

Community Events for APRIL

Open Date – Opossum & Raccoon Hunting Season – statewide. Private Land: No closed season

April 18th – Annual Jazz Festival, 10am-5pm. ABAC Campus, 2802 Moore Highway, Tifton. Free. Open to public.

April 18th - ABAC Presents: The Jim Gasior Trio performing with ABAC Jazz, 7:00pm. ABAC, Howard Auditorium, 2802 Moore Highway, Tifton.

April 19th – Blues & Brews 2nd Annual Blueberry Festival, 4:00pm-1am. 301 East Central Avenue, Valdosta.

April 19th – Bob Malone, Classic-Soul-Blues Concert, 7-9:00pm. Free. Bring lawn chair. Turner Center Art Park, 605 N. Patterson Street, Valdosta.

April 20th – Farm to Table, 10:00am-1:00pm. Lakeland Farmers Market

April 20th – Wings & Things Festival and Fly-in Wings & Things Festival and Fly-in. Douglas Municipal Airport, home of one of largest intact WWII Flight Training Bases in the US. This festival brings history to the forefront with WWII planes & military vehicles, classic car show, hot wing contest, and so much more.

April 20th – Colt Ford Concert, 7 PM. Wild Adventures, 3766 Old Clyattville Road, Valdosta.

April 25th – 7th Annual Valdosta Food & Wine Classic, 6-8pm. Turner Center Art Park, 605 N. Patterson Street, Valdosta.

April 26th – Ariel Posen, Rock Concert, 7-9:00pm. Free. Bring lawn chair. Turner Center Art Park, 605 N. Patterson Street, Valdosta.

April 26th – VSU Mayhem Music Festival, 6-11pm. Front Lawn, 1500 N. Patterson, Valdosta. Free. Open to public.

April 26th – VSU Planetarium: From Earth to the Universe, 6pm, 7pm, 8pm, 9pm. Seating limited. Pick up tickets by 6pm night of show. VSU Nevins Hall Room 3004. Observatory on Rooftop if weather permits. Info 229-333-5778

A terrible thing happens without advertising! NOTHING! Out of Sight, Out of Mind, OUT OF BUSINESS!

Living Life Well

Small practices can turn into routine healthy habits! As moments turn into momentum, it's important to pause and take inventory of life. Our small adjustments can encourage big change within us! Our goals are met by incremental shifts and consistency.

Here are 5 simple daily changes that can increase wellness:

1. Start your day with 10 deep breaths.
2. Swap your sweet tea for water.
3. Replace 30 minutes of TV time with 30 minutes of exercise (even if it's just a walk outside).
4. Choose a steamed vegetable over fries.
5. Plan for bedtime at 10 p.m.

Starting each day with 10 deep breaths can help direct your scattered attention and become direct intention. Swapping sweet tea for water can curb your insulin spikes and help your weight loss. Trading movement over sedentary behavior is good for your weight loss as well as your mood enhancement. Mood and digestion improve with your healthier meal swaps. Giving your body the opportunity to go to sleep on or before 10 p.m. benefits your pineal gland and improve your overall health.

Consistent small steps change your overall perspective! What you put out returns back to you beneficially. These changes, moreover, create a sense of accomplishment and reward for your body with a healthy return of dopamine - the feel good hormone.

Just as good begets good and one positive movement overflows into another, these tiny shifts provide benefits for your body and supports you in Living Life Well!

Darlene Mars
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Informing Folks

Your Library Card in Your Pocket. Information: sgrl.org/ or 229-333-0086.

Host families Needed for English speaking international students ages 15-18 on J1 Visas and immersion in U.S. lifestyle International Student Exchange. For more information: Area Representative Natalie at 910-547-7087. Online: www.iseusa.org/.

Campaign Signs Pick-up. Signs found in highway right-of-way have been moved to DOT, 217 East Highway 37, Lakeland for pick-up.

Foster Parents Needed in Lanier County. Call 877-210-KIDS

Annual Register Reunion, May 18th, 10am. Wayfare Primitive Baptist Church, Wayfare Church Road, Stockton. Covered dish. Contact Chester Register at 229-460-3712.

Place of Grace Soup Kitchen, Bethel Church Ministries, 375 W. Highway 37, Lakeland. Every Saturday from 11:00am-2:00pm.

Free Line Dance Class every month on 2nd and 4th Saturdays. Nashville VFW, 801 Tifton Hwy. 125. 7:00-7:45pm. Information: 229-455-2267. Information: 229-333-2123 or www.wiregrass.edu/adulted/.

GED Classes On-line. Information: 229-333-2123 or www.wiregrass.edu/adulted/.

Revival at Knight's Memorial, April 15th-19th, 7:30pm nightly. Knight's Memorial Baptist Church, Teeterville Road, Lakeland.

GED Classes In-person provided by Lanier County Adult Education Program of Wiregrass Georgia Technical College. Tuesday and Thursdays, 9:00am-1:00pm and 4:00-8:00pm. The Threatte Center, 209 US Highway-221, Lakeland. Information: 229-333-2123 or www.wiregrass.edu/adulted/.

NOTE: Send announcements to publisher@LanierCountyNewsOnline.co/ or call 229-854-0186.

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