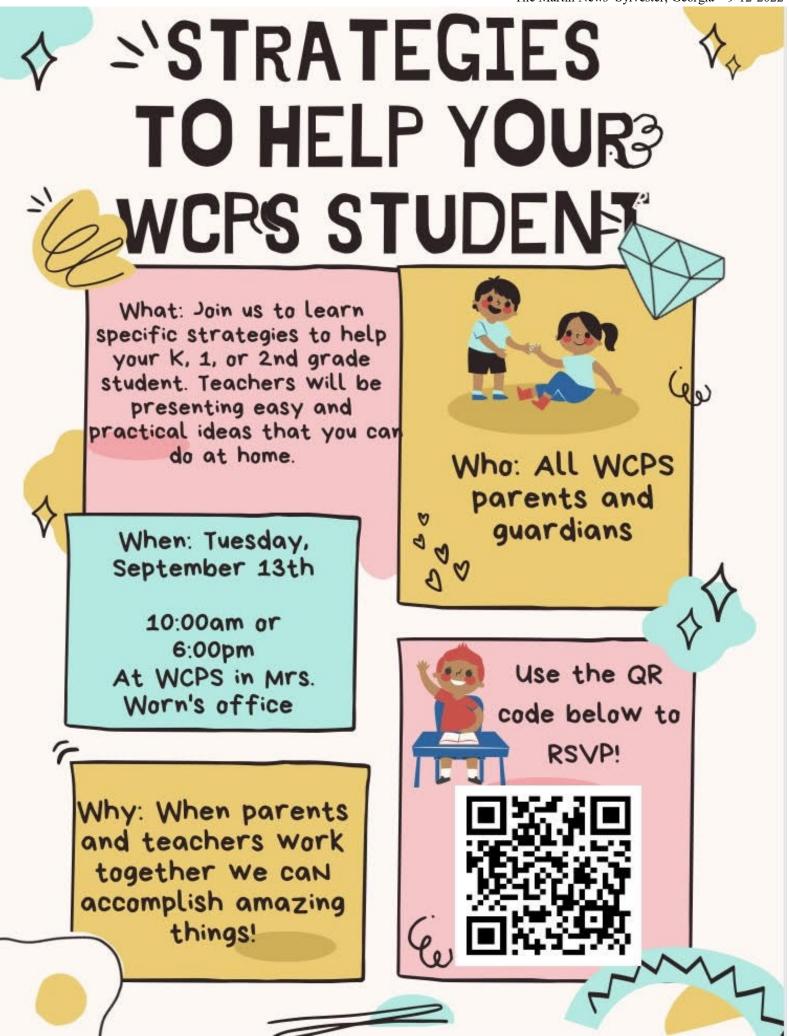
Tuesday September 13, 2022

WE WILL HOST TWO MEETINGS ON THIS DAY AT WORTH COUNTY PRIMARY SCHOOL IN MRS. WORN'S OFFICE

AM Meeting at 9:30 PM Meeting at 5:30

Thank you for your support of WCPS

The Martin News Sylvester, Georgia 9-12-2022





Contact City of Sylvester Main Street for more information 229-773-7716



The closer you are to retirement, the less exposed your portfolio should be to the market. We can incorporate products and services that help protect what you've made. We do this through **tax-efficient investment strategies, indexed annuities, life insurance, and IRA legacy planning**. You can check us out online or give us a call to learn more!





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