



Lincoln County Middle/High School nutrition staff members include (l-r) Joan Smith, Carol Johnson, Minnie Stokes, Mamie Parks, Vickie Beverly, and manager Diann Sward.



Lincoln County Elementary School nutrition staff members include (l-r) Billie Jean Borchert, Delois Brown, Belinda Thompson, Mattie Ware, Lakeisha Lockhart, and manager Jennifer Brown.

Students and faculty participate in Nat'l. School Breakfast Week

Lincoln County Schools are observing "National School Breakfast Week" March 8-12, in an effort to increase student participation in the school breakfast program – a nationally instated effort under the United States Department of Agriculture (USDA) Food and Nutrition Service.

The theme for the week, "Score Big with School Breakfast," reminds everyone in the school community – parents, students, teachers, and administrators – that a healthy school breakfast sets students up for a day of academic success.

Lincoln County Elementary and Lincoln County Middle/High Schools are promoting school breakfasts with special menus, activities, and events all week.

"A healthy breakfast at the start of the day is a great way to ensure students get the best education they can," said School Nutrition Director Kay Light. "National School Breakfast Week helps us educate parents and students about all the healthy, great tasting, and appealing choices we offer," she said.

The USDA equally asserts that busy weekday mornings make it a challenge for many families to find time for a healthy breakfast. However, USDA data show that more

and more students are starting their day with nutritious breakfasts in their school cafeterias.

The USDA School Breakfast Program currently serves more than 14 million students every day. Studies consistently show that students who eat breakfast benefit nutritionally and educationally. According to those statistics – which are the founding ideology of the School Breakfast Program – "students starting the day with breakfast have shown higher levels of achievement in reading and math, higher scores on standardized tests, better concentration and memory, are more alert, and maintain a healthy weight."

Only half of the children who eat lunch at school also eat breakfast at school, according to the Food Research and Action Council.

"We hope our breakfast program will continue to grow," Light explained.

She said that in academic settings, there is a huge push to eat breakfast. "It has been proven that scores are higher on standardized tests, there are fewer discipline problems, and absences are less frequent."

Every day that school is in session, Lincoln County Schools provide approximately 450 healthy

breakfast meals to students to prepare them for a busy school day. Students are offered a choice of entrees such as French toast sticks, waffles, pancakes, chicken biscuits, yogurt, cereal bars, and sausage biscuits. Milk, fruit, and 100-percent fruit juice are also available.

"Due to the coronavirus outbreak, we are approved for a waiver and every student eats breakfast and lunch at no cost. This waiver will expire June 2021. We are currently serving grab-and-go breakfast bags at all schools where students take their breakfast to the classroom to eat their breakfast rather than eating in the cafeteria," Light said.

School nutrition professionals in the district prepare breakfast and lunches every day that meet federal nutrition standards – limiting fat, calories, and sodium – while encouraging students to choose from the fruits, vegetables, and whole grains offered with school meals.

Tangential to the operations of the National School Lunch Program, "the School Breakfast Program is a federally assisted meal program operating in public and nonprofit private schools and residential childcare institutions, according to the USDA. It began as a pilot project in 1966 and was made permanent in 1975. The School Breakfast Program is administered at the federal level by the Food and Nutrition Service. At the state level, the program is usually administered by state education agencies, which operate the program through agreements with local school food authorities in more than 89,000 schools and institutions.

All school breakfasts must meet the most recent meal pattern and nutrition standards that are based on the "Dietary Guidelines for Americans," and as Light pointed out, all meals must meet federal meal requirements.

The "Score Big with School Breakfast" campaign is made possible by the School Nutrition Association and Kellogg's.

National School Breakfast Week was established in 1989 to raise awareness of the availability of the school breakfast program to all children and to promote the links between eating a good breakfast, academic achievement, and healthy lifestyles.

For more information about the school breakfast program in the Lincoln County school system, contact Light at 706-359-3121.



Martin earns honorable mention

Lincoln County High School senior basketball player Yoshira Martin (back row, holding ball) received an honorable mention on the 2021 GHSA girls basketball Class A Region 8 All-Public list. Members of the Lady Devils girls varsity basketball team this year included (front row, l-r) Cameryn Leverette, Jamiyah Caser, Ashayla Searles, Makalynn Bowling, Amari Freeman, Sh'raven Terry, (back) Kara Hearst, Kierra Fanning, Coach Derrick Williams, Shamiyah Johnson, Martin, Kiyasha Green, Janai Mickens, Coach Angonekia Booker, A.J. Harris, and Ta'Nia Leverett.

Nature trail map available at office

(continued from page 1)

be some muddy, wet areas."

The public is asked to dress appropriately while on the trail and hike at their own risk.

"While on the trail, keep your eyes out for birds, small mammals, deer, and other signs of wildlife such as animal tracks. I scared two deer out of their bedding area the other day!" Stewart said. "But we do ask that you avoid feeding or approaching any wildlife you see."

People are also welcome to bring a picnic and blanket to enjoy any of the cleared areas along the trails.

Steward further cautioned, "please be aware that the only phase complete at this time is the trail clearing. While the trail is very clear at eight feet wide and pretty easy to follow, it is not marked in any way and does not have any furnishings along it."

It was recommended that hikers take a map with them to avoid getting lost. Maps may be acquired on the "Lincoln County GA Nature Trail" social media page or at the Ag Center/Extension Office during regular hours.

"With the goal of environment and natural resource education in mind, the trails are going to stay as natural as possible," Stewart added, further explaining the end goal.

"They are dirt/mulch trails with roots, plants, or other natural components to them, and contain hills, drainage areas, and other natural formations," she explained. "We do have orders placed for trail signage, mulch, outdoor classroom furniture, and picnic tables and hope to add these things to the trail soon. Please be patient as we continue to develop this project."

The grant monies received should also take care of pollinator plants in the garden, which is considered the "first phase."

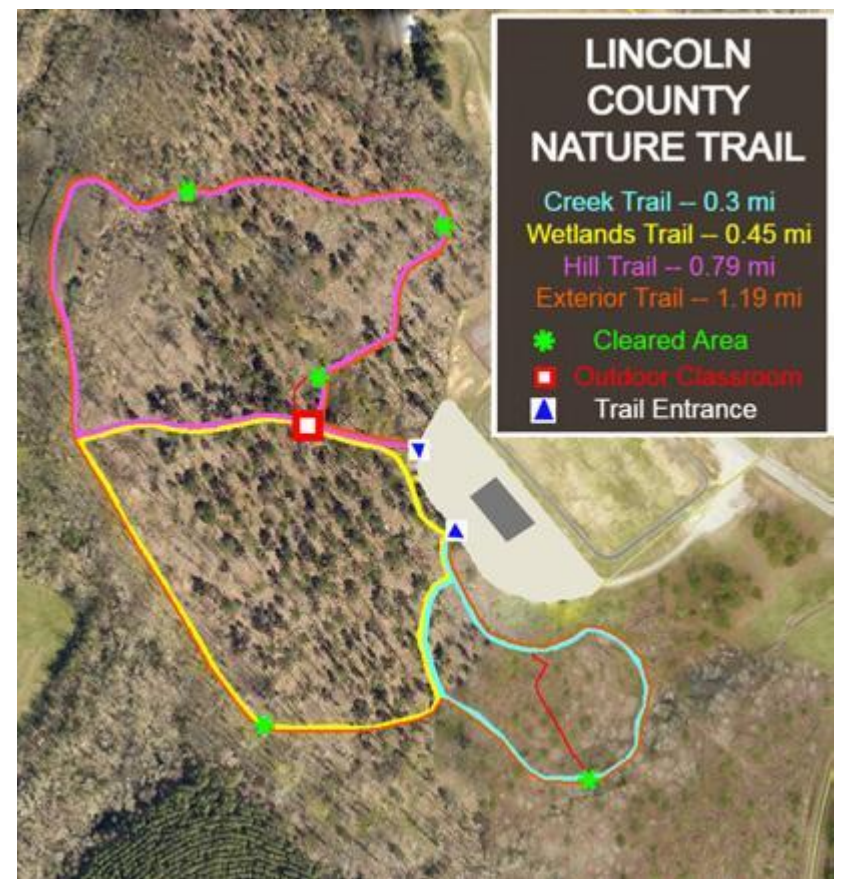
The pollinator garden will be designed in line with the Environmental Education Alliance of Georgia's Pollinator Habitat Certification Program. Because of those requirements for certification, the garden will include species such as milkweed, along with other predominantly native plants that meet certification standards. It will also include a host of plants for five butterfly species, nectar and food sources, and shelter and nesting

LWREA offers scholarship to Lincoln students

High school seniors from Lincoln County and Washington-Wilkes Comprehensive High School may apply for a scholarship sponsored by the Lincoln-Wilkes Retired Educators Association (LWREA).

To qualify for the LWREA scholarship, students must plan to attend a college or vocational school for the academic year 2021-2022, and write a 250-500-word essay on the topic, "A High-er Education Will Afford Me the Opportunity to..."

The deadline for the essay to be submitted to the high school counselor is Wednesday, March 31, 2021. The scholarship will be issued after verification of enrollment. For further information, call 706-359-4592 or 706-678-1660. Applications are available at the high school counselor's office.



Maps of the nature trail are available at the Agriculture Center/Extension Office.

areas.

As always, UGA Extension seeks to diversify its program offerings, as it focuses on more than agriculturally-based outlets alone. However, Lincoln County's branch is dedicated to producing events relevant and helpful to the community.

Specifically, Stewart explained, developing youth programs is an essential part of the Lincoln County Extension mission for the community, as is extending its programming to individuals of all ages.

According to the proposal submitted by the Extension Office for the project, it outlined that "over the past five years, an average of 289 students have been enrolled in 4-H from the Lincoln County School District with attendance at approximately 72 events each year."

"To put this in perspective, 289 students are approximately 25

percent of the 1,138 total student enrollments in the county K-12 school system," Stewart said.

The overall hope is that the nature trail and pollinator garden will provide unique resources for the community and meet the Extension's mission of service.

In future, the coordinator also explained that the Extension would like to branch out and work with other local entities, as relationships are already being built with Lincoln County schools.

"We'll do some classes through [UGA Extension and 4-H], but there's a lot of opportunity for other groups to utilize the space. We'd like to collaborate with the school board on classes for the students, field trips, and that sort of thing," Stewart explained.

"We're just blessed that we have the opportunity to install this and get it going in Lincoln County," she added.

Prekindergarten registration to be held at LCES March 12

A drive-up prekindergarten registration will be held Friday, March 12, beginning at 8 a.m. at the Lincoln County Elementary School campus located at 175 Rowland York Drive.

Parents should line up in their vehicles (similar to the usual car-rider's lineup) and staff members will provide a number and registration packet, if needed, to each vehicle. Parents can also download the registration packets from the LCES website.

Eligible children must be residents of Lincoln County and must be four-years-old on or before September 1 of this year.

Required documents for student registration include a certified birth certificate, as copies will not be accepted; Social Security card; a current Georgia immunization form 3231; and the hearing, vision, and dental screening Form 3300, if the child is four years old at registration.

Due to COVID-19 the Lincoln County Health Department will not be able to provide the screening or immunization. Parents are encouraged to contact their children's pediatricians.

Two proofs of residency must

also be produced, including physical addresses only. One proof of residency must be a utility bill such as gas, water, electric, etc., and the second can be a current lease/rental agreement, paycheck stub, residential property tax bill, warranty/quit claim deed, home purchase agreement, third person affidavit of residency, or homeowner's insurance policy. (A third-party affidavit used for residency must be notarized before it will be accepted.)

Parents or guardians must be present to enroll a child. A license or photo ID will be needed at the time of registration to verify the names on the child's birth certificate. If a parent's or guardian's name is not listed on the birth certificate, guardianship papers must be produced before a child can be enrolled.

Enrollment in pre-K is on a first-come, first-enrolled basis.

A child will not be registered until all of the required documents are received.

Camping out at LCES will not be permitted, and parents will not be allowed to line-up before 7 a.m.

For more information, call the Lincoln County Elementary School office at 706-359-3449.

DPH reports nineteenth fatality as COVID-19 cases rise to 486

Lincoln County had its nineteenth reported COVID-19 fatality according to the Georgia Department of Public Health's (DPH) website as of Monday, March 1.

The Lincoln County Health Department was unable to confirm the fatalities as of press time.

The number of confirmed cases of COVID-19 in Lincoln County increased to 486 with nineteen reported fatalities as of the 3 p.m. posting by the Georgia Department of Public Health on Monday.

Neighboring Wilkes County lists 646 cases and sixteen deaths, McDuffie County reports 1577 cases and 38 deaths, Columbia lists 10,523 cases and 148 deaths, and Richmond County reports 18,702 cases and 351 deaths.

Also reported as of 3 p.m. Monday, 819,730 Georgians had tested positive for COVID-19. Of those patients, 56,089 were hospitalized, and 15,148 deaths have been reported.

COVID-19 vaccinations are being administered locally by the Lincoln County Health Department and vaccinations here will continue as long as

time and vaccine doses are available.

The State of Georgia is currently in Phase 1A+ of the vaccine rollout. That means that healthcare workers, long-term care facility workers and residents, law enforcement personnel, and adults over 65, regardless of health conditions, and their caregivers are eligible for the vaccine. Others will be included as future phases are rolled out but the time of that is unsure at present.

Those who qualify may call the health department at 706-359-3154 to schedule an appointment. If no one answers the phone, please leave a message and your call will be returned within five business days to get you scheduled."

The LCHD will be operating its vaccination clinic in a drive-through model, where scheduled appointments will arrive and park in the back parking lot of the health department. After arriving, registration and vaccination will take place inside the driver's vehicle. The entire process from start to finish will take approximately 30 minutes.