

FANCY FOOTWORK
 Dance/Twirl Registration
 Tap/Ballet/Baton
 Ages - 3 years old and up
 Wednesday, August 18
 4 to 5:30 pm at 97 Kelly St.
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 Beth Ashmore at 706-318-2289

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Community Calendar

Masons to meet

The Lincolnton Masonic Lodge 354 holds its regular meeting on the third Thursday of every month. Dinner is served at 6:30 with the meeting starting at 7:30.

AA meeting

There is an Alcoholics Anonymous/Al Anon meeting being held each Tuesday Saturday at 7:00 p.m. at Dunn's Chapel Methodist Church located at 6563 Ridge Road in Appling, Georgia.

Mass schedule

St. Joseph's Catholic Church, 1015 N. bypass W., Hwy 78, Washington, Georgia, is holding Sunday Mass at 8:30 a.m. and services on Thursdays at noon. For more information call 706-678-2110.

Queen of Catholic Church, 1326 Washington Rd., Thomson, hosts regular services Mondays at 9 a.m., Wednesdays at 6 p.m., Saturday vigils at 5 p.m. and Sunday Mass at 11 a.m. For more information call 706-595-2913.

Substance abuse class

Parks Grove FBH Church is holding a substance abuse class every Monday night from 8-9 p.m. It's open to men and women who are struggling with any type of addiction.

Bible study Tuesdays

Rev. Dr. Anthoni D. McElrath, senior pastor of Green Grove Missionary Baptist Church, Augusta, will host a weekly bible study on Tuesday nights, 6:30-7:30 p.m. at the Lincoln County Public Library.

Library hours

The Lincoln County Public Library is open Monday, Tuesday, and Thursday from 9 a.m. - 6 p.m., Wednesday and Friday from 9 a.m. - 5 p.m., and Saturday from 9 a.m. - noon. Computer labs are shut down 15 minutes before closing.

Jones fund at FSB

A fund to benefit Derek Jones has been established at Farmers State Bank to help with medical expenses. For more information, contact Teresa Jones at 706-359-5920 or 401-0434.

City council meetings

The Lincolnton City Council meeting dates for 2021 are as follows: Aug. 3, Sept. 7, Oct. 5, Nov. 2, Dec. 7. All meetings are held at 7 p.m. at City Hall.

Silver Lining anniv.

As we approach the sixth anniversary of the Silver Lining Foundation of Newberry

Missionary Baptist Church we would like to thank you for your past support. As we continue to help those going thru cancer treatment, we hope that we can depend on your generosity this year.

The Silver Lining Foundation is a foundation that provides financial assistance to help cover travel and meals for patients that are being treated for cancer, is in need of financial support. Please consider making a pledge of \$2 - \$5 per month or any other amount will be greatly appreciated. Please make checks payable to Silver Lining Cancer Foundation, c/o Newberry Missionary Baptist Church, P.O. Box 173, Lincolnton, GA 30817.

Midway cookbook

Midway UMC's "Midway to Heaven" cookbook is now available from Tommie Henderson (Henderson Logging); Brenda Danner McGahee (tag office); in Washington from Betty Sue Bunch (REA) or Linda Anthony (706-678-7616).

In addition to recipes group photos from 1930, 1950's, 1964, 1999 and church history data are included. Makes a wonderful gift. \$15.

AA/Al Anon meeting

Freedom Group meets at 7 p.m. on Wednesday nights at Faith Community Church Fellowship Hall located at the Thomson Hwy. (Hwy. 43) and Leathersville Rd., Lincolnton, Ga. The sign will read, "The Good Shepard Home."

Join Lincoln County 4-H

Lincoln County 4-H would like to reach out to private school or home school students in grades 5th-12th who are interested in joining Lincoln County 4-H. Please stop by our 4-H office at 2080 Rowland York Rd, Lincolnton or call our office at 706-359-3233.

Foster care agency seeks families

Neighbor To Family Inc. is a sibling foster care agency with a unique approach to foster care. We provide sibling groups with a nurturing foster home that enables brothers and sisters to stay together while in care. We are always looking for Foster Parents. Find out how to become a foster parent and change the world one sibling group at a time.

For more information, please contact Tamala Thompson at 706-284-3267 or tamala.thompson@ntf.org.

Divorce care group

Are you separated or divorced and still have bitterness or pain? Faith Community Church is offering DivorceCare online starting August 16th.

We will meet online every Monday from 7pm-8pm. This will last for 12 weeks and you can join at any time.

Please register by going to DivorceCare.org, putting in zip code 30817, and then select Faith Community Church. There is no charge for the class but you will need to order the workbook for \$20 when you register.

If you have questions please send an email to MrsLeescounseling@gmail.com.

Pantry distribution

The Lincoln County Food Pantry has returned to inside distribution. LCFP will adhere to CDC Guidelines of wearing mask!

Distribution dates are August 12 and 26 at the Fire Tower Road location.



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Specialist recommends making sleep a priority as children head back to school

By Christina Conner
 for CAES News

Diane Bales, a UGA Extension human development specialist, explains that children shouldn't wait until school starts to adjust their bedtime routine. On average, school-aged children need about 12 hours of sleep.

Families are gearing up for a new school year. New grades, new teachers and new schedules are on the horizon.

To accommodate the shift from summer break, consistent bedtime routines are crucial. Many kids - and adults, for that matter - don't get enough sleep. On average, high school students need between seven and 11 hours of sleep. For younger kids, even more time is needed: 12 hours for school-age kids, 13 hours for preschoolers and close to 14 hours for toddlers.

With homework, activities, increased screen time and other demands, it's harder than ever to make sure children get enough sleep. But it's vital to their development. Sometimes behavior problems or problems at school seem to come out of nowhere, but often it's as simple as sleep deprivation, said Diane Bales, an associate professor of human development with the University of Georgia College of Family and Consumer Sciences and UGA Cooperative Extension.

Signs of sleep deprivation

There are several symptoms that can clue parents into whether their child is getting enough sleep.

"Irritability, being hard to wake up in the morning, complaining about being tired, falling asleep in the middle of things and lack of concentration are all symptoms of sleep deprivation," said Associate Professor Diane Bales, University of Georgia Cooperative Extension human development specialist. "Even excessive energy can be a mechanism that kids use to keep themselves awake."

There may be long-term physical effects of lack of sleep, such as obesity in adults.

"Although research about sleep deprivation and obesity risk has not been done in children, it would make sense that the research would apply to children as well," Bales said.

Causes of sleep deprivation

There are many reasons why

Class of 76 to meet

The Class of 1976 will hold a brief meeting at 5 p.m. on Sunday, August 22, at the Lincoln County Public Library - Dova Partridge Annex.

Clark benefit fund at FSB

A fund to benefit Joy Clark had been established at Farmers State Bank. Donations are needed to help Joy with medical expenses as she has been diagnosed with liver cancer. Donations can be made at Farmers State Bank or mailed to PO Box 99, Lincolnton, GA 30817.

Ty Cobb exhibit at museum

The Thomson-McDuffie Museum, for a short time only, has a special exhibit featuring baseball legend, Ty Cobb; the rare exhibits change often. The museum is free to the public and is located at 121 Main Street. It is open Friday and Saturday, noon to 5 p.m. The museum is also open by appointment to groups of ten or more by calling (706) 990-8784.

Come, bring the kids, and enjoy the rich history of the Thomson-Wrightsboro-Lincolnton area.

Camp 91 Thomson Guard to meet

Camp 91, Thomson Guards, Sons of Confederate Veterans, will hold its regularly scheduled meeting on Tues., Aug. 24. They gather for dinner and fellowship at 5:30 p.m. at Habaneros in Harlem and 7 p.m. in The Laurel and Hardy Museum.

The guest speaker will be Mr. Hu Daughtry from Metter, Georgia. He will discuss his latest book, *Confederate Tales of the Georgia Flat Woods*. The camp's charge is to promote education to see that the true history of the South is told to future generations.

The public is welcome to attend. For additional information call Tom Holley 706-466-3678 or David Butler 706-564-2433.

Pastoral anniversary

The White Rock family will honor Rev. Michael A. Williams with his installation and celebrate his first anniversary as pastor of the White Rock Baptist Church at 3 p.m. on Sunday, August 15.

Rev. Frankie Williams will be in charge of the services.

people don't get enough sleep. The one usually cited is that they're too busy.

"Lots of kids of many different ages do a lot of things," Bales said. "But a lot of people don't understand the importance of sleep, and how damaging it is to not get enough sleep, so they don't prioritize it."

Technology also plays a growing role in keeping kids up too late, she added.

Light from cellphones and other electronic devices can make falling asleep difficult. Things seen or read online can create overstimulation.

It's easy for kids and adults to get drawn into games, conversations and other sources of online engagement before bed. That time online can eat into sleep time and make it harder for adults and children to fall asleep after they turn off their devices.

Even without electronic interference, sometimes it's simply hard to wind down after sports practice or hours spent on homework, even if enough time is allotted for sleep.

Sleep solutions

Building schedules and routines is key to making sure kids get enough sleep. Parents should establish this by counting back from the time the kids need to leave for school.

"If the child needs 10 hours of sleep, you have to back up 10 hours from that wake-up time, and the child needs to be in bed by then," Bales said.

The other piece of the bedtime puzzle involves setting up routines that help kids relax.

"It's key to plan out when they need to have a bath, when to turn off electronics and what routine is going to help the child wind down," she said.

Building a bedtime routine will also help kids ease back into school.

"Parents need to start early in the summer," Bales said. "A lot of times, kids get off their normal sleep schedule during summer break. Parents shouldn't wait until school starts to make that adjustment back to the school year bedtime routine."

Bales suggests backing up the bedtime by 15 minutes every few days for a few weeks.

When parents create a bedtime routine, they should think back to advice from their parents and grandparents.

"It's about turning down the lights, reading a book, taking a warm bath and having some kind of a ritual that's part of bedtime," she said.

Music, art, poetry show

An "Electric Women & Eccentric Men," music, poetry and group art show, is being planned at American Legion Post 194, with a date to be determined.

Performers and artists in any media, as well as wordsmiths in any discipline of spoken word, are welcome to present their ideas and artwork representations to the American Legion selection committee for consideration.

Acrylics, oil, mixed media, fabric drawings, photography, digital media, quilting, fabric and wearable art are welcomed. Other than the important requirement that all art and performances must be deemed suitable for public presentation, there is no size or media restrictions.

For more information contact Al Ewing, Legion Adjutant, call (877) 219-3337.

Aycock benefit fund

A benefit fund has been set up at Farmers State Bank for Laney Aycock to help with medical and other expenses as she battles Hodgkin's Lymphoma.

Laney is a lifelong resident of Lincoln County, is employed by Lincoln County OES and Gold Cross Ambulance Service as an EMT.

Donations can be made at Farmers State Bank or mailed PO Box 99, Lincolnton, GA 30817.



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Saturday August 14, 2021
10 am to 2 pm
 Where: Lincoln County Historical Park, 147 Elm Str. Lincolnton GA

For more info: Contact JoAnn Ward at Lincolnartisans@gmail.com
 Follow us on Facebook: Lincoln Artisan GA