

Community Events for MAY

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

May – National Wildfire Awareness Month

May 3rd-4th – Valdosta State University Graduation, Valdosta.

May 3rd – VSU Graduate School Commencement Ceremony, 5pm. The Complex, Valdosta.

May 3rd – Caitlin Krisko & The Broadcast, Soul Rock Concert, 7-9:00pm. Free. Bring lawn chair. Turner Center Art Park, 605 N. Patterson Street, Valdosta.

May 4th – National Firefighters’ Day. St. Florian’s Day.

May 4th – VSU Undergraduate Commencement Ceremony, 7pm. Valdosta State University, Front Lawn, Valdosta.

May 10th – Lanier County Schools [Estimated Graduation Day]

May 10th – HuDost, Folk Americana Concert, 7-9:00pm. Free. Bring lawn chair. Turner Center Art Park, 605 N. Patterson Street, Valdosta.

May 17th – Lanier County Schools – Last Day of School and Early Release

May 17th – Lanier County High School Graduation, 5:30pm. LCHS, Roquemore Field, 52 West Patten Ave., Lakeland.

May 17th – Mark Taylor Country Concert, 7-9:00pm. Free. Bring lawn chair. Turner Center Art Park, 605 N. Patterson Street, Valdosta.

May 18th – Farm to Table, 10:00am-1:00pm. Lakeland Farmers Market

May 27th – Memorial Day

A terrible thing happens without advertising! NOTHING!

Out of Sight, Out of Mind, OUT OF BUSINESS!

Living Life Well

Carol A. Moore



When “Living Life Well,” persuasion rather than manipulation, lends itself to your positive mental health and upbeat experiences. The art of persuasion encourages a person to be respectful of two sides of a view, and promotes each person’s right to freely make choices in his or her own best interest.

Exploitation or manipulation is an all too common experience in our community. To control others, someone, who chooses to manipulate, uses a series of strategies intended to diminish another person’s well-being. This technique is used to gain power over you and force an action or idea upon you without regard for what is in your best interest.

Persuasion respectfully promotes each person to think for his or herself. Persuasion goes on facts and personal strengths instead of utilizing gas lighting to distract from the truth or a valid point. Put-downs, sarcasm, or other tactics can be used to make you feel ashamed, inadequate, or unworthy. This can lead to a sense of questioning yourself with uncertainty, which can negatively impact your well-being.

Sometimes people think that only individuals with mental illnesses have to pay attention to their mental health. Reality is that each person’s attitudes, emotions, and thoughts affect your energy, overall health, and productivity. When using good mental health strategies, you are strengthened in your ability to cope with everyday hassles. You are empowered and ready for more serious challenges and crises. In turn, your good mental health is strengthened and becomes essential to creating the life you want.

You can take steps to promote your mental health, just as you learned to wash your face and brush your teeth. Unswerving small steps are transformative of your overall mental health and those whom encounter you are positively transformed as well through your more constructive actions! The Biblical principal is “a man reaps what he sows”. If you choose to be persuasive instead of manipulative, you will draw to you those who join you in your effort to confidently impact yourself and others which in turn can cultivate a more positive community in which to live.

As you may be aware, these changes create a sense of accomplishment. With accomplishment there is a reward for you and your body. Dopamine - the ‘feel good’ hormone can return health and well-being.

Just as Darlene Mars pointed out recently, “good begets good and one positive movement overflows into another. These tiny shifts provide benefit for your body and support you in Living Life Well!”



Resource Information for Folks

- Primary Early Voting begins April 29-May 17th Lanier County Elections Office, 162 West Thigpen Avenue. Information: 229-363-9260
- 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/.
- 65+ & Homebound Citizen Housing Energy Assistance begins April 10th. Schedule appointments: coastalplain.caseheduler.com/ or 229-472-6331.
- GED Classes Lanier County In-person provided by 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/.
- Your Library Card in Your Pocket. Information: sgrl.org/ or 229-333-0086.
- General Housing Energy Assistance (under 65) as funding available. Begins May 1, 5am. Schedule appointments: coastalplain.caseheduler.com/ or 229-472-6331.

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

