

## The Martin News

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September 20, 2021

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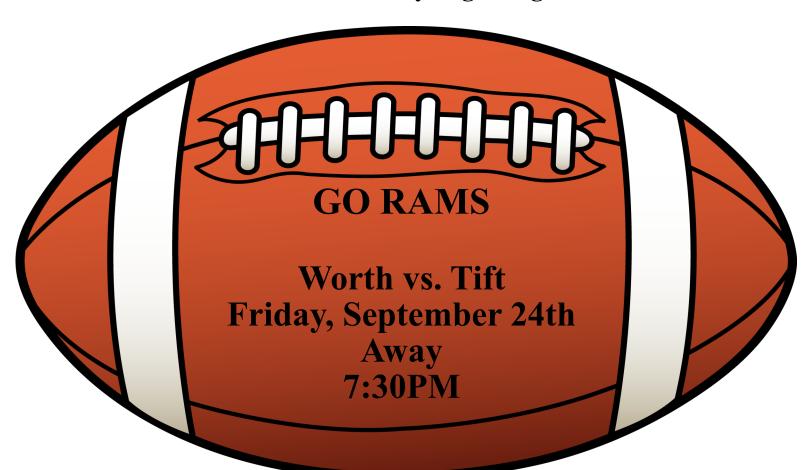
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Butch Jenkins, PT Savannah Jenkins, DPT Molly Barnard, PTA Jamie Pritchard, Office Manager

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#### **Time For Friday Night Lights**



#### Rhythm & Ribs set for October 9

TIFTON – After a postponement from the original date, the eighth Rhythm & Ribs BBQ Festival has officially been set for Saturday, October 9.

Angela Elder with the Tifton-Tift County Tourism Association said that the beloved festival is coming back better than ever.

"We are so excited to finally be hosting the festival again," said Elder. "We are ready and we know that our festivalgoers and vendors are ready too. We've received so much support from attendees, businesses and vendors alike who are excited to party under the pines. We will be taking some extra safety precautions this year to help keep everyone safe and healthy."

More than 50 total barbecue teams participated at the last festival and Elder said registration is picking up for this year's event as well. Registration forms can be found at www.tiftonribsfest.com.

The professional competition is sanctioned by the Georgia Barbecue Association as teams from all parts of Georgia and surrounding states will be cooking at the park. Professional teams will be competing for the Grand Champion trophy and \$3,000 in prize money. The Reserve Champion will win \$1,500 and a trophy while the top 10 in each category will receive cash prizes.

In the backyard competition, the Grand Champion will receive \$1,000 and a trophy. Also, cash prizes and a trophy will be awarded to the top three finishers in each category with certificates going to the 4th through 10th place finishers in each category. In both competitions, competitors will compete in Pork Loin, Pulled Pork, and Ribs categories.

Anyone interested in participating in the barbecue competition or as a volunteer can contact The Spearman Agency at 229-386-0216 or by email at spearmanagency@friendlycity.net. Vendor spots are full for this year's festival.

Live music, the other big draw for the festival, will start when the festival opens at 10 a.m. and play all the way through until the 10 p.m. close.

The Gibson Brothers, Roosevelt Collier and Andy Johnson will be the playing at the Syl Blackmarr Main Stage in Fulwood Park, following the BBQ Awards Ceremony at 4 pm, and the Danny Dawson Band, Mermaid Motor Lounge, the Page Brothers Band and Scout will be playing beginning at 10 am on the same stage. There will also be a trick trampoline show with multiple shows throughout the day, located on the north side of the park.

The kickoff party will be Friday, October 8 from 6 until 10 pm and will feature the Sunny South Blues Band and Flintlock Annie.

"We have had around 15,000 people attend this festival in the past and it continues to grow each year," Elder said. "It's a great opportunity for local businesses to get their name and product in front of a huge

audience. Rhythm & Ribs has become a signature event for Tifton and we believe this year will be another fantastic day in Fulwood Park."

Admission to the festival is free. For answers to some frequently asked questions, you an visit the website at www.tiftonribsfest.com.



# Worth County's 7th Annual First Responders Appreciation Luncheon



American Legion Post 335 Inc. Wishes to invite all First Responders in Worth County to attend a Luncheon in their Honor! This event will take place on Wednesday September 23rd in the Sumner Room of the Sylvester Library. Serving will begin at 11AM and continue until 2PM to allow all our local Heroes to attend.

The menu will include: Grilled chicken, Baked beans, Pasta salad, Fresh baked rolls, a choice of deserts and Iced tea.

From Us to You, Thanks for all that You do!

## We Hope To See You There!



3rd Weekend in October
VISIT GAPEANUTFESTIVAL.ORG
FOR MORE INFORMATION

Date



Printed Name

#### GEORGIA PEANUT FESTIVAL PARADE SPONSORED IN PART BY COCA COLA OCTOBER 16, 2021 @ 10:00 AM DOWNTOWN SYLVESTER, GA

#### Application must be received by October 1, 2021

Make check payable to: THE GEORGIA PEANUT FESTIVAL Mailing Address: Georgia Peanut Festival PO BOX 40 Sylvester, GA 31791 229-776-6657 or 229-776-7718

#### REGISTRATION FEE \$30

#### COVERS THE FOLLOWING ENTRIES:

- One (1) Vehicle & One (1) Trailer
   No towing of vehicles allowed
   Or
- 2) Up to Eight (8) Motorcycles or 4-Wheelers (Can be a combination) Or
- 3) Up to Eight (8) Horses & riders

#### Parade Rules - Please Read Carefully:

- No throwing of any object including candy from a float or vehicle. Only walkers can hand out candy or
  other items. Throwing candy causes dangerous situations as children run to collect candy off the street.
  Drivers have difficulty seeing children dash around the vehicles. Please protect the safety of our
  children and respect this regulation by handing out candy to the crowds.
- 2) No towing of any type of vehicle.
- 3) Each float should have at least two (2) walkers.
- 4) Each parade entry should keep the flow of the parade continuous and should not stop or slow the parade down.
- 5) No special placements in the parade route will be granted. The Georgia Peanut Festival reserves the right to decide upon placement of all parade entries. Placement will be determined for the most pleasant, smooth running parade possible.
- 6) Due to time constraints we will not be able to allow any stops for performances during the parade.
- 7) No scary costumes, scary floats, or dangerous floats are allowed.
- 8) No applications will be accepted after October 1, 2021. Applications can be mailed or hand delivered.

		_
Please print legibly.		
NAME OF ENTRY		
	Telephone	
Contact Person		
	City, State, Zip	_87
Describe your entry		
Circle the appropriate set		
Circle the appropriate cate		
Political Equestrian	Beauty Queen Business Church/Civic Club/School/Organization Commercial Float Amateur Float Emergency/Public Svc	
	application I understand I hold harmless the Georgia Peanut Festival, Inc. and all officer	s,
	from any damages to persons or property. The Festival reserves the right to accept or	
lecline any entry. I understa	and this application is a promise to show and no refund will be made for cancellation.	

Signature





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

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**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



**WCOS Receives KHC Grant** 

The Worth County Primary School physical education department is grateful to the American Heart Association for awarding them the KHC Grant which will go towards the "It's WORTH being fit" initiative! This means that WCPS was recognized for making whole-body wellness a priority! They received \$3,500 which will go towards updating and purchasing new equipment for their students! Go to heart.org/schools to learn more! Congratulations WCPS staff, students and families!

Source: WCSD



**WCMS Students Exploring SW Asia** 

Mr. Maples' 7th grade Social Studies classes at Worth County Middle School are exploring environmental Issues in SW Asia. Students are identifying three environmental issues and creating a presentation of the causes, effects and solutions for each. Students will present presentations in class.

Source: WCSD

#### WCES Students Experimenting With Skittles



Students in Ms. Causey's class at Worth County Elementary School recently did an experiment where they observed how weathering and erosion take place in nature in the classroom using skittles

and water. Skittles are coated in food coloring and sugar. When Skittles are placed in water the colored coating dissolves or breaks down, and we see the color spread through the water and onto the napkin. The color and the sugar dissolve into the water and then diffuse through the water. The breaking down of the candy coating represents weathering of rock in nature and the movement of the colored coating represents the movement of the weathered rock which is erosion. Great job, students!

Source: WCSD



#### **Possessive Noun Bingo**

Students in Mrs. Willis's class at Worth County Elementary School played "Possessive Noun BIN-GO". Students had either a singular or plural noun called out to them, and they had to find that singular or plural noun as a possessive on their BINGO card. They used M&Ms as playing pieces, and they were able to enjoy a sweet treat once they got BIN-GO. What a sweet way to learn!

Source: WCSD

#### State Farm

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#### **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.

#### COME AND FALL INTO THE SEASON WITH US



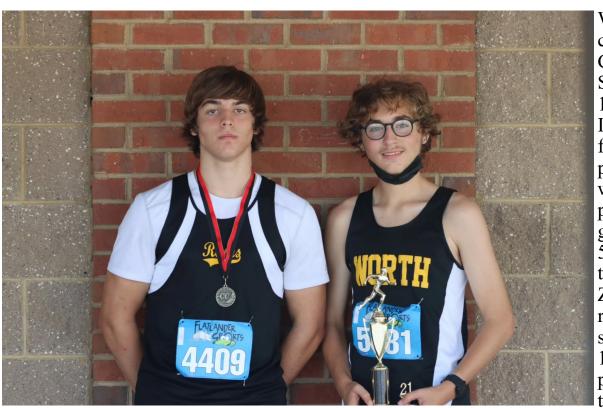
## SEPTEMBER 25, 2021 9AM - 1PM

Customer Appreciation Day at D&D Rock Yard & Groco. FOOD, kids activities, SPECIAL SALES, and PUMPKINS!



#### COLLISION REPAIR • COMPLETE BODY REPAIRS • REFINISHING

#### WCHS Cross Country Competed at Lee County Invitational



WCHS Cross Country competed at the Lee County Invitational on Saturday, September 11th. In the girls race, India Williamson was first for Worth County, placing 11th overall with a time of 24:03, a personal record. The girls as a team placed 5th out of 13 teams. In the boys race, Eyan Zupko was the overall race winner with a personal record time of 17:36. Conner Mullen placed 8th overall with a time of 18:58. As a

team, the boys came in 10th out of 16 overall teams. Also, as a team (boys and girls), most runners improved their race times and are getting better! In this respect, Stevie Lewis has improved the most by improving her time by 3 minutes. Cross Country will be competing this upcoming weekend at the Deerfield-Windsor Invitational, and we hope for more awards and improvement! Awesome job, Rams!

Source: WCSD

#### AG Museum Creates "Escape Room" Experience This Fall



Visitors may experience a new Halloween thrill at the "Unleashed Escape Room" at Abraham Baldwin Agricultural College's Georgia Museum of Agriculture this fall. The Unleashed Escape Room will be open on Friday nights in October beginning 5-9:30 p.m. Oct. 1 with four sessions available each of the five Friday

nights. A minimum of four tickets must be purchased to reserve an escape room session. Groups are limited to seven participants per session, which are private experiences with only one group present in the room. Players begin their experience being "locked" as a group safely in the Clyatt Cabin to be protected from "frightening creatures" that have overrun the Historic Village. Safety is only fleeting, though, and groups must work together to decode clues, solve puzzles, and open locks to solve the mystery before it's too late. Groups have 60 minutes to successfully escape before time runs out. The event is recommended for ages 13 and over. All minors must be accompanied by an adult. The event is part of the "History After Dark" series providing guests the chance to experience the museum after hours. The series features evening programs throughout the year on a variety of topics and immersive activities. For information, contact Chloe Holbrook at cholbrook@abac.edu, 229-391-5213. A player decodes clues at the Georgia Museum of Agriculture's "Unleashed Escape Room."

Source: Tifton Grapevine



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

visit us at TiftonTourism.com





Think Tifton

#### Alzheimer's Walk In Person This Year, Director Says



The Alzheimer's Association is walking again this year in person, across the nation, says Buffy Hankinson, program director for Southwest Georgia. The Tifton Walk to End Alzheimer's will be Oct. 16 at ABAC. The event was canceled last year because of the pandemic, so safety measures will be in place this year, Hankinson said. Registration is mobile, and starts at 9 a.m. Participants and donors may sign up now by visiting the walk page at www.alz.org. "We will be out in plenty of time for football Saturday," she told the Tifton Rotary Club on Wednesday. "It's one of my favorite times of the year." Rotary President Chris Beckham, administrator at Legacy Village, and Joey Marta, administrator at Cypress Pond and Magnolia Manor, are co-chairs of the Tifton walk. "This is time to honor our loved ones," Hankinson said. Caregiving for someone with dementia is different from caregiving for a loved one with heart

disease, stroke, or diabetes, she said. "It's a 24-7 job. It's emotionally and physically demanding." Funds raised locally will stay in Georgia, she said. "Just show up and walk, or support a team. You'd be surprised how much is raised and what we can do with it." More than 6.2 million people in America are living with dementia, a general term that describes cognitive memory impairment. Alzheimer's is the most common type; 60-80% of dementia is Alzheimer's.

Source: Tifton Grapevine



Events, Dining, Shopping...

SMALL TOWN with loads of

SOUTHERN HOSPITALITY

visit us at TiftonTourism.com







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 IST COOK

COOK HIGH SCHOOL

OCTOBER 8TH
THOMASVILLE

VETERANS MEMORIAL STADIUM

OCTOBER ISTH

WORTH CO. STROIUM

OCTOBER 2200

BERRIEN

RAYMOND JONES MEMORIAL STADIUM

OCTOBER 29TH
EARLY CO.
WORTH CO. STROIGH







RAISE THE STANDARD



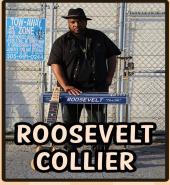


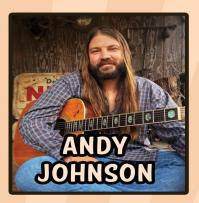
SATURDAY,
OCTOBER
9TH
10 AM - 10 PM
FULWOOD PARK
TIFTON, GA

BBQ COMPETITION · SHOPPING KIDZONE · FOOD AND DRINKS

\*\* LIVE MUSIC ALL DAY FEATURING: \*\*







#### **ALSO ON THE MAIN STAGE**

PAGE BROTHERS BAND • SCOUT
PLUS MORE ON THE COMMUNITY STAGE!

KICK OFF PARTY

FRIDAY, OCTOBER 8TH | 6 - 10 PM FEATURING SUNNY SOUTH BLUES BAND - FLINTOCK ANNIE

TIFTON FREE ADMISSION! FIFTH

#### **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.

#### **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!



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

> 251 Demott Road Hartsfield, GA 31756 229-941-2989



#### WCMS Honors Cancer Survivors At The Pink Out Game

Congratulations to the Worth County Middle School Lady Rams Softball winning against Thomasville 9-2 on Tuesday! Prior to the Pink Out Game, the team recognized cancer survivors from our community. Pictured are Lindsey Culpepper and Coach Shayla Juster.

Source: WCSD

### **Coca-Cola Scholars Foundation Application Due In October**

Each year, the Coca-Cola Scholars Foundation awards 150 college scholarships worth \$20,000 to high school students across the United States through the Coca-Cola Scholars Program. Students need a 3.0 GPA and to fill out an online application that requires no essays, no recommendations, and no transcripts by October 31, 2021, at 5 p.m. Eastern. Apply online - Cokeurl.com/scholarships.

Source: WCSD



Recently the Worth County High School Lady Rams held their Pink Out Game and honored their classmate, Aaron Entrekin, who would've been a part of the Class of 2022. His friends stated it was an honor to play in memory of their dear classmate. The whole team loved him and loves his family so much. The team vows to keep him close to their heart and never forget what an amazing person Aaron was. That game was definitely for Aaron stated the Lady Rams.

**Source: Entrekin Family** 





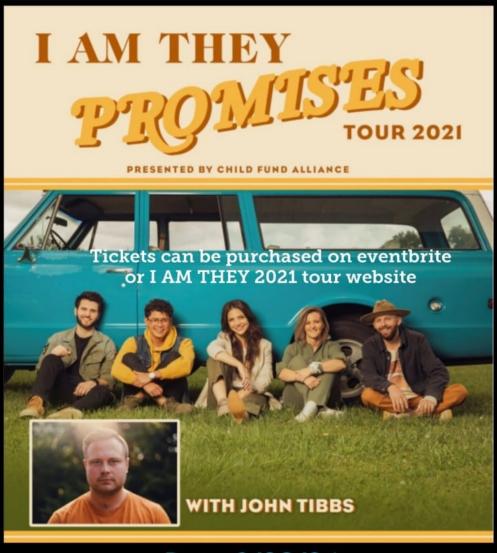
Proud Sponsor of This Weeks' SCHOOL SNAPSHOTS!

## **TOMLINSON**

**OUTDOOR WASHING** 



(229) 854-1736



Date: 9/23/21 Gares Open Time: 7:00pm 5:30pm or Place: A&M FARMS Open or 359 Hillhouse Rd Sylvester, GA 31791

#### 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.

#### 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!

## Dates to Remember

# September

20th ~ Chamber 50/50 Raffle Tickets Sale

20th ~ Book Fair at WCES

20th ~ Constitution Week Display at Margaret Jones Public Library

20th ~ WCMS Softball

20th ~ WCHS Softball vs Lanier County Home at 5pm

21st ~ Chamber 50/50 Raffle Tickets Sale

21st ~ Book Fair at WCES

21st ~ Constitution Week Display at Margaret Jones Public Library

21st ~ Books & Bubbles at the Margaret Jones Public Library 10:30am

21st ~ American Red Cross Blood Drive at Tifton Methodist Church 12:30PM - 5:30PM

21st ~ WCHS Softball vs Thomasville Away at 4:30pm

22nd ~ Chamber 50/50 Raffle Tickets Sale

22nd ~ Book Fair at WCES

22nd ~ Constitution Week Display at Margaret Jones Public Library

22nd ~ Kiwanis Meeting at Noon

23rd ~ Chamber 50/50 Raffle Tickets Sale

23rd ~ Book Fair at WCES

23rd ~ Constitution Week Display at Margaret Jones Public Library

23rd ~ 1st Responders Luncheon - Worth County 11am - 2pm

23rd ~ American Red Cross Blood Drive at Deerfield - Windsor School 11am - 3pm

23rd ~ American Red Cross Blood Drive at Byne Memorial Baptist Church 2pm-7pm

23rd ~ WCHS Softball vs Cook County Home at 4:30pm

23rd ~ WCMS Football vs Thomasville Away at 5pm

23rd ~ WCHS JV Varsity Football vs Adel Away at 5:30pm

23rd ~ I Am They Promise Tour 2021 7pm - 9pm

24th ~ Chamber 50/50 Raffle Tickets Sale

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24th ~ Book Fair at WCES

24th ~ WCHS Rams vs. Tift Away

25th ~ Sylvester Farmers Market Downtown

25th ~ Chamber 50/50 Raffle Tickets Sale

25th ~ Manna Drop at Unity Baptist Church

25th ~ WCMS/WCHS Cross Country Meet in Tifton

26th ~ Chamber 50/50 Raffle Tickets Sale

27th ~ Chamber 50/50 Raffle Tickets Sale

27th ~ WCHS Softball vs Colquitt County Home at 5:30pm

28th ~ Chamber 50/50 Raffle Tickets Sale

28th ~ American Red Cross Blood Drive at Albany State University West Campus Bookstore 10am-3pm

28th ~ Books & Bubbles at the Margaret Jones Public Library 10:30am

28th ~ Sylvester - Worth County Family Connections Meeting at Noon

28th ~ WCHS Softball vs Fitzgerald Away at 4:30pm

29th ~ Chamber 50/50 Raffle Tickets Sale

29th ~ American Red Cross Blood Drive at Albany State University East Campus Orene Hall 10am - 3pm 29th ~ Kiwanis Meeting at Noon

30th ~ Chamber 50/50 Raffle Tickets Sale

30th ~ WCHS Softball vs Early County Home at 4:30pm

30th ~ WCMS Football vs Cook County Away at 5:30pm

30th ~ WCHS JV Varsity Football vs Westover Home at 5:30pm

#### 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





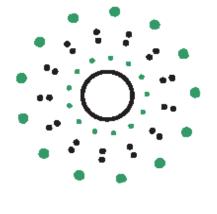


## Holiday Card Contest

Design a December holiday card for the Georgia 4-H Foundation, which will be sent to 4-H supporters to express gratitude and well wishes.

Top prize is \$100! Deadline is Monday, October 4, 2021

Please see your local extension staff regarding contest rules.









#### **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!



National Quesadilla Day September 25th

