



# The Martin News

PO Box 5003 Sylvester, GA 31791  
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September 21, 2020

## SGT

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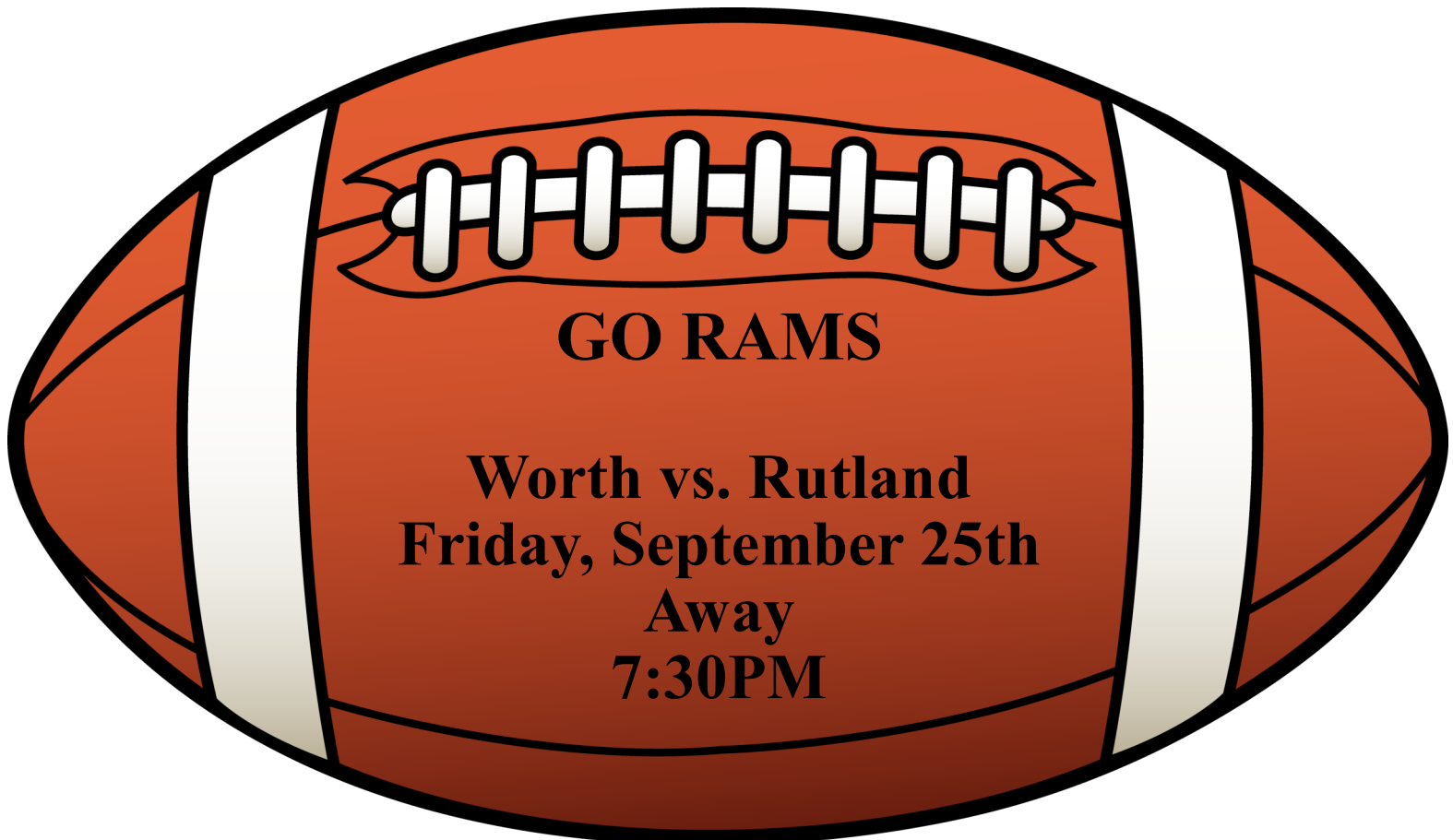
1009 West Franklin Street  
PO Box 846  
Sylvester, Georgia 31791  
229-821-3892 (phone) 229-821-3893 (fax)



## Cindy's Flower Shop

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

## Time For Friday Night Lights



# *Dates to Remember*

## **September**

**23rd - Kiwanis Club Meeting at Noon**

**24th - Girls Varsity Fastpitch Softball at Fitzgerald at 5:30 PM**

**25th - Worth County Rams Football at Rutland 7:30pm**

**26th - RACE Tifton 5k & 1 mile run Flashover Dash 7am**

**26th - Cross Country at Tifton**

**26th - 1st Annual Vets & Pets Run in Sylvester 8am**

**26th - Fields Fair Events 11am-5pm Train Depot Downtown Sylvester**

**26th - Falling into Fall with Sales and Food Trucks Downtown Sylvester 11am-5pm**

**29th - Picture Day at WCHS for 9th - 11th grades**

**29th - Books & Bubbles at the Margaret Jones Public Library 10:30AM**

**29th - Girls Varsity Fastpitch Softball vs Early Co. at 5:30 PM**

**30th - Kiwanis Club Meeting at Noon**

**30th - Girls Varsity Fastpitch Softball at Thomas County Central at 5:30 PM**

# *Happy Fall y'all*





**November 3, 2020**

**VOTE**



**APPROACHABLE ACCOUNTABLE  
COMPASSIONATE CHRISTIAN  
LOCAL BUSINESS OWNER  
43 YEARS OLD**

**1** Programs- I will develop programs centered around: depression, suicide, bullying, and water safety for our youth

**2** Response Time- All calls involving the coroners office will be addressed in a timely manner.

**3** Proper handling of paperwork- Any death certificates handled through the coroner's office will be returned to the prospective funeral home promptly.

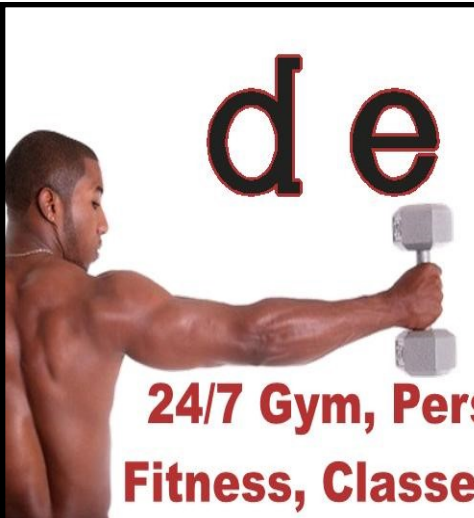
**4** Care Packet of unused toiletries from hotel stays to give to families that have lost homes to fire or storm damage and stuffed animal drive for kids who lose parents tragically or naturally

**ELECT  
CHARLES  
G.  
MCDONALD**

**WORTH COUNTY  
CORONER**







# destiny

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### 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.

### 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.



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

**Tifton's flower truck 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!**





## New Method May Make Tomatoes Safer To Eat



Sanitizing produce while it is still in the fields – a suggestion by a Tifton farm owner – could make vegetables safer for consumers, according to a new study.

“Preharvest treatment is very effective, efficient and easy considering the amount of labor needed for postharvest washing,” said Tong Zhao, associate research scientist with the Center for Food Safety on the University of Georgia's Griffin campus. Currently, when vegetable farmers harvest crops, they often rely on postharvest washing to reduce any foodborne pathogens. But a new UGA study shows promise in reducing these pathogens — as well as lowering labor costs — by applying sanitizers to pro-

duce in the fields. Preharvest application of bactericides is not a common practice, Zhao said. Salmonella, Shiga toxin-producing E. coli and listeria monocytogenes are major causes of foodborne diseases and of public health concern in the United States. Tomato-associated salmonella outbreaks reported to the Centers for Disease Control and Prevention have increased in frequency and magnitude in recent years; fresh produce accounted for 21 percent of E. coli outbreaks reported to the CDC during a 20-year span. Initially, researchers were going to study the use of a nonchlorine-based sanitizer as a postharvest wash solution. However, at the suggestion of a producer involved in the study — Bill Brim of Lewis Taylor Farms in Tifton — they designed the study using the solution in a preharvest spray. In the field studies, the spray treatment significantly reduced the total amount of bacteria on the surface of tomatoes, determining that this preharvest treatment is a practical, labor-cost effective and environmentally friendly approach for the control and reduction of foodborne pathogens. The study was recently published in the journal Food Control.

Source: Tifton Grapevine

**This Page Brought To You By:**

**TIFTON - TIFT CO. TOURISM ASSOCIATION**



## UGA Ranked No. 2 In Nation For Agricultural Sciences



The University of Georgia College of Agricultural and Environmental Sciences (CAES) has ranked second on the 2021 list of Best Colleges for Agricultural Sciences in America, up one spot from the 2020 ranking. Released this month by Niche, a school researching and data website, the ranking is based on data from the U.S. Department of Education. According to Niche, the ranking “compares the top agri-

cultural science degree programs including animal sciences, horticulture, aquaculture, agronomy, crop science and turf management.” Other factors include test scores, the percentage of college majors, program demand, student and alumni surveys, expenditures per student, research expenditures and the percentage of total annual agricultural sciences graduates nationally that come from each program. Cornell University captured the top spot on the 2021 Best Colleges for Agricultural Sciences. UGA's No. 2 ranking puts it ahead of such agricultural powerhouses as the University of Florida, Texas A & M, University of California-Davis, and the University of Wisconsin. "We are obviously very proud of this. Our extended campuses in Tifton and Griffin are a full part of this success," said Dr. Joe W. West of Tifton, the interim dean and director of UGA's CAES in Athens. Overall, UGA ranked No. 11 on Niche's 2021 list of Top Public Universities in America. Pictured is the renovated Agricultural Research Building on the UGA Tifton campus.

Source: Tifton Grapevine





**IT'S TIME TO MAKE A DIFFERENCE  
FOR THE PEOPLE**

**SO, GET IN THE GAME**



Tifton Sports complex, my granddaughters Soccer practice

Blakeley McGee



Worth County

Mackenzie Egler



Lee County

**Education  
Keep It Going**





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

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**Fax (229) 778-9892**

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

## **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!

## **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!



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# Rams vs Americus - Sumter Friday, September 18th

Snap Shots from Facebook



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of This Weeks'  
SCHOOL  
SNAPSHOTS!

## 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



**Sylvester, Georgia**  
**229-777-8333**

- 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

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 MARTIN NEWS!  
 WE APPRECIATE  
 YOUR SUPPORT!**



Need something to do on a Saturday?

Falling  
Into  
Fall

**SALE**

Downtown Sylvester  
Saturday, September 26

★ 11 am - 5 pm ★

\* Sales

\* Food Trucks

**City of Sylvester Main Street Program**

*For More Information, Call Karen Singletary at 229-773-7716*



## 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. Ironical 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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