



# The Martin News

Covering Worth County and Surrounding Counties

PO Box 5003 Sylvester, GA 31791  
lmanley1210@gmail.com  
www.themartinnews.org  
(229) 272-4356

September 26, 2022

*Coming Soon.....*

*Aged With Grace To Perfection*

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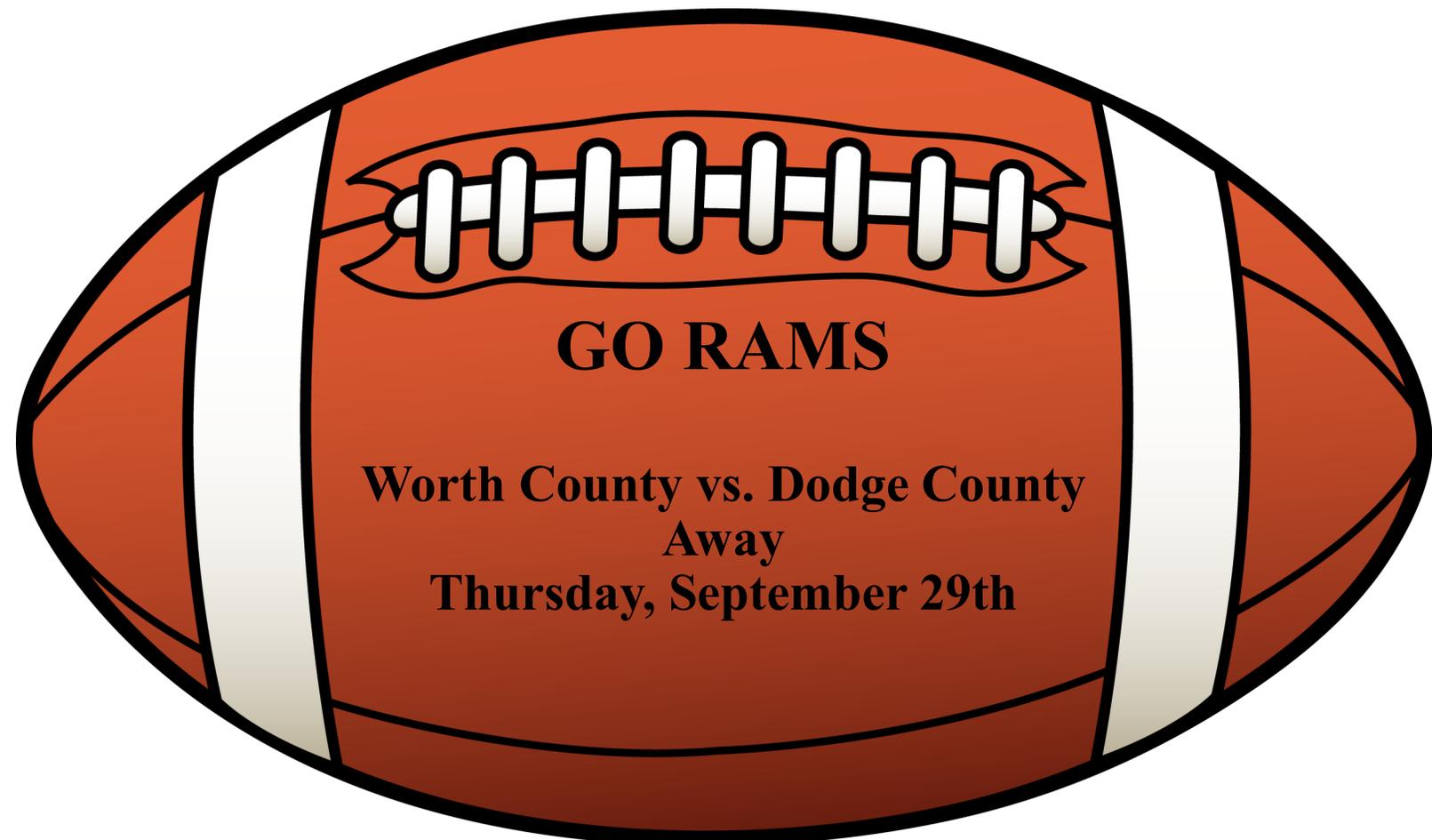


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today that took care  
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## Time For Friday Night Lights



**GO RAMS**

**Worth County vs. Dodge County  
Away  
Thursday, September 29th**

# Drive Thru Only, Absolutely No Walkers



*Please join us for the Third Annual Drive Thru Trunk Or Treat!*

**To Go Meals will be served · Sponsored by The Church Without Walls and L&H Community Outreach, Inc  
(They will be given to each car for the number of people in the car at the end of the Drive Thru)**

**Route to follow:**

**You will come down Cordele Highway turning onto King Street.**

**You will then turn behind Worth County Primary School, taking the bus loop down to the end of that road.**

**You will then make a left onto Bryant Drive.**

**There will be Law Enforcement directing traffic to ensure the traffic flows smoothly.**

**For more information, contact Lynn Meeks Manley (229) 272-4356**

**Thursday, October 27th**

**6:30pm - 8:30pm**

**Unity Baptist Church**



# October 14-15, 2022

58th Annual

# Georgia Peanut Festival

For information

Call:

229.776.6657 or 229.776.7718

Email:

info@swcountychamber.com



**Now Taking Parade Applications  
Still Taking Some Vendor Applications**

### Thursday, October 13th

Gospel Sing - In His Name will be hosting a Gospel Sing at Unity Baptist Church in Memory of Mr. Tommy Marchman

### Friday, October 14th

Georgia Peanut Festival Golf Tournament at Pine Knoll Country Club - Lunch starts at 12noon and Tee Off at 1pm  
Concert in the Park with Main Stream Band at Jeffords Park 7pm  
Arts, Crafts and Food Vendors will be in Jeffords Park 7pm  
Rides and Games 7pm

### Saturday, October 15th

Over 80 Arts, Crafts and Food Vendors will be in Jeffords Park from 8am - 4pm  
Georgia Peanut Festival Parade 10am  
Main Stage in Jeffords Park 12noon  
Welcome and Invocation  
Recognition of the Farmers of the Year and the Georgia Peanut Queens  
WCHS Choir  
Local Entertainment Throughout The Day  
Rides and Games  
Kidz Corner with Petting Zoo, Games and Crafts for Children Under 10 - Free of Charge

*Thank You To Our Platinum Sponsors:*





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## **Got Mold?**

September is Mold Awareness Month. Ever wonder exactly what molds are and what causes them? Molds are fungi that can be found both indoors and outdoors. No one knows how many species of fungi exist, but estimates range from tens of thousands to three hundred thousand or more. Molds grow best in warm, damp, and humid conditions. They spread and reproduce by making spores. Mold spores can survive harsh environmental conditions, such as dry conditions, that do not support normal mold growth. Some common types of indoor molds include Cladosporium, Penicillium, Alternaria, and Aspergillus. Some people are sensitive to molds. For these people, exposure to molds can cause symptoms such as nasal stuffiness, eye irritation, wheezing, or skin irritation. Some people may even have more severe reactions. Severe reactions may occur among workers exposed to large amounts of molds in occupational settings, such as farmers working around moldy hay. Severe reactions may include fever and shortness of breath. Some people with chronic lung illnesses, such as obstructive lung disease, may develop mold infections in their lungs. In 2004 the Institute of Medicine (IOM) found there was sufficient evidence to link indoor exposure to mold with upper respiratory tract symptoms, cough, and wheeze in otherwise healthy people; with asthma symptoms in people with asthma; and with hypersensitivity pneumonitis in individuals susceptible to that immune-mediated condition. The IOM also found limited or suggestive evidence linking indoor mold exposure and respiratory illness in otherwise healthy children. Other recent studies have suggested a potential link of early mold exposure to development of asthma in some children, particularly among children who may be genetically susceptible to asthma development, and that selected interventions that improve housing conditions can reduce morbidity from asthma and respiratory allergies, but more research is needed in this regard. Molds are found in virtually every environment and can be detected, indoors and outdoors, year-round. Mold growth is encouraged by warm and humid conditions. Outdoors they can be found in shady, damp areas or places where leaves or other vegetation is decomposing. Indoors they can be found where humidity levels are high, such as basements or showers. Areas with high mold exposures include antique shops, greenhouses, saunas, farms, mills, construction areas, flower shops, and summer cottages. Sensitive individuals should avoid areas that are likely to have mold, such as compost piles, cut grass, and wooded areas. Inside homes, mold growth can be slowed by controlling humidity levels and ventilating showers and cooking areas. If there is mold growth in your home, you should clean up the mold and fix the water problem. Mold growth can be removed from hard surfaces with commercial products, soap and water, or a bleach solution of no more than 1 cup of bleach in 1 gallon of water. If you choose to use bleach to clean up mold: Never mix bleach with ammonia or other household cleaners. Mixing bleach with ammonia or other cleaning products will produce dangerous, toxic fumes. Open windows and doors to provide fresh air. Wear non-porous gloves and protective eye wear. Always follow the manufacturer's instructions when using bleach or any other cleaning product. Be sure the home has adequate ventilation, including exhaust fans. Clean bathrooms with mold killing products. Do not carpet bathrooms and basements. Remove or replace previously soaked carpets and upholstery. For more information on mold, visit [www.cdc.gov](http://www.cdc.gov).



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**marquezhope119@gmail.com**

# 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](http://www.appleseedinfo.org/search-states-location.php?locationid=755)

For more information contact:

GA State Coordinator [GA@appleseedinfo.org](mailto:GA@appleseedinfo.org)

*Attendees are responsible for determining applicable firearms laws.*

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

**Georgia Peanut Restaurant Week set for Oct. 4-9**  
**12 Georgia chefs set to create special peanut-**  
**inspired dishes to coincide with Georgia Peanut**  
**Restaurant Week**

TIFTON, Ga. (Sept. 23, 2022) - The Georgia Peanut Commission has selected 12 chefs from across the state to create special Georgia Peanut-inspired dishes for the annual Georgia Peanut Restaurant Week, taking place Oct. 4-9, 2022. Many of these chefs are repeats, thanks to the over-whelming success of last year's program. Each chef will use ingredients including raw or roasted peanuts, peanut oil, or peanut flour, to name a few. The selected chefs and some of their featured dishes can be found below. Also, be sure to visit the restaurants on Instagram for the special Georgia Peanut dishes on the menu and days they will be available. Athens Chef Jessica Rothacker, Heirloom Café, peanut-inspired dishes include Grilled Okra with Spicy Peanut Sauce, Tofu Scramble with Peanut Vinaigrette, West African Inspired Peanut Stew, and Peanut Butter Delight. Atlanta Chef Past Pascarella, Bastone and White Bull, will feature Farro Gamelli with Oxtail, Radicchio, Funduta and Fried Peanuts. Atlanta Chef Karl Gorline, The Woodall, will feature BBQ Octopus Sous Vide with Peanut Oil, Peanuts and Salsa Matcha Puree. Atlanta Chef Robert Butts, Twisted Soul Cookhouse & Pours, will feature Marinated Grilled Flank Galbi, Roasted Peanut Frisée Slaw, Peanut Garlic Chili Oil and Cornbread Dust. Atlanta Chef Nick Leahy, Nick's Westside, will feature Peanut Crusted Skate Wing with Peanut Succotash. Atlanta Chef Matt Basford, Canoe, will feature Peanut Macarons with Chocolate Mousse, Dulce, Chantilly, Caleb's Boiled Peanut Ice Cream. Atlanta Chef Parnass Savang, Talat Market, will feature a Papaya and Peanut Salad with Cherry Tomato, Long Bean, Garlic, Chili, Dry Shrimp, Fish Sauce and Lime. Blue Ridge Chef Danny Mellman, Harvest on Main, will offer Green Peanut Hummus with Roasted Peanut Collard fritter and Sorghum-Onion Mustard. Columbus Chef Jamie Keating, Epic Restaurant, has created Peanut Crusted Rack of Lamb. Savannah Pastry Chef Rebecca "Peanut" Ayers, Cotton & Rye, created Georgia Peanut and Brown Butter Parsnip Tart. St. Simons Chef Dave Snyder, Halyard's Restaurant, Tramici, La Plancha has created several dishes including Fried Chicken Bowl over Mexican Rice with Black Beans with Roasted GA Peanut Salsa, a Pappardelle with Wild Georgia White Shrimp tossed with a Green Peanut Pesto, and Georgia Peanut Butter Pie with Roasted Peanuts. Tifton Chef David Scarborough, The Local, has created several dishes including an African Peanut Soup with a cucumber relish. Georgia Peanuts Restaurant Week takes place in select markets across Georgia from October 4-9, 2022. Be sure to check each restaurant for days and hours of operation. The peanut is one of Georgia's most important crops. Thanks to approximately 4,500 peanut farmers, Georgia produced more than 1.67 million tons of peanuts in 2021, representing more than half of the country's crop. For more information on Georgia Peanuts visit [www.gapeanuts.com](http://www.gapeanuts.com) or check out the Georgia Peanut Commission on Instagram, Facebook, Twitter, Pinterest, and YouTube. The Georgia Peanut Commission was established in 1961 under the state's Commodities Promotion Act. Today, the commission represents Georgia's 4,500 peanut farmers and conducts programs in the areas of promotion, research and education. To learn more, visit [gapeanuts.com](http://gapeanuts.com) or follow @gapeanuts on Facebook and Instagram or @GeorgiaPeanuts on Twitter.

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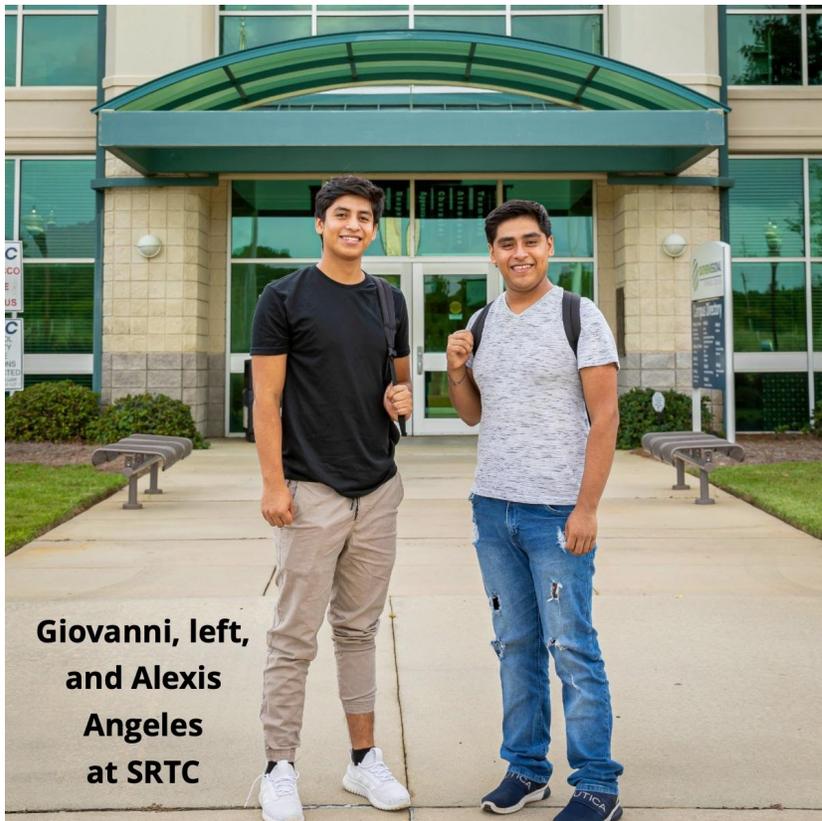
**FT. THE PUMPKIN SPICE FESTIVAL**

**FRIDAY - SUNDAY**

**SEPT. 23 - OCT. 30**

# Think Tifton

## Brothers Dedicated To Learning English At SRTC Source: Southern Regional Technical College



**Giovanni, left,  
and Alexis  
Angeles  
at SRTC**

Can you imagine re-learning the lost language of your childhood? Brothers Alexis and Giovanni Angeles were born in Tifton, but their family moved to Mexico when they were small children. They soon forgot how to speak English, as everyone in their lives spoke Spanish in their new home country. However, when they graduated from high school, their parents gifted them with plane tickets and the opportunity to live with their uncle in the USA. The young men were excited to return to the country of their birth, but nervous about the formidable task of learning English as young adults. Younger brother Giovanni discovered the English Language Learners (ELL) program at Southern Regional Technical College and started classes just before the pandemic. A year later in 2021, he persuaded Alexis to join him in Bonnie Sayles' Adult Education classroom at SRTC-Tifton. The SRTC Adult Ed program offers ELL classes at no cost to students. Instructors utilize state and federally approved placement testing and standards-based teaching practices that follow state guidelines for instruction. Alexis, the more soft-spoken and reserved of the brothers, says that he enjoys the challenges and the rewards of learning with his instructor in his ELL class. Outgoing Giovanni enjoys learning English because he loves meeting new people, and speaking two languages allows him to make more

connections. The brothers have been remarkably devoted to their studies. Alexis has had perfect attendance since February 2021. Even when they flew home for Christmas, the brothers attended virtually from Mexico, never missing a class. Between February 2021 and August 2022, the brothers completed all four volumes of the Ventures English Language Series. That series starts off introductory and advances through lessons in speaking, reading, and writing in English, as well as lessons on culture and customs in English-speaking countries. They are now working through the even more advanced Transitions book, which will deepen their language skills while emphasizing goal setting and work readiness. Learning a new language requires courage, discipline, and dedication, but the brothers offer encouragement for those that would like to try. "Don't be afraid," says Alexis. "It is a challenge, but learning another language can give you more opportunities anywhere you go." Giovanni adds: "Two years ago when I came to this country, I was shy. I was afraid. I could not speak. I could not understand. Now, I feel more confident. I can speak. I can understand. I am not afraid. I plan to stay and study here. To have a job and a life here."

Source: Tifton Grapevine



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Performing Arts to Culinary Arts

Picking Fruit to Picking Strings

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“Bikers Against Child Abuse” Work To Aid Victims, Break Abuse Cycle

“Slinky,” left, and “Waffle”



According to the Centers for Disease Control, one out of seven children is a child abuse victim, representatives of the Little River Chapter of Bikers Against Child Abuse (BACA) told the Tifton Rotary Club on Wednesday. The estimated cost to society to deal with the effects of child abuse is about \$600 billion a year, they said. With “road names” of “Waffle” and “Slinky,” the two speakers, both bikers, shared BACA’s mission and told why they became involved. “Think about that: One in seven out of 30 kids in a classroom,” Waffle said. “When asked why we joined BACA, the simplest answer is: I know how bad it is. I can’t do nothing. I gotta do something.” With the slogan, “No Child Deserves to Live in Fear,” BACA has a goal to break the chains of child abuse. BACA is a non-profit, tax-exempt organization that exists to provide aid, comfort, safety, and support for children that have been sexually, physically, and emotionally abused. The organization’s mission is “to stand ready to lend support to our wounded friends by involving them with an established, united organization. We work in conjunction with local and state officials who are already in place to protect children. We desire to send a clear message to all involved with the abused child that this child is part of our organization, and that we

are prepared to lend our physical and emotional support to them by affiliation, and our physical presence,” Waffle said. “We stand at the ready to shield these children from further abuse. We do not condone the use of violence or physical force in any manner; however, if circumstances arise such that we are the only obstacle preventing a child from further abuse, we stand ready to be that obstacle,” he said. BACA members bring the abused child into the chapter and the child only knows them by their road names. They also assign road names to the child to help them feel a part of the group. “We show them we’re here for you,” Waffle said. Members of the group often accompany children into court, especially to provide an intimidating presence on the side of the child who may feel afraid to confront their abuser. “We will do whatever we can to make them feel safe,” Waffle said. “Our goal is Death to Child Abuse.” “Perpetrators are not going to hurt them again,” Waffle said. The kids involved can call their BACA partner any time of day or night. “Law enforcement can’t sit outside the house all night long. We can.” “We are not a mentorship,” Waffle said. “We are not to be role models – clearly!” “We are not a vigilante group,” Slinky added. “We do not go after the perpetrator. Our focus is the child, to break the chain.” “Eighty percent of abusers were victims,” Waffle said. “They have to deal with that trauma.” Members go through an extensive federal background check, and they must come to regular public meetings. They go through training in how to act with child abuse victims, how to behave in court, and sometimes, how to ride motorcycles with the group. Slinky said he is a semi-retired clinical social worker, and he had to train to be a biker. “We’re not an ‘MC,’ motorcycle club, like Hell’s Angels,” Waffle said. It takes a minimum of a year to be a full-fledged, trained member of the chapter with a BACA back patch on their jackets. The Little River Chapter is in Valdosta and serves Tifton along with most of South Georgia. Two of its members are from Tifton, and one member drives to monthly meetings from Waycross. Waffle said there are four chapters in Georgia, including ones in West Atlanta, East Atlanta, and Savannah.

Source: Tifton Grapevine



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Performing Arts to Culinary Arts

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*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*



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# LIGHTS, CAMERA, ACTION!

## Snap Shots of the Worth County Rams Homecoming Week!

Source: WCSD



Proud Sponsor  
of This Weeks'  
SCHOOL  
SNAPSHOTS!

# 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](http://www.cityofodumga.com)



# 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.

# *Dates to Remember*

## *September*

- 27th ~ City of Poulan Council Meeting 6:30pm
- 28th ~ Kiwanis Meeting at Noon
- 30th ~ Shred Day in Downtown Sylvester 9am - 2pm

## *October*

- 1st ~ WCMS Competition Cheer Competition Away
- 1st ~ WCMS Cross Country Meet Away
- 1st ~ WCHS Cross Country Meet Away
- 1st ~ Dance at WCMS 6pm
- 3rd ~ City of Sylvester Council Meeting 6pm
- 4th ~ WCHS Softball Away 5pm
- 4th ~ Worth County Board of Commissioners Meeting 7pm
- 5th ~ Kiwanis Club Meeting at Noon
- 6th ~ WCMS Cross Country Away
- 6th ~ WCHS Cross Country Away
- 6th ~ WCHS Softball Home Double Header 4pm
- 7th ~ Worth County Schools Out
- 8th ~ 100 Mile Yard Sale
- 10th ~ Worth County Schools Out
- 10th ~ Town of Sumner Council Meeting 7pm
- 11th ~ Worth County Schools Out
- 11th ~ BFHS Bingo at Ed's Truck Stop 6pm
- 11th ~ City of Poulan Council Meeting 6:30pm
- 12th ~ Kiwanis Club Meeting at Noon
- 13th ~ Picture Day at WCMS
- 13th ~ BFHS Monthly Meeting 6:30pm
- 13th ~ Worth County Board of Education Meeting 7pm
- 17th ~ City of Sylvester Council Meeting 6pm
- 18th ~ City of Warwick Council Meeting 7pm
- 19th ~ Kiwanis Club Meeting at Noon
- 26th ~ Kiwanis Club Meeting at Noon



You are invited to go on a  
camping trip to go...

# Reading Under the Stars

Friday, October 14, 2022

6 p.m. to 8 p.m.

## Menu

FREE hot dog, chips, and a  
drink! We will also be having  
**S'mores!!**



## NEW Rotation Sites

Camping  
Reading Tips  
Decorating moon rocks  
Searching for stars  
Making bookmarks  
The Scholastic Book Fair  
and of course...

**READING UNDER THE STARS!!**

Students may bring sleeping bags, flashlights, and any other camping equipment that they would like to. We will be in the gym.

**\*\*Parents or guardians must attend with their child.**



The Scholastic Book Fair will also be open for you to purchase items! We accept cash, checks, debit, and credit cards.

**This event is  
for ALL WCES  
students & their  
families!**

# TOBACCO 1 PLUS

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*Clothing & Fun For The Whole Family*



**Keeping Cholesterol Under Control**

Children, young adults and older Americans can have high cholesterol. Learn how to prevent high cholesterol and know what your cholesterol levels mean. September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high. National Cholesterol Education Month is also a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals. Below you will find some information about cholesterol and a summary of CDC programs that address cholesterol across the country. You will also find a few fact sheets and publications about cholesterol, as well as links to useful consumer and health care provider information on our partner Web sites. More than 102 million American Adults (20 years or older) have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease. Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke. High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications. It's important to check your cholesterol levels. High cholesterol is a major risk factor for heart disease which is the leading cause of death in the United States. Preventive guidelines for cholesterol screening among young adults differ, but experts agree on the need to screen young adults who have other risk factors for coronary heart disease: obesity, smoking, high blood pressure, diabetes, and family history. Less than half of young adults who have these risk factors don't get cholesterol screening even though up to a quarter of them have elevated cholesterol. A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or "bad" cholesterol), HDL (high-density lipoprotein, or "good" cholesterol), and triglycerides. High cholesterol can develop in early childhood and adolescence, and your risk increases as your weight increases. In the United States, more than one-fifth (20%) of youth aged 12-19 years have at least one abnormal lipid level. It is important for children over 2 years of age to have their cholesterol checked, if they are overweight/obese, have a family history of high cholesterol, a family history of heart disease, diabetes, high blood pressure, or certain chronic condition (chronic kidney disease, chronic inflammatory diseases, congenital heart disease, and childhood cancer survivorship). Your doctor may prescribe medications to treat your high cholesterol. In addition, you can lower your cholesterol levels through lifestyle changes: Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains). For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week. For those aged 6-17, getting 1 hour or more of physical activity each day. Maintain a healthy weight always needs to be on the top of our list and don't smoke or quit if you do. A few simple things will keep us all healthy!

Source: Centers for Disease Control

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## Georgia Peanuts Returns With Gilliland At Talladega

TIFTON, Ga. (Sept. 23, 2022) - NASCAR Cup Series rookie, Todd Gilliland, and his No. 38 Georgia Peanuts team head back to the Superspeedway racing Sunday, Oct. 2, 2022, at the Talladega (Ala.) Superspeedway. He has high hopes and the support from the Georgia Peanut Commission and their familiar branding, Georgia Peanuts. The race at Talladega will be the second time this season the Georgia Peanuts Ford Mustang will hit the track with Gilliland, with the first being at Atlanta Motor Speedway in the spring. "It is great to be back in the Georgia Peanuts Ford this upcoming weekend at Talladega. I love racing in the Georgia Peanuts red and having the full support of peanut farmers across Georgia behind me. It is crazy to think that my first year in the NASCAR Cup Series is coming to an end," Gilliland says. "We have been able to string together a few good runs in these last few races and I want to keep that momentum going at Talladega and give Georgia Peanuts a strong result." The Georgia Peanut Commission conducts programs in the areas of promotion, research and education. Funding is derived from a \$2 per ton assessment on all producers. Peanuts are a \$2 billion industry in Georgia and a vital part of the economy. Fans can visit [www.gapeanuts.com](http://www.gapeanuts.com) to learn more about Georgia Peanuts, download educational materials for the classroom, get health and nutrition information, recipe ideas and more. Sunday's NASCAR Cup Series race begins at 2:00 p.m. ET on NBC.

### About Georgia Peanut Commission

The Georgia Peanut Commission was established in 1961 under the state's Commodities Promotion Act. Today, the commission represents Georgia's 4,500 peanut farmers and conducts programs in the areas of promotion, research and education. To learn more, visit [gapeanuts.com](http://gapeanuts.com) or follow @gapeanuts on Facebook and Instagram or @GeorgiaPeanuts on Twitter.

### About Front Row Motorsports

Front Row Motorsports (FRM) is a winning organization in the NASCAR Cup and Camping World Truck Series and the 2021 Daytona 500 champions. The team was founded in 2004 and is owned by successful entrepreneur, Bob Jenkins. FRM fields the No. 34 and the No. 38 NASCAR Cup Series teams along with the No. 38 NASCAR Camping World Truck Series team— from its Mooresville, North Carolina, headquarters. Visit [teamfrm.com](http://teamfrm.com) and follow FRM on social media: Twitter at @Team\_FRM, Instagram at @team\_frm and Facebook at [facebook.com/FrontRowMotorsports](https://facebook.com/FrontRowMotorsports).



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## Remember Me

September is World Alzheimer's Month. This month marks the tenth global World Alzheimer's Month™, an international campaign to raise awareness and challenge stigma. Having had a grandmother who was taken hostage by this disease, I know all too well the utter heartbreak that comes from having someone that has been a loving part of your life for so many years, no longer know you. Dementia is a term used to describe different brain disorders that affect memory, thinking, behavior and emotion. Early symptoms of dementia can include memory loss, difficulty performing familiar tasks, problems with language and changes in personality. While there is currently no cure for dementia, there are support options offered for people with dementia and their care givers. Dementia knows no social, economic, or ethnic boundaries and affects both men and women. Alzheimer's disease is the most common cause of dementia. There are currently estimated to be over 46 million people worldwide living with dementia. The number of people affected is set to rise to over 131 million by 2050. There is one new case of dementia worldwide every three seconds. The worldwide costs of dementia are estimated at US\$818 billion. As a result, if dementia care were a country, it would be the world's 18th largest economy. If it were a company, it would be the world's largest by annual revenue exceeding Apple (US \$742 billion) and Google (US \$368 billion). Dementia is often hidden or ignored at a time when the person living with dementia and their family care givers are most in need of support within their families, friendship groups and communities. The social stigma is the consequence of a lack of knowledge about dementia and it can have numerous long- and short-term effects, including dehumanization of the person with dementia, strain within families and friendships, a lack of sufficient care for people with dementia and their care givers, a lower rate of diagnosis of dementia, and delayed diagnosis and support. To find out more and play your part in reducing the stigma and improving the lives of people with dementia and their care givers in your community, visit [www.worldalzmonth.org](http://www.worldalzmonth.org).

Get off the couch and on the road!

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## Yummy Fall Snack



I love all the snack ideas they have out this time of year. It's great to have new ideas of things to make in the kitchen especially the fall time of the year. I love to fix snacks and treats but mine do not look as good when I make them as they do in the picture but they are just as yummy. This is a great family time idea. Both the parents and children can have fun making these and then top it off by eating them all up. What is a great fall snack that you fix? If you have any snack ideas for the fall, please send them to us at [Imanley1210@gmail.com](mailto:Imanley1210@gmail.com) and we will publish them. Happy Fall Y'all!



# 100 Mile Peanut Picking Yard Sale

Looking for ways to raise money or sell product? All local organizations, nonprofits, churches and individuals are welcome!

Reserve your space now!!

**HOTSPOTS:**

Along Hwy 33 from Cordele to Moultrie  
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**Sylvester, Ga**

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**8 am - 4 pm**

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[www.100milepeanutpickingyardsale.com](http://www.100milepeanutpickingyardsale.com)

Questions? Call us at 229.776.7718

## The 25th Annual Plains Peanut Festival

Mr. Jimmy and Mrs. Rosalynn Carter were out for the 25th Annual Plains Peanut Festival which was held Saturday, September 24th. The Carters rode in the parade in their 1946 Ford Super Deluxe convertible. The convertible was a surprise 75th anniversary gift from Mr. Garth Brooks and his wife, Mrs. Trisha Yearwood. The classic red car was built the year they were married.

Source: Mr. Jimmy Carter



WORTH COUNTY MIDDLE SCHOOL

# Fall Dance

**October 1, 2022**

**6pm - 9pm**

**WCMS Gym**

**\$10 per person**

**[purchase tickets in advance from the school]**

**DRESS CODE:**

Dressy Casual Sunday Best

**GIRLS:**

Skirt length and slits should be no more than 3 inches above the kneecap.

The back should not be exposed below the natural waistline.

Chest - if any skin shows beneath your hand when your hand is placed on your chest with your index finger on your collar bone on one side, and your thumb on the collar bone on the other side, your dress is too low cut.

**BOYS:**

No shorts.

Shirts may not be removed during dance.



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