



The Martin News

Covering Worth County and Surrounding Counties

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

September 19, 2022

Coming Soon.....

Aged With Grace To Perfection

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**Helping the hands
today that took care
of us yesterday!**



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Time For Friday Night Lights



GO RAMS

**Worth County vs. Berrien
At Home
Friday, September 23rd
Homecoming**

WORTH COUNTY HIGH SCHOOL



THE STAMPEDE

BECAUSE RAMS RUN OVER THE COMPETITION!

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



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DOWN**

**IT
SAVES
LIVES**

**MOVE
OVER**

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Give the Gift of Life

Since the first volunteer blood donor service opened in 1921, there has been a constant need for donors. The reasons for this are that there is no substitute for human blood and blood products cannot be stored indefinitely. Red blood cells must be used within 35-42 days of collection for the safety of the recipient. Because blood may be needed at any time, it must be collected regularly. No one expects to need blood. However, if it is not available when the need arises, the consequences can be fatal. Sadly, only five percent of eligible donors actually donate. That is why regular donors—those who commit to giving blood once a season—are so important in ensuring blood is available year-round. Blood and blood products are used for patients of all ages for many reasons—from cancer patients or surgical patients, to those with battlefield injuries. Each unit is critical when you consider that 40 or more units of blood may be needed for a single trauma victim and that a single pint of blood can sustain a premature infant's life for two weeks. A visit for blood donation will only take about 45 minutes of your time. You will be asked yes-or-no questions regarding your medical history. You will also have your blood pressure, temperature, and hemoglobin level checked to determine your eligibility to donate.

Blood donors should:

- Be in generally good health
- Weigh at least 110 pounds
- Be at least 17 years of age (16 years old with written parental consent)
 - Have eaten a solid meal
 - Be well hydrated

You may not be accepted to donate blood if you:

- Are suffering from cold symptoms such as sore throat, cough, or fever
- Are pregnant (or it has been less than six weeks since your delivery)
 - Have had a blood transfusion within the last year
 - Have an active infection or cold sore
- Have had a heart attack or heart surgery within the past year
- Have had malaria in the past three years or have lived in a malarial region within the past 5 consecutive years
 - Have visited a malarial region within the past year
 - Have had hepatitis at any time after the age of 11
- Your blood will be tested for transfusion transmissible diseases



Bark in the Park

September 23 & 24

LOCATION:

JEFFORD'S PARK IN SYLVESTER

CORNER OF GA HWY 112 & WILLINGHAM ST.

Games and ENTERTAINMENT for everyone!

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.



Project Appleseed 2022 Tour

is coming to

Martin, GA

Red Hill Range
2208 Toms Creek Rd

Marksmanship and History Events

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

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

Heritage

&

Marksmanship

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

- New Shooters - Learn fundamentals and make quick progress
- Experienced Shooters - learn new techniques
- Experts - polish skills and become an RWVA Instructor in Training
- Master the Riflemans Quarter Mile

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

Learn More, Find Directions and Register at:

www.appleseedinfo.org/search-states-location.php?locationid=755

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

Slow Down and Eat Breakfast

Our children keep us so busy these days. We tend to forget some of the most important things and one of them can be breakfast. Who hits the alarm clock a few times in the morning? We are just about all guilty for that. We get up running and trying to get out the door for school and work that we sometimes just say we are not hungry and keep running. Truth is we all need breakfast. The kids and the parents do. Breakfast has benefits. Breakfast equals better behavior. Children who skip breakfast are more tired, irritable, or restless by late morning. These symptoms lead to aggressive behavior that causes children to get in trouble in school. Children who regularly eat a morning meal have more energy, are less likely to exhibit aggressive behavior, and have a better attitude toward school. Breakfast leads to higher test scores. Eating breakfast leads to better class attendance. Children who eat breakfast are absent from school fewer days. They also spend less time in the nurse's office complaining of stomach pains. Ironic as it may be, children who claim they don't eat breakfast due to a lack of time in the morning are tardy more often than those who take time for a morning meal. We all get more nutritious intake by eating breakfast. Breakfast eaters generally meet vitamin and mineral requirements for prevention of deficiencies. They consume more fiber, vitamin C, calcium and folic acid. Unfortunately, children who miss breakfast do not make up for lost nutrients later in the day. Eating breakfast helps weight control in all of us. Eating breakfast helps to establish a normal eating pattern. Eating regular meals and snacks is a key to maintaining a healthy weight throughout life. Increasing childhood obesity is in part attributed to the disappearance of normal eating patterns in many of today's households. Now I know some of you are asking "Why do some children still resist breakfast?" Given the abundance of compelling information on the benefits of breakfast consumption, why does one out of eight school children start the day without eating breakfast? Some are not encouraged to do so by their parents, while others make arguments for avoiding breakfast. Some common arguments are lack of time, absence of hunger, and distaste for breakfast foods. No matter what the barrier, parents can and should find a way around them. One way is creating healthy habits in your children. Here are some tips for parents on incorporating breakfast into their children's before-school routines: Prepare for school the night before by preparing the next day's clothes, lunch and backpack. Set the alarm for 15 minutes earlier to allow more time for breakfast. Say no to TV, video games and computers in the morning. That may be hard but we can do it! Choose foods that require little preparation such as fresh and canned fruits, milk, yogurt, cheese, cottage cheese, hard-boiled eggs, whole grain cereals or instant oatmeal. Eat on the run with celery stuffed with peanut butter or cream cheese, dried fruits, string cheese, juice boxes, milk cartons, or breakfast bars. For those with little hunger in the morning, offer juice, milk or a fruit smoothie made with skim milk and fruit. For those who dislike breakfast foods, offer something non-traditional like cold pizza or leftover chicken. Set a good example to your children: eat breakfast yourself! Children imitate the behavior of adults, so if they don't see their parents eating breakfast, they are likely to resist themselves. Children are not only more likely to eat breakfast themselves if they see their parents eating breakfast each morning, they are also more likely to develop healthier eating habits overall. Parents can encourage their children to eat breakfast by having them help plan the week's breakfast menu and making breakfast food readily available by storing them in low cabinets and having fresh fruit on the counter. With breakfast and lunch being free at our schools, we should encourage our children to eat there. Not only is there no charge, but it is healthy too!

Source: kidshealth.org

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SIGNATURE BALLOONS & HELIUM

Spearman Surprised With AG Scholarship Named For Him



Tyron Spearman

Tyron Spearman of Tifton has been honored with an agricultural scholarship fund in his name to support students completing their education in UGA’s College of Agricultural & Environmental Sciences (CAES). The National Peanut Buying Point Association, during its recent Pre-Harvest Peanut Meeting, surprised Spearman with the announcement of the "Tyron Spearman CAES Scholarship Fund." The Peanut Buying Point Association told Spearman that it established the endowed scholarship "along with several companies and individuals who have been touched by your work in the peanut industry." Robin Singletary, the association’s education committee chairman, said that \$50,000 has been pledged to the fund, and the National Peanut Buying Point Association has committed \$5,000 annually in support of a freshman agricultural scholarship at Abraham Baldwin Agricultural College and a junior scholarship at the University of Georgia CAES. Singletary also presented Spearman with a UGA Certificate of Grati-

tude recognizing him for his "positive impact on the peanut industry in the state of Georgia. Your career serves as an inspiration example to current students about the value that comes from hard work, passion, and a strong educational foundation from the College of Agriculture and Environmental Sciences." Spearman, the executive director of the National Peanut Buying Points Association, was almost speechless at the announcement. "It was an absolute surprise, and I am appreciative to the leaders of the peanut industry who made this recognition possible. This is a great industry, and it has been my honor to serve the peanut family and consumers who enjoy our nutritious product," Spearman said. He is also editor of the Peanut Farm Market News, a three times weekly newsletter on peanut markets, and is marketing editor of the Peanut Grower Magazine, mailed to more than 8,000 peanut farmers. Spearman was surprised with the Peanut Hall of Fame Award in 2013, which is the highest honor presented in the American peanut industry. Spearman is president of the Spearman Marketing and Advertising Co. in Tifton, does a daily radio update for the Southeast Ag Net Farm News, and is the coordinator for the Tifton-Tift County Tourism Association. He has a long history in the peanut industry, serving for a decade as executive secretary of the Georgia Peanut Commission, helping initiate the American Peanut Council’s Export Promotion program in 1978, serving twice as chairman of the American Peanut Council, and visiting more than 12 countries promoting peanuts. People interested in supporting the CAES scholarship fund may contact Angela Elder at spearmanagency@friendlycity.net.

Source: Tifton Grapevine



A memorable destination with unique excursions including agritourism, history, arts, food, entertainment and more. Just off I-75 in South Central Georgia, we are the perfect spot to spend the day.

Performing Arts to Culinary Arts

Picking Fruit to Picking Strings

History to Southern Culture



Think Tifton

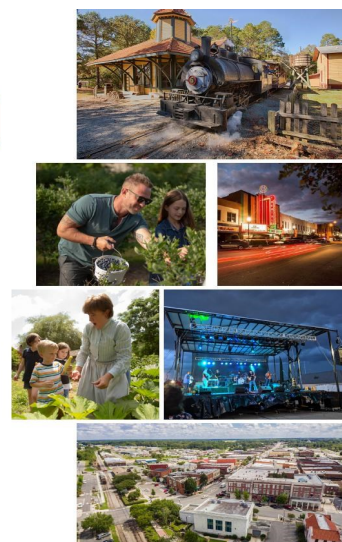


ThinkTiftonGA



TiftonTok

TiftonTourism.com



TRMC Foundation Gives CPR Units To Hope EMS, Tifton Fire Dept



The Tift Regional Medical Center Foundation recently presented two Lifeline Arms to Hope EMS and the Tifton Fire Department. These units are designed to perform cardiopulmonary resuscitation (CPR) en route to the hospital. CPR is an emergency lifesaving procedure performed when the heart stops beating. Immediate CPR can double or triple the chances of survival after cardiac arrest. With the Lifeline Arm, this device is attached to the cardiac victim and performs effective and continuous CPR throughout transport. To learn more, call the Tift Regional Medical Center Foundation at 229-391-3310 or visit www.trmcf.com. Pictured from left are Allen Owens, director of Hope EMS; Mandy Brooks, director of the Tift Regional Medical Center Foundation; and Bobby Bennett, chief of the Tifton Fire Department.

Source: Tifton Grapevine



A memorable destination with unique excursions including agritourism, history, arts, food, entertainment and more. Just off I-75 in South Central Georgia, we are the perfect spot to spend the day.

Performing Arts to Culinary Arts

Picking Fruit to Picking Strings

History to Southern Culture



Think Tifton



ThinkTiftonGA



TiftonTok

TiftonTourism.com



ROBERTS & CO
BRIDAL REGISTRY



Marianna Perez & Matthen Moore
September 30, 2022

Littney Turner & Ashton Black
October 1, 2022

Amy Bartley & Jeremy Doss
October 22, 2022

Katie Ross & Eric Wisham
October 22, 2022

Sarah Beth Bennett & Kyle Rhodes
November 12, 2022

Kallie Kimbrough &
Tucker Matthen's
November 26, 2022

Avery Barber & Denzell Gowdy
December 17, 2022

Molly Jones & Layton Gatwood
December 31, 2022

Karlee Dixon & Joseph Spinks
January 21, 2023

Tonya Webb & Ryan Marchant
March 4, 2023



**GREAT
PUMPKIN
LUMINIGHTS**
WILD ADVENTURES
THEME PARK

FT. THE PUMPKIN SPICE FESTIVAL

FRIDAY - SUNDAY

SEPT. 23 - OCT. 30

Margaret Jones Public Library had so much fun reading, singing and playing at Books and Bubbles on Tuesday, September 13th. Play helps children learn to interact with others and encourages the development of imagination. Join Books & Bubbles every Tuesday morning at 10:30am.

Source: MJPL



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of This Weeks'
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SNAPSHOTS!**

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Rams

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RAISE THE STANDARD WORTH COUNTY



8/19

8/26

9/2

9/9

9/23

9/30

10/7

10/21

10/28

11/4

2022 SCHEDULE





24 hour roadside spill response



Oil spill remediation



Water-based recoveries



Hazardous materials removal and disposal



Non-roadside recoveries and cleanups

Jimmy Smith

Managing Member & Hazmat Tech

Cell: 229-938-7809

Autumn Smith

Administrator & Hazmat Tech

Cell: 478-952-3354

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Office: 229-535-4259



Traffic Control Division
South Georgia Spill Response, LLC

Eugene Fairchild

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Office: (229) 535-4259
Fax: (229) 535-4220
PO Box 87
Warwick, GA 31796
Sgsrtrafficcontrol@gmail.com

Wild Adventures Announces 3-Acre Addition for 2023

Expansion Features New Attractions, Four New Animal Encounters, New Dining Experience and More

For Release: September 12, 2022

OASIS OUTPOST SITE PLAN



Valdosta, Ga – On Tuesday, Wild Adventures Theme Park in Valdosta, Ga, announced a major construction project for 2023 featuring all-new experiences, including an adventurous family ride, immersive animal encounters, a playful water attraction, a fun and unique food location, engaging play zones and other new ways to create memories at the South Georgia theme park. The new Oasis Outpost covers a nearly 3-acre section of the park and offers relaxation as well as exploration. “Oasis Outpost has been designed to be exactly what its name suggests, a place of relaxation, fun and adventure for our guests and their families,” said Jon Vigue, vice president and general manager. “When you’re taking your next journey through Wild Adventures in 2023, we can’t wait for you to discover Oasis Outpost and all the

unique encounters it has in store.” The main attraction of Oasis Outpost will be the new Trail Trackers Adventures Ride that allows kids to take the wheel of their own journey as they travel into the park’s Sulcata Tortoise habitat and track the reptiles to observe their behaviors. “The new Trail Trackers Adventure Ride opens a new path of immersive learning by putting you face to face with these amazing creatures,” said Vigue. Oasis Outpost will also feature four new animal exhibits, including caracal cats and porcupines, as well as one-on-one encounters in which guests will have the opportunity to hold and have their pictures taken with red-footed tortoises. “These animal encounters are special,” said Adam Floyd, marketing and sales manager. “When a child meets one of our amazing animal ambassadors, a connection is made that lasts a lifetime, and they develop the same kind of deep care and compassion for nature as we have for all of our animals.” When guests are not traveling deeper into the natural world, they can cool off at the new Misty Springs Soak Zone, a play area featuring towering misting posts and splash pads. The area will also be home to two Stay and Play Zones for kids to explore as parents rest in the shade. Oasis Outpost will also be home to a brand new food location, Paradise Pizza, that will serve fun and unique flatbread pizzas, ice-cold drinks and more. “At Oasis Outpost, our guests will discover new adventures along with the ideal space to relax and recharge,” said Vigue. Oasis Outpost is being constructed near the entrance to Splash Island and will create a new series of pathways to improve navigation to the waterpark and the Twisted Typhoon roller coaster. The new multi-million dollar addition is the latest in a long line of investments the park has made in the past several years. In 2017, Wild Adventures built Ohana Bay in Splash Island Waterpark featuring seven waterslides and plenty of covered seating for parents. In 2019, the park debuted Discovery Outpost, a multi-million dollar expansion featuring six rides, the Gator Bridge and over 100 American alligators. In 2021, Liberty Farms Petting Zoo opened to celebrate Wild Adventures’ 25th Anniversary. In 2022, Water’s Edge Brews and Bites transformed the boardwalk along the lake, and the Wanyama Observation Deck & Botanical Gardens brought with it new dining, relaxing strolls and the largest new animal exhibit in over a decade. Oasis Outpost will debut in March when the park opens for its 2023 Season. 2023 Wild Adventures Season Passes are now available for purchase and provide unlimited admission now through the end of the 2023 Season. “A 2023 Season Pass is the best way to visit Oasis Outpost,” said Floyd. “You’ll want to come again and again, and you’ll discover something new each visit.” Wild Adventures Season Passes are on sale now for the lowest available price, starting at \$89.99. Wild Adventures offers multiple Season Pass options with different benefits, including complimentary parking, free tickets for friends and free soda for the entire season. For more information, visit WildAdventures.com. Children between the ages of 3 and 5 are eligible for a complimentary Season Pass. Registration is now open for the park’s Free Pre-K Season Pass program, and parents can register and activate their child’s free season pass between now and Oct. 30. For more information, visit WildAdventures.com/Pre-K. Wild Adventures Theme Park is located at the halfway point between Atlanta, Ga. and Orlando, Fla. off Interstate 75 and is home to more than 40 family and thrill rides, hundreds of exotic animals, dozens of concerts and special events each year and Splash Island Waterpark, named in 2018 as one of the “Top 30 Waterparks” in the country by U.S. News and World Report. Wild Adventures is ranked as the Fifth Most Affordable Theme Park in America in the Theme Park Price Index published by HomeToGo.

24th Annual

FIESTA DEL PUEBLO FESTIVAL 2022

Saturday September 24
Sábado 24 de Septiembre

from 10am to 8pm

Fulwood Park, Tifton Georgia

FREE
ADMISSION

FREE
ADMISSION

- Singer Gianella Carrera • "Platanito" the clown • Cultural Peruana AKLLA SUMAQ • ABAC Jazz Band • Ministerio Aposento Alto Dancers of Tifton
- Mariachi "Los Arrieros" • Los Huapangueros de Georgia • Karaoke
- Dance with DJ DanyReyes

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- Tift Regional Medical Center
- The First Bank
- Georgia Power
- Coca Cola

Platinum

- The Howard Women's Health Center
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Special THANKS

City of Tifton
Tifton Police Department
Tifton Fire Department
Tift County Recreation Department
Shiver Carts LLC

Activities

- Children's Carnival/Carnaval para niños By philgood Entertainment
- Typical Foods/Comidas Tipicas
- Health & Educational Activities/Actividades Educativas y de Salud
- Art Exhibit/Exhibicion de Arte

RECUERDEN * FESTIVAL de LA FIESTA DEL PUEBLO

En el Parque Central Fullwood de Tifton • De 10 de la mañana a 8 de la noche

Visit our website www.fiestadelpueblo.org or find us in Facebook

The 47th Annual ODUM HOMECOMING

Saturday, September 24 thru Saturday, October 1, 2022

FAMILY FUN FOR ALL AGES!

Odum Day T-Shirts

\$15, all sizes kids and adults

Scarecrow Contest

FREE to Enter!

Register at Odum City Hall by Sept. 23rd

Judging will take place by on Sept. 28th

Winners will be announced at platform ceremonies

Kids Pumpkin Decorating Contest

FREE to enter! Age groups 5-7 and 8-10

Drop off pumpkin and entry form by 4pm on

September 29th at Odum City Hall.

Prizes for each age group:

1st Place: \$25 VISA gift card,

2nd Place: \$15 DQ gift card

3rd Place: \$10 Sonic Gift Card.

Decorate anyway they want!

Winners will be announced at platform ceremonies

Kid's Zone

All Day Unlimited Turns wrist bands:

\$5 for ages 3-5, \$10 for ages 6 and up

One-time tickets for Rockwall or Zorb Balls:

\$5 each turn. 2 and under free

Community Worship Service

Saturday, October 1st

6:30 PM, Odum Train Depot

Host Church - Odum Church Of God

Speaker Pastor Justin Moriarty

Music by Odum Church of God

Prayers by Odum Grove Missionary Baptist Church,

Odum Baptist Church, Odum Methodist Church,

and Good Hope Holiness Church

Dunk an Odum City Official!

In the Official City of Odum DUNK TANK!

Mayor, Council Members, Police Chief,

or Fire Chief



Odum Homecoming

A Saturday in the South



47th Annual Odum Homecoming

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SATURDAY, September 24th

4th ANNUAL ODUM DAY DANCE

7:00-9:00 PM - Odum Train Depot

Featuring **Second Chance Band**

All Ages Welcome!

Free Concert/Dance

Tender Pig BBQ will sell BBQ plates

from the townhouse, \$12 each

WEDNESDAY, September 28th

Parade Grand Marshal Reception

7:00pm - Odum Recreation Center

Andrea Willis, OES Teacher of the Year

Maggi Sluder, OHC Outstanding Teen

SATURDAY, OCTOBER 1st

10:00 - Parade

11:00 - Platform Ceremonies

12:00 - Cake Walk

12:45 - Corky's World Class Karate

1:30 - Called to the Dance Floor

2:00 - Golden Isle Belly Dance

2:30 - Excel Martial Arts

3:00 - Southe Academy of Dance & Cheer

3:30 - Dunk an Odum City Official

6:30 - Community Worship Service

Vendor Booths: 10:00 a.m. - 4:00 p.m.

Altamaha Classic Cruisers Car Show
Railroad Street, 10:30 AM - 2:00 PM

Touch a Truck - EMS, Sheriff Truck,
Seatbelt Demo and OVFD Firetruck
Railroad Street, 10:30 AM - 2:00 PM

Kids Zone: 11:00 AM - 4:00 PM
Friends of the Poultry Palace Chicken Shows
Petting Zoo * Rock wall Dunking Booth
Blowup Corn Maze
Blowup Obstacle Course
Bounce House * Toddler Bounce House
Hamster Zorb Balls

For more information....

Cheyenne A. Moseley, Chair
Odum Homecoming Committee

P.O. Box 159

217 S. Church St.

Odum, GA 31555

Office: (912) 586-2211

Fax: (912) 586-6634

Cell: (912) 620-7620

Web: www.cityofodumga.com

Dates to Remember

September

- 19th ~ City of Sylvester Council Meeting 6pm
- 20th ~ American Red Cross Blood Drive at Tifton Methodist Church 12:30pm-5:30pm
- 20th ~ WCHS Softball Home at 5pm
- 20th ~ City of Warwick Council Meeting 7pm
- 21st ~ American Red Cross Blood Drive at Albany State University 10am-3pm
- 21st ~ Kiwanis Meeting at Noon
- 22nd ~ American Red Cross Blood Drive at Albany State University 10am-3pm
- 22nd ~ American Red Cross Blood Drive at Byne Memorial Baptist Church 2pm-7pm
- 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





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***



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.

Trigger Finger: Causes and Treatment

Trigger finger is a painful condition that causes the fingers or thumb to catch or lock when bent. In the thumb it is called trigger thumb. Trigger finger occurs when tendons in the finger or thumb become inflamed. Tendons are tough bands of tissue that connect muscles and bones. Together, the tendons and muscles in the hands bend and straighten the fingers and thumbs. A tendon usually glides easily through the tissue that covers it (called a sheath) because of a lubricating membrane surrounding the joint called the synovium. Sometimes a tendon may become inflamed and swollen. When this happens, bending the finger or thumb can pull the inflamed tendon through a narrowed tendon sheath, making it snap or pop. Trigger finger can be caused by a repeated movement or forceful use of the finger or thumb. Rheumatoid arthritis, gout, and diabetes also can cause trigger finger. Treatment options include rest, splinting, anti-inflammatory medications, and surgery.

Hunting and Fishing

Saturday is National Hunting and Fishing Day. There's not too many people in the south that doesn't either fish or hunt and sometimes both! I use to hunt when I was a teenager but I don't hunt anymore however I do love to fish! My son loves to fish too however he doesn't like to fish with me. Now he will let me go and hang out but he doesn't like for me to fish because I will not touch the bait nor the fish and he has to do all that! I catch them too fast for him to even enjoy his own time fishing but none the less, I LOVE to fish!

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 - Basic Obedience
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Beth Daniel, Certified Dog Trainer

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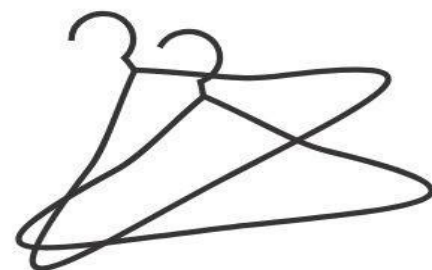
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229-528-4792 (fax)





Ribbon Cutting & Grand Reopening

**September 19th, 2022
11:30am**



**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



Happy Place Nutrition

101C North Isabella Street
Sylvester, GA 31791
229-328-6239

TRY SOME OF OUR FAVORITES....



FOLLOW US ON FACEBOOK FOR UPDATES ON:

- Thirsty Thursdays
- Happy Hour
- New Drink Flavors

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	TBA	GHSA State Championship Meet	AWAY	Carrollton High School Carrollton, GA

Head Coach - Sanders Dorough

Athletic Director - Will Smith

Principal - Melissa Edwards

Keeping Your Baby Safe

September is National Baby Safety Month. Since babies spend most of their time sleeping, it is important to focus on a safe sleep environment. Safe sleep practices are key in reducing the risk of SIDS (Sudden Infant Death Syndrome). ALWAYS put your baby on his or her back to sleep; every nap and every night. Use a firm sleep mattress with a fitted sheet. Baby should sleep alone. Remove all soft objects from the crib, including bumper pads, blankets, pillows, & stuffed toys. If you feel the need to use a bumper pad, use the mesh “breathable” kind. Baby should wear a onesie, sleeper, or sleep sack for warmth rather than being wrapped or covered with blankets. Do not allow smoking in your home or around your baby. Do not allow your baby to overheat. Room temperature should be between 68-72 degrees F. Avoid the use of positioners & other products that claim to reduce the risk of SIDS. Check on your baby frequently. Consider the use of a pacifier during sleep. If breastfeeding, wait approximately one month for breastfeeding to be well-established prior to introducing a pacifier. Check your crib and other products to make sure they meet federal safety standards.

Fall Is In The Air

I say this all the time but I LOVE this time of year! I love the fall smells and fall festivities. I really love the fall colors and decorations. What all do you have planned for the next several weeks? There will be so many things going on in Sylvester and surrounding towns. I am sure hoping it starts cooling down a good bit to feel more like fall all the time. Be sure to stay tuned to the Facebook page and to our calendar so that you won't miss an event!

Get off the couch and on the road!

Worth County Residents

FREE COOKIE

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

How far would you go for a free cookie?

The Blue Goose is waiting for you!

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

ABAC Student A Featured Speaker At University System Gala



ABAC agriculture communications major Bridget Dixon was the featured student speaker at the University System of Georgia Foundation Gala on Sept. 9 in Atlanta. “Bridget did a terrific job representing ABAC. She spoke about the importance of scholarship support in achieving her dream of an ABAC degree. She received praise from all of those attending, including (University System) Chancellor Sonny Perdue and Gov. Brian Kemp,” said Dr. Deidre Martin of ABAC. Pictured is Sonny Perdue, chancellor of the University System of Georgia (USG), with ABAC student Bridget Dixon at the USG Foundation Gala.

Source: Tifton Grapevine



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



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