

# Green Machine sets preseason practice dates

Summer band camp dates and times for the Seminole County Green Machine have been set by band director Dallas Burke. All practice times are mandatory and students need to wear lightweight shirts, shorts and tennis/athletic shoes (no flip-flops, sandals or sliders). Students must bring a hat, a large water bottle or thermos, sunscreen and all students are requested to eat breakfast before morning practices. Lunches will not be provided, so students must either bring a lunch or be picked up for lunch. If you are planning on participating in marching band as a performer, auxiliary member, runner or manager, please email [dallasb@seminole.k12.ga.us](mailto:dallasb@seminole.k12.ga.us) or text your name to 229-254-

1428 as soon as possible! Once you do, you will receive email updates and music links as they become available. If you have not been in band before but are interested in joining, we welcome you! Please send your name to the above email or text and you will be contacted about possible ways to participate. Even if you know nothing about music, you can be taught!

Auxiliaries and Drum Camp practice schedule	Full Band Camp Week 1
Monday, July 13th – Majorettes, Lady Chiefs and Drum Line; 8:30 a.m. -12 p.m. and 1:15 - 4 p.m.	Mon., July 20th – Full Band; 8:30 a.m. -12 p.m.
Tuesday, July 14th – Majorettes, Lady Chiefs and Drum Line; 8:30 a.m. -12 p.m. and 1:15 - 4 p.m.	Tues., July 21st – Full Band; 8:30 a.m. -12 p.m. and 1:15 - 4 p.m.
Wednesday, July 15th – Majorettes, Lady Chiefs and Drum Line; 8:30 a.m. -12 p.m. and 1:15 - 4 p.m.	Wednesday, July 22nd – Full Band; 8:30 a.m. -12 p.m.
Thursday, July 16th – Majorettes, Lady Chiefs and Drum Line; 8:30 a.m. -12 p.m. and 1:15 - 4 p.m.	Thurs., July 23rd – Full Band; 8:30 a.m. -12 p.m. and 1:15 - 4 p.m.
Friday, July 17th – Majorettes, Lady Chiefs and Drum Line; 8:30 a.m. -12 p.m.	Full Band Camp Week 2
	Monday, July 27th – Full Band; 8:30 a.m. -12 p.m.
	Tues., July 28th – Full Band; 8:30 a.m. -12 p.m. and 1:15 - 4 p.m.
	Wednesday, July 29th – Full Band; 8:30 a.m. -12 p.m.
	Thurs., July 30th – Full Band; 8:30 a.m. -12 p.m. and 1:15 - 4 p.m.

# Honor all graduates with respect

Members of the Seminole County Middle High School graduating class have had enough disruption this year. At the very least the graduates deserve a dignified ceremony and a respectful moment in time to recognize their academic accomplishments. In addition to following all COVID-19 safety precautions, all members of the July 26 commencement audience are expected to comply with the following requests: All guests in the gymnasium must be seated as soon as they arrive following their posted schedule. Audience members are not to cheer, whistle, or call out to individuals as diplomas are presented. Audience is expected to remain quiet and refrain from all conversation during the ceremony. Applause should be held until all diplomas have been presented. To honor a graduate, family members and friends are asked to please stand quietly when the graduate's name is called. All graduates will be honored with a moment of applause near the end of the ceremony. All cell phones and pagers are to be turned off or placed in silent mode. Those who exit the gymnasium during the ceremony will not be allowed to re-enter.

# In-person graduation is Friday night

**GRADUATION** from Page 1 report to the cafeteria. All Seniors will sit in chairs on the gym floor that will be safely spaced apart. Participating graduates MUST be present and punctual for graduation practice at 8:30 a.m. in the gym on Friday, June 26th. The traditional dress code for the Seniors is as follows: Girls - wear a dress that is no longer than your graduation gown with black shoes. Boys - wear khaki pants, black DRESS shoes (not boots, gym shoes, etc), white shirt, dark tie (bow or Windsor). Once hats are tossed by the Seniors at the conclusion of the ceremony, everyone will need to remain seated and wait for a student or teacher to usher you out of the gym. The Seniors will exit from the gym to the cafeteria. They will be released soon thereafter so that parents can take pictures outside. Those who cannot attend the graduation can watch the graduation live on SCMHS Tribal News Facebook live. Seating time (name of Senior listed represents the six tickets for his/her family): 6:05 p.m. - T. Parson, X. Conley, S. Moore, W. Brooks, S. Brooks, A. Sherrer 6:10 p.m. - S. Godby, D. Reynolds, C. Smith, Jalisa Wolfe, Jaleah Wolfe, B. Orange 6:15 p.m. - K. Foster, O. King, E. King, B. Brown, D. Marshall, H. Hodges 6:20 p.m. - D. Johnson, C. Jackson, D. Mann, C. Berry, K. Jones, P. Morman 6:25 p.m. - T. Brewer, B. Adams, E. Robinson, D. Grimsley, J. Alvarez, P. Price 6:30 p.m. - R. Kearns, T. Harris, M. Holt, A. Bullock, C. Alday, T. Bryant 6:35 p.m. - F. Barrett, K. Howard, B. Dixon, M. Murphy, T. Moore, T. Jones 6:40 p.m. - A. Grantham, J. Rogers, D. Holmes, A. Barlow, C. Harriss, C. Brown 6:45 p.m. - J. Sims, M. Williams, Shanecia Williams, A. Haywood, M. Gray, C. Bell 6:50 p.m. - N. Peavy, J. Patel, L. King, R. Lee, Tamia Myrick, Tia Myrick 6:55 p.m. - R. Martin, M. Tabb, C. Johnson, A. Register, S. Fields, K. Horn 7:00 p.m. - L. Brannon, K. McDaniel, A. Cunningham, M. McCord, Z. Bullard, W. Phillips 7:05 p.m. - W. Smalls, C. Faison, J. Barber, B. Thompson, C. Hopkins, D. Jones 7:10 p.m. - J. Glenn, R. Glenn, N. Wingertsahn, B. Alba, Shamyia Williams, T. Lambert 7:15 p.m. - C. Hinton, L. Martin, A. Moody, D. Smalley, A. Anthony, B. Smith 7:20 p.m. - T. Fedd, A. Wallace, J. Gibson, K. Gosier, K. Tice. The Commencement program will begin with the processional of the Class of 2020 followed by the Pledge of Allegiance from Millie Holt and the invocation given by Annie Register. Jaleah and Jalisa Wolfe will light a candle in memory of Lytodd Wolfe. Ty'Ina Moore will present the welcome, followed by the Salutatory Address from Masey Tabb, the singing of "Waiting Outside the Lines" by Abigail Grantham, the Valedictory Address from Abigale Haywood, and Shelby Godby will introduce the event's speaker, former SCMHS Principal Kent Richardson. Superintendent Mark Earnest and Richardson will present the diplomas and the ceremony will end with Ms. Grantham leading the class in the Alma Mater and Ms. Haywood calling for the changing of the tassels, the presentation of the class and the recessional. Junior Marshals for the

Seminole County High School Graduation ceremony will be Peyton Baker, Miranda Brannon, Tora Bryant, Sabrina Cannon, Bryanna Hardy, Sierra Houston, Dahveon Kimble, Gracen Kirkland, Ansley Long, Andra' Lundy, Parth Patel, David Pollock, Matt Ricchiuti, Clay Towns, and Savanna Whitaker. The Graduation Committee members are Mary Jean Albritton, Maribeth Burke, Carol Baker, Holly Garcia, Natalie Horne, Sandy Hunter, and Kathryn Trawick. For questions or additional information concerning the July 26 in-person graduation ceremony, contact the front office of the Seminole County Middle High School at 229-524-5135.



**Rene's Hair Stylin** would like to thank her customers for 33 years of continued business (we opened June 25, 1987, formerly Rene & Rhett). I will be giving out care packages for Coronavirus for my customers. Glenda Carswell was one of the first customers that came in the first day. She will also get a \$10 discount. This virus is terrible, please wear your mask when you enter the shop. I am using all CDC guidelines. God is still in the healing business. Stay safe! Thanks to all of you!

**Rene's Hairstylin**  
418 MLK Jr. Drive  
229-524-8104

## City of Donalsonville

### Holiday Sanitation Collection Schedule

**JULY 4TH**

If Regular Collection is on:	Holiday Collection will be on:
Friday, July 3, 2020	Monday, July 6, 2020

Please have your roll cans at curbside by 8:00 a.m. on the dates provided, and leave it there until it is serviced.

Thank you for your cooperation,  
Sanitation Department

# Bid Announcement- Food Services

Southwest Georgia Community Action Council is accepting sealed bids for the Child Adult Care Food Program (CACFP) serving Head Start centers throughout southwest Georgia including Albany, Arlington, Buena Vista, Moultrie and Thomasville service areas for the period of August 1, 2020 through July 31, 2021 with consecutive extension options. The food bid will include individual food items such as Tilapia Filets - 10#, Chicken Breast Strips - 10#, Diced Pears - 96/4 cup, String Cheese - 160/1 oz., and Sliced Carrots - 6/10#; as well as non food items such as Ziploc Sandwich Bags - 500 ct, 5 oz. Cups - 25/100 ct., and Foil Standard - 18 x 500 - Roll. The bread bid will include items such as Round Top Wheat Bread - 20 oz.; Hamburger Buns - 12 ct.; and Dinner Rolls - 24 ct. The dairy bid will include items such as Milk Whole DF - GL; Milk 2% DF - HP; and Chocolate Milk 1% DF - HP. We invite prospective vendors to request a detailed bid package from Yolanda Daniels, Head Start Director at (229) 985-3610 or email at [ydaniels@swgacac.com](mailto:ydaniels@swgacac.com). Bids over \$100,000 shall include a bid bond in the amount of 10% of bid price. The successful Bidder shall provide the Client with a performance bond in the amount of 10% of the contract price. Open bidding period will be from June 22, 2020 through July 10, 2020. Deadline for submission of sealed bid packages will be July 10, 2020. On July 17, 2020, at 10 a.m. The public is invited to attend the bid opening at the corporate offices of Southwest Georgia Community Action Council located at 912 First Avenue SW, Moultrie, GA 31768. Bids and Contracts are reviewed by Bright from the Start. Southwest Georgia Community Action Council, Inc. will prepare and serve 1796 breakfasts, 1796 lunches, and 1796 snacks to Head Start children 160 days during the 2020-2021 school term. Southwest Georgia Community Action Council, Inc. will prepare and serve 312 breakfasts, 312 lunches, and 312 snacks to Early Head Start infants and toddlers 200 days during the 2020-2021 school term. Infants will also receive food on demand 200 days during the 2020-2021 school term. All items provided must meet or exceed the Bright from the Start Child and Adult Food Care Program, a USDA program. Supplier shall furnish items during the period of August 1, 2020 through July 31, 2021. The Child and Adult Care Food Program (CACFP) is a federally funded program that reimburses providers for serving nutritious meals to children or adults in a day care environment. Providers include child care centers, adult care centers, emergency shelters, family child care homes, and after-school programs. Funding for the CACFP comes through grants to the states from the United States Department of Agriculture (USDA). In Georgia, Bright from the Start administers the program. For the most part, providers participating in the CACFP are reimbursed for serving children age 12 years or younger. However, after-school programs serving school-age children through age 18 may be eligible for reimbursement through the CACFP. Adults served in adult day care programs must be either functionally impaired or age 60 or older. Residential programs for children or adults, except emergency shelters, do not qualify for the CACFP. "The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (in Spanish). USDA is an equal opportunity provider and employer."

6/18, 25


## Fly's in the Buttermilk; Shoo, Fly, Shoo

This recipe for swiss steak, fork tender and with a rich gravy, is what a lot of Moms in the past counted on to feed their families. Make it one night for supper and see how your family likes it.

### So Tender Swiss Steak

1/4 cup all-purpose flour  
1/2 teaspoon salt  
1/4 teaspoon pepper  
2 lbs. beef top round steak, cut into serving-size pieces and pounded with a mallet to tenderize  
2 tablespoons oil, plus 2 cups water, plus 2 tablespoons Worcestershire sauce  
1 medium onion thinly sliced  
**Gravy** -1/4 cup all-purpose flour, 1/4 teaspoon salt, 1/8 teaspoon pepper and 1 and 1/4 cups beef broth

Preheat oven to 325 degrees  
Combine flour, salt, and pepper. Toss the pounded steak, a few pieces at a time in flour mixture to coat. In an ovenproof Dutch oven, brown steak pieces in the oil, on both sides.  
Arrange onion slices between layers of meat. Add water and Worcestershire sauce. Cover and bake 2 to 2-1/2 hours or until meat is very tender. Remove to a serving platter and keep warm.  
To make the gravy - combine flour, salt, pepper and broth until smooth. Stir into the pan juices where you cooked the steak. Bring to a boil over medium heat; cook and stir until gravy is thickened. Serve the steak and gravy with cooked noodles or mashed potatoes.  
This is good with homemade biscuits.



Betrice Cross Widner

Food News - Nuts are not as caloric as we thought. Researchers found that food scientists have been miscalculating the calorie content of nuts by not accounting for how we digest them. Cashews, walnuts, and almonds have up to 32 percent fewer calories than previously believed. Who knew? (This information is according to Food Network Magazine.)

Feed your family well, love them every day, keep smiling, and as always, thank you for recycling!