



The Martin News

PO Box 5003 Sylvester, GA 31791
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September 28, 2020

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FOR THE *Boss*
WHO *Inspires*



Cindy's Flower Shop

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"Buddy Nobles Stadium", Home of the Indians



Superintendent Dr. Thad Clayton presented Mrs. Tammy Nobles a plaque declaring the name of the Home of the Indians is "Buddy Nobles Stadium". Dear friend of Coach Nobles and his family, Rev. Billy Stephens announced to the Indians and The Indian Nation that from this day forth the Home of the Indians is now "Buddy Nobles Stadium".

Dates to Remember

September

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 - Nether's Soul & Seafood Café Ribbon Cutting 5:30pm

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

October

1st - WCMS Softball vs Lee East

1st - WCHS Softball @ Berrien Co

2nd - Big Willy's Seafood Ribbon Cutting 10:30am

3rd - Cross Country at Westover

3rd - WCMS Softball vs. Wilcox Co

3rd - WCHS Softball vs. Wilcox Co

5th - Worth County Schools Closed/Holiday

6th - Worth County Schools Closed/Holiday

6th - Pizza & Tavern Opening

6th - WCS Softball at TCHS

6th - Books & Bubbles at the Margaret Jones Public Library

7th - Virtual Learning for Worth County Schools

7th - WCHS Softball at Lee Co

7th - Kiwanis Club Meeting at Noon

8th - WCHS Softball at Thomasville

9th - Looking Glass Salon Ribbon Cutting 5pm

9th - Worth County High School Fall Sports Senior Night 630pm

9th - Worth County Rams vs Tifton at Home 730pm

10th - 100 Mile Peanut Pickin' Yard Sale

10th - Cross Country at Bearcats

13th - Worth the Read Book Club Monthly Meeting 530pm

14th - Kiwanis Club Meeting at Noon

16th - Pizza & Tavern Ribbon Cutting

19th - Pumpkin Paint Party 6pm

21st - Kiwanis Club Meeting at Noon

27th - Sylvester Worth County Family Connections Meeting

28th - 8th Annual Sylvester Pink Out Day

28th - Kiwanis Club Meeting at Noon



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.

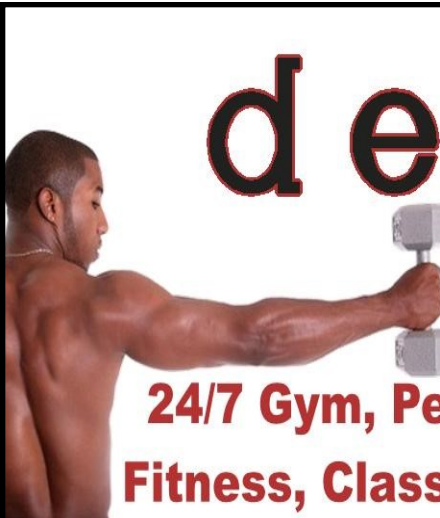
3 Proper handling of paperwork- Any death certificates handled through the coroner's office will be returned to the prospective funeral home promptly.

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
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G.
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Remember Me

September is World Alzheimer's Month. This month marks the fourth 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.

TOMLINSON

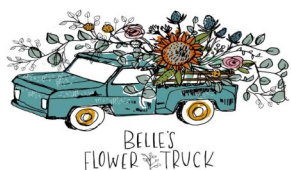
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Jobless Rate Improves In Tiftarea & Georgia

EMPLOYMENT



Tift and every county in the Tiftarea saw a marked improvement in employment during August, according to the Georgia Department of Labor. The Tiftarea mirrored the state as Georgia experienced a decrease of 2 percentage points in joblessness from the previous month with a statewide rate of 5.6 percent.

The national unemployment rate was 8.4 percent. "We anticipated a drop in the unemployment rate as we have seen

many businesses re-engaging in the economy and bringing employees back to work," said Labor Commissioner Mark Butler. Tift County recorded a 4.3 percent jobless rate in August, nearly 2 percent better than the 6.2 percent rate in July, according to Labor Department statistics. Of Tift's 19,461 labor force in August, 18,632 individuals were employed, the state said. "We have recovered over 65 percent of the jobs lost since the pandemic began mid-March," Butler said. "After the substantial decline in employment in April, these types of increases are exactly what we need to get us back on course." The jobless rates in Tiftarea counties were: Turner, 6.5 percent (Aug.) / 8.2 percent (July); Worth, 4.4 percent / 5.9 percent; Irwin, 4.6 percent / 5.9 percent; Cook, 4 percent / 5.7 percent; Ben Hill, 5.9 percent / 7.5 percent; and Berrien, 4.3 percent / 5.9 percent.

Source: Tifton Grapevine

This Page Brought To You By:



TIFTON - TIFT CO. TOURISM ASSOCIATION

SRTC Names Lynn Lovett Board Chair



Lynn Lovett, Tifton area manager for Georgia Power Co., is the new chair of the Southern Regional Technical College Board of Directors. Lovett joined the board in 2012 with the former Moultrie Technical College. She began her annual term as chair Sept. 1. She has worked for Georgia Power for more than 41 years. Before coming Tifton, she held several positions within the company including Waynesboro area manager, community development representative and accounting analyst. The SRTC Board advises the college on program direction; serves as a check and balance for the development and implementation of goals, objectives, policies and procedures; and advocates for SRTC within the community. Each local board member is selected and approved by the State

Board of the Technical College System of Georgia.

Source: Tifton Grapevine



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TIFTON - TIFT CO. TOURISM ASSOCIATION



**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

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Thank you for your loyalty. We appreciate you.

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 لمانley1210@gmail.com and we will publish them. Happy Fall Y'all!



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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



Sylvester, Georgia
229-777-8333

- Available is a 4,000 sq ft gym that includes free weights, cardio equipment, & hydraulic machines
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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.



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