



City of
Douglas

February 2023
Volume XV, Issue II

**FEBRUARY 2023
MEETINGS**

Downtown Development Authority – Feb. 8, 9AM, Chamber of Commerce

Land Bank Authority—Feb. 9, 2PM, at Ashley Slater House

Air Base Preservation & Dev. Committee—Feb. 13, 12PM, Airport

City Commission—Feb. 13 & 27, 6PM, CE Weir Center (unless City Hall is completed.)

Happy Valentine’s Day! Feb. 14, 2023

Recreation Commission – Feb. 14, 11:45AM, Central Square Complex – Magnolia Room

Keep Douglas Beautiful – Feb. 14, 2:30PM, Ashley Slater House

Veterans Park Committee – Feb. 15, 10AM, Airport

Planning Commission – Feb. 16, 6PM, Ashley Slater House

Mayor’s Youth Council – Feb. 21, 6PM, Youth Center

Historic Preservation Commission—Feb. 23, 4PM, Ashley Slater House

On Saturday, January 21, 2023, volunteers with Keep Douglas Beautiful and PCC Airfoils, assisted residents with clearing their property of large, unwanted items at four locations. As a part of their yearly work plan, the Clear Your Clutter event was the first of several work days for 2023. Plans are to host events in the Spring and Fall, so be on the lookout for future opportunities to help keep Douglas BEAUTIFUL! Special thank to PCC Airfoils, ESG Operations, and everyone who participated in the event. Like and follow the [Keep Douglas Beautiful Facebook page](#) for more upcoming events.



Keep Douglas Beautiful Board members, PCC Airfoils volunteers, and community volunteers assisted with removal of 2 couches and a table at a home on Walker Street. (L-R) Tim Jackson, Lindsey Sturges, Will Thompson (KDB Board), Allisa Jackson (KDB Board), TJ Jackson, Michael Boyles, Courtney Dorsett (KDB Secretary), and Adam Davis.



Douglas Fire Department honored firefighters from the early history of fire service with a Push-In Ceremony on Tuesday, January 24, 2023. While Push-In Ceremonies have been held at fire stations for generations, this is the first that Douglas Fire Department has held to welcome a new fire truck to Fire Station No. 2. Fire Department Push-In Ceremonies date back to the early years of firefighting when horse-drawn steamer engines were the new fire trucks. Horses would not walk backward while the steamer engine was attached so when a new steamer engine was delivered, firefighters would have to push it into the fire station. For full details, www.cityofdouglasga.gov.



On January 6, 2023, Officer Harrell enjoyed the morning at Eastside Elementary spending time with the kids for Career Day. For more information about our community outreach programs, please call (912)384-2222.



Thank you to everyone who came out and enjoyed DFD's Touch a Truck Event at Chick-Fil-A. Our firefighters had a great time showing off the tower truck and talking Fire Safety with the children! Special thanks to Chick-Fil-A for these great photos of the event.

BEFORE YOU BEGIN TO RENOVATE OR BUILD IN THE CITY LIMITS... CHECK WITH US!

Contact Randall Parker
912-389-3423

Building Inspections & Permits Division
rparker@cityofdouglasga.gov

First Saturdays *Join Us!*
In Downtown
Douglas!

Shop 'Til You Drop!

Animal Control FAQ

Does my dog or cat need to have a rabies shot every year?

Yes, all dogs and cats owned within the city limits must be inoculated for the prevention of rabies by a Georgia licensed veterinarian. Rabies inoculation must be current.

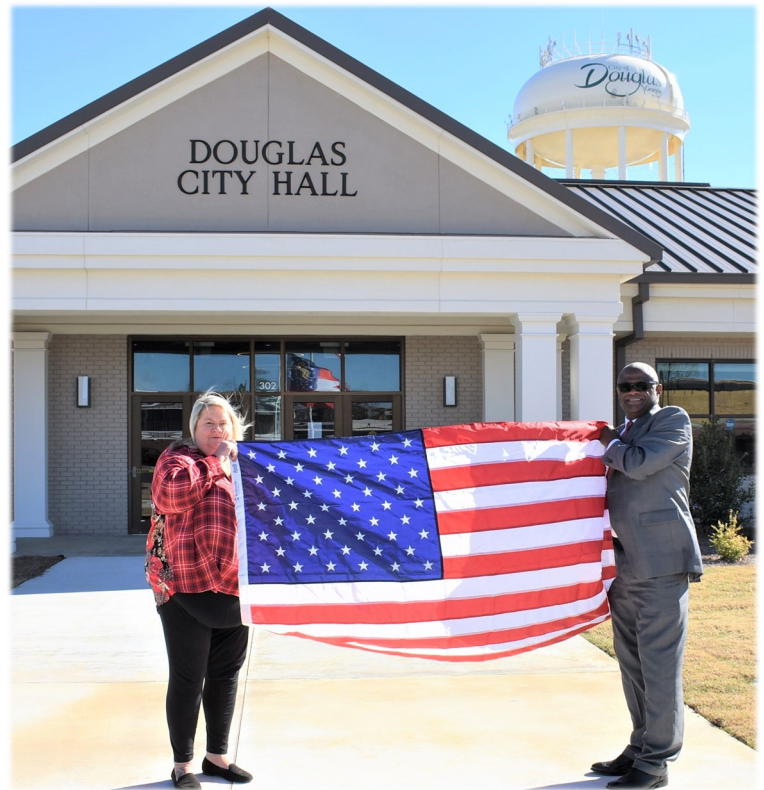
Questions? Contact the City of Douglas Animal Control office at (912)389-3460.

HAPPY WORK *Anniversary*

FEBRUARY ANNIVERSARY SPOTLIGHT

Thank you for your service to the citizens of Douglas! Here's our **OUTSTANDING** employees that are celebrating employment anniversaries of 5 years or more with the City of Douglas!

Will Thompson—5 yrs. (Fire)
Dana Carver—13 yrs. (Fire)
**Hollis McKinnon—22 yrs. (Electric/
Douglas Utilities)**



*THANK YOU TO WOODMAN LIFE REPRESENTATIVE,
ANGELA SPELL-HUTTO, FOR DONATING AN AMERICAN
FLAG FOR THE NEW CITY HALL.*

MILESTONE ANNIVERSARY



**Asalean Sutton—15 yrs.
Municipal Court/Finance
Department**

Congratulations!



We Are Hiring!

Join Our Team

Maintenance Worker (Parks & Recreation)
Police Officer (Douglas Police)
Firefighter (Douglas Fire)
Apply online or in person at 316 E. Bryan Street.
For more information, call (912)389-3494 or
www.cityofdouglasga.gov.

Residential Junk **Drop-Off** Day

February 4 & 18, 2023 - 8:30am - 11:45am

@ 1011 Shirley Avenue (corner of Shirley and College Park Dr.)

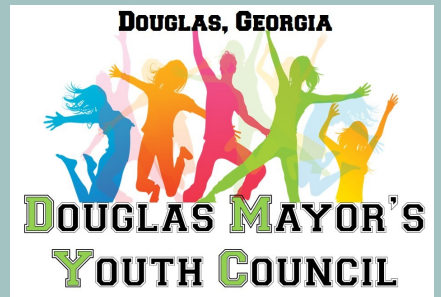
Customers must be in the drop off line prior to 11:30am

For more information, call (912)384-3302 or dial 311.

Douglas Mayor's Youth Council Update

The Douglas Mayor's Youth Council (DMYC) held its monthly meeting on Tuesday, January 17, 2023 at 6pm. The next Mayor's Youth Council will be held on February 21, 6pm at the Youth Center. The public is invited to attend Youth Council meetings. For more details on the program, please contact Dinitra Williams, Douglas Mayor's Youth Council & Teen Court Coordinator, at (912)331-9398 or call the City Clerk's office at (912)389-3405.

Read more about the January meeting on our website, www.cityofdouglasga.gov.



Jr Mayor Jalene Debro and Gabriel Jump (Jr. Commissioner) who is the Youth Council Spotlight for the month of January.



Outstanding Community Member for the month of January, Bera Samuel with Gabriel Jump (Jr. Commissioner).



DMYC Members with special guests of the January meeting.
(L-R): Brody Grantham, Jeremiah Bazell, Jameson Cummings, Kiran Reddy, Jalene Debro, Charles Davis, Bera Samuel, Zynia Hunt, Joana Mazariegos, Jared Davis, Pastor Jump, and Gabriel Jump.

PUBLIC HEARING ANNEXATION OF 4.33 ACRES ON BOWENS MILL ROAD / GEORGE DRIVE

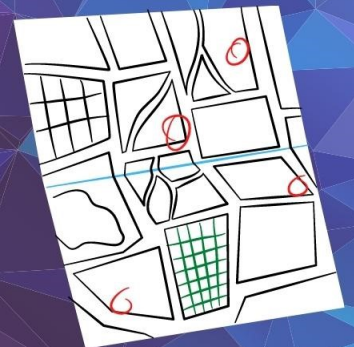
(LAND LOT NO. 147 OF THE 6TH LAND DISTRICT OF COFFEE COUNTY, GEORGIA)

FEBRUARY 13, 2022

6:00 PM

C.E. WEIR CENTER
207 E. BRYAN STREET

FMI: 912-389-3433





ENTERPRISE ZONE MUNICIPAL TAX ABATEMENT PROGRAM

The Enterprise Zone Municipal Tax Abatement Program was established by the City of Douglas, in accordance with the State of Georgia Enterprise Zone Employment Act of 1997, to incentivize revitalization of geographic areas experiencing high levels of disinvestment, underdevelopment and economic decline. The program offers abatement of municipal ad valorem (property) taxes for a ten-year period on business, commercial, and residential properties located within the designated geographic area, when property owners successfully achieve and maintain one of the following criteria. (See back for *Douglas Enterprise Zone Areas* or <https://www.cityofdouglasga.gov/304/Enterprise-Zones>)

- ◆ **Job Creation** – A business or service enterprise within an EZ must create and maintain a minimum of five (5) new full-time equivalent jobs at the time of application to receive tax abatement. The five jobs must be new positions above and beyond the existing/prior positions employed by the business, thereby reflecting the creation of five “additional jobs.” The five new jobs must not have a pre-determined end date, include a regular work week of 30+ hours or more, and have the same benefits provided to similar employees. The five jobs must be maintained throughout the ten-year period of abatement in order to maintain tax exemption. Additionally, qualifying business or service enterprises must make improvements to the property.
- ◆ **Land Improvement (Construction/Rehabilitation)** – A business, service enterprise, or other party carrying out new residential construction, residential rehabilitation, or other rehabilitation of an existing structure within an EZ such that the value of the improvement(s) exceeds the value of the land by a ratio of five to one by the Coffee County Tax Assessors valuation.
- ◆ **EZ-Approved Residential Property - Home Ownership Purchase** – To encourage home ownership in EZ areas, initial home buyers purchasing EZ-approved residential properties for primary residency, and where the property developer has met the five to one increase in value of the property, shall be eligible to obtain tax abatement for this same property. A Notification of Sale of EZ Approved Residential Property/Home Owners Application form with new home owner information and necessary proof of sale documentation is required.

IMPORTANT NOTICE: Once property tax abatement is granted, the incentive remains in effect for the full ten-years, regardless of the expiration of the Enterprise Zone area designation. However, failure of EZ applicants to accomplish the applicable criterion stated above can result in revocation of the tax abatement and recapture of any and all abated taxes or other incentives granted. EZ applicants must show verifiable proof to document compliance with EZ program requirements. Applicants approved for EZ Job Creation incentives must provide proof annually of the maintenance of these jobs to the City of Douglas’ Office of Community Development no later than 30 days following the close of each calendar year in which taxes were abated.

TO BE CONSIDERED FOR TAX ABATEMENT INCENTIVES IN THE UPCOMING CALENDAR YEAR, THE APPLICATION MUST BE COMPLETED AND RECEIVED BY THE OFFICE OF COMMUNITY DEVELOPMENT LOCATED AT 211 S. GASKIN AVE. NO LATER THAN FRIDAY, SEPTEMBER 29, 2023, 5 PM.

Applications will be accepted from January 1st September 29, 2023 for Enterprise Zone designation commencing in the following year (2024) Applications received after this date may be submitted, but will not be considered for the upcoming year.

For more information, please call the Office of Community Development at (912) 383-0277 or email ghenderson@cityofdouglasga.gov.

Business Corner

WELCOME NEW BUSINESSES!

Fussell Financial Solutions, 107 W. Bryan.
#9, 912-493-0157

Pause 4 Dogs, 1200 Ocilla Rd., 912-309-
8491

CM Phoenix Manufacturing, 1240B Loyce
Lane, 912-218-7620

Bailey's Musical Events & Coordinating,
1200 Redwood Dr., 912-501-2732

LaLa's Mexican Snacks, 900 SW Bowens
Mill Rd., 912-493-9076

Mr. Pullup Cuts, 417 E. Ward St., 912-592-
9642

Speedy Cash, 529 S. Peterson Ave.,
912-383-9669



Thanks for doing business in Douglas and
Coffee County!

Glow Aesthetics is located at 101 NW Bowens
Mill Road, Suite H in Douglas.

(912) 592-9140

Website: glowaestheticsga.com

NEED SOMETHING TO DO?

VOLUNTEER!

WWW.CITYOFDOUGLASGA.GOV

912-389-3458



We need you!

THE CITY OF DOUGLAS HAS SEVERAL
VOLUNTEER BOARDS LOOKING FOR YOU!

- AIR BASE PRESERVATION & DEVELOPMENT
- DOWNTOWN DEVELOPMENT AUTHORITY

FOR MORE INFORMATION,

WWW.CITYOFDOUGLASGA.GOV/136/
AUTHORITIES-BOARDS-COMMISSIONS

TIME TO RENEW YOUR BUSINESS LICENSE

Renewal deadline is
prior to March 1, 2023.

For information,
please call
(912)389-3460





Miracle League Registration

June 12TH – August 11TH

\$35 Fee

ALL CHILDREN & ADULTS
WITH DISABILITIES ARE
ENCOURAGED TO REGISTER!

FMI: 912-384-5978



Be A Miracle League Buddy!

Buddy Meeting

Feb. 8, 2023

5:30PM

Youth Center



City of Douglas Georgia

BID OPPORTUNITIES

INVITATION TO BID

"FY23 GASKIN AVENUE
SIDEWALK + DRAINAGE IMPROVEMENTS
#66812-23-0011"

DEADLINE TO SUBMIT BID:

FEBRUARY 21ST @ 2:00 PM

BID OPENING IMMEDIATELY FOLLOWING
AT 2:30 PM

100 PUBLIC WORKS DRIVE

FOR MORE INFORMATION, GO TO

WWW.CITYOFDOUGLASGA.GOV/BIDS



INVITATION TO BID

FY23 Electrical Supplies Bid
#66812-23-0010

DEADLINE TO SUBMIT BID:

February 27th @ 2:00 PM

BID OPENING:

February 27th @ 2:30 PM

100 Public Works Drive

For more information, go to

www.cityofdouglasga.gov/bids

FMI:

912-389-3463



INVITATION TO BID

"FY23 Digitizing Services -

Bid #66812-23-0012"

DEADLINE TO SUBMIT BID:

March 13th @ 2:00 PM.

Bid opening immediately following

at 2:30 PM

100 Public Works Drive

For more information, go to

www.cityofdouglasga.gov/bids



INVITATION TO BID

FY23 Five (5) 2500F Pad Mount
Transformers Bid #66812-23-0013

DEADLINE TO SUBMIT BID:

March 27th @ 2:00 PM

Bid opening immediately following
at 2:30 PM

100 Public Works Drive

For more information, go to

www.cityofdouglasga.gov/bids



Do you own a property or business in the highlighted areas?

YOU MAY QUALIFY FOR AN RURAL ZONE TAX CREDIT!

FMI: 912-383-0277

or

www.cityofdouglasga.gov



To find out about your pick-up date:

- Public Works: 912-389-3450
- GFL Environmental: 912-384-6001



Sanitation - Weekly



Recycling - Bi-Weekly

TRASH & RECYCLING SCHEDULE

February 2023

MON	TUES	WED	THU	FRI
		1 	2 	3
6 	7 	8 	9 	10
13 	14 	15 	16 	17
20 	21 	22 	23 	24
27 	28 			

TRASH & RECYCLING SCHEDULE

DOUGLAS-COFFEE COUNTY PARKS & RECREATION

TRACK REGISTRATION

JANUARY 30TH - MARCH 3RD

\$20 CITY/COUNTY & \$80 OOC

200 SOUTH MADISON AVENUE
SUITE C

AGES 8 - 14
(MUST BE 8 AS OF
DECEMBER 31,
2023)



FMI: 912-384-5978

DOWNLOAD YOUR COPY OF THE 2023 DCCPRD LEISURE GUIDE TODAY!

www.cityofdouglasga.gov/recreation



DOUGLAS-COFFEE COUNTY PARKS AND RECREATION DEPARTMENT

Leisure Guide

2023



HELP US HONOR THE MEMORY OF **RICCARDO INGRAM**

A COFFEE COUNTY LEGEND

A SPECIAL PROJECT TO HONOR RICCARDO INGRAM IS IN THE WORKS. THE COFFEE DUGOUT CLUB IS COLLABORATING WITH OUR SCHOOL SYSTEM TO ENCLOSE OUR HIGH SCHOOL BASEBALL TEAMS CURRENT BATTING CAGE. IT WILL BE NAMED "RICCARDO INGRAM HITTING FACILITY".

WE NEED YOUR HELP TO HONOR THE MEMORY OF RICCARDO.
SEE BELOW HOW YOU CAN HELP.

SINGLE

ANY AMOUNT WOULD BE GREATLY APPRECIATED

DOUBLE \$500 & UP

NAME RECOGNITION ON SIGN/
PLAQUE INSIDE FACILITY

TRIPLE \$2500 & UP

- NAME ON SIGN/PLAQUE INSIDE FACILITY
- NAME ON SIGN ON OUTSIDE OF WEIGHT ROOM TO RECOGNIZE DONATION
- SIGN WILL STAY IN PLACE FOR A MINIMUM OF 5 YEARS.

**WE ARE OPEN TO WORKING WITH DONORS ANY WAY WE CAN. ANY OTHER IDEAS ON RECOGNITION WILL BE CONSIDERED

**ANY DONOR THAT PREFERS TO REMAIN ANONYMOUS THAT REQUEST WILL BE HONORED.

HOMERUN \$5000 & UP

- NAME ON SIGN/PLAQUE INSIDE BUILDING
- LARGE/VISIBLE SIGN ON OUTSIDE OF WEIGHT ROOM VISIBLE TO COMMUNITY RECOGNIZING YOUR SUPPORT FOR THIS PROJECT. THIS WILL STAY IN PLACE FOR A MINIMUM OF 5 YEARS
- INVITATION TO ATTEND GRAND OPENING AND SPECIAL RECOGNITION AT THE CEREMONY.
- RECOGNITION ON SOCIAL MEDIA FOR YOUR SUPPORT

*ANY MONEY RAISED OVER THE AMOUNT NEEDED FOR THIS FACILITY WILL BE USED FOR OTHER FACILITY UPGRADES AT CHARLES WILSON FIELD.

*DONATIONS CAN BE MADE OUT TO COFFEE DUGOUT CLUB AND IN THE MEMO LINE PLEASE NOTE "RICCARDO INGRAM FACILITY UPGRADES"

FEEL FREE TO CONTACT
CHAD FUSSELL WITH ANY QUESTIONS AT
CHADFUSSELL@GMAIL.COM OR (912) 381-6800



Downtown Douglas Merchants

You are invited to our

Galentine

CHOCOLATE

CRAWL

Only
150
Tickets

Buy
Now!

Saturday, Feb. 4, 10-3

Bring your “Galentine” and shop some sweet deals. We have over 20 participating Downtown Douglas businesses that have something sweet for you! Get your ticket now!

<http://downtown-douglas-merchants.ticketleap.com/Galentine-chocolate-crawl/>



Fundraiser for future downtown events



sgirc

SOUTHERN GEORGIA
REGIONAL COMMISSION

AREA AGENCY ON AGING

SOUTHERN GEORGIA
care-net

A PROGRAM OF THE
Rosalynn Carter
INSTITUTE
FOR CAREGIVING

Serving: Atkinson, Bacon, Ben Hill, Berrien, Brantley, Brooks, Charlton, Clinch, Coffee, Cook, Echols, Irwin, Lanier, Lowndes, Pierce, Tift, Turner, and Ware Counties



There are only four kinds of people in this world: those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers.

~Rosalynn Carter

The Rosalynn Carter Institute for Caregiving (RCI) and the Southern Georgia CARE-NET would like to invite you to the next Southern Georgia CARE-NET Meeting. CARE-NET is dedicated to helping caregivers in our local community. The caregivers' network (CARE-NET) is a coalition of family and professional caregivers collaborating together to improve services for caregivers in their community.

The next CARE-NET meeting will be held:

February 8, 2023 from 10:00 am to 11:00 am

Via Conference Call

Dial-in Phone Number: (605) 313-5738

Meeting Access Code: 835324#

For more information, please call Christy Joyner at the Southern Georgia Area Agency on Aging at 912-285-6097.

THURSDAY, FEB. 9 | 12PM-1PM
ATRIUM EVENT CENTER

OSHA 2023 UPDATES

ARE YOU COMPLIANT?

Lunch & Learn

WITH
**THE FLETCHER
TRAINING CENTER**



FREE for Chamber Members
\$15 for Non-Members

DOUGLAS
COFFEE COUNTY • GA
chamber and economic development authority



RSVP by Monday, Feb. 6
ecourson@douglasga.org

CCFP

Share the Love Event



SATURDAY
FEBRUARY 11TH
10- 2 PM



THE SHOPPES AT TIP TOP
107 W. BRYAN ST. DOUGLAS, GA



- * **DOG KISSING BOOTH**
- * **REFRESHMENTS**
- * **ADOPTIONS- dogs & cats**
- * **\$10 MICROCHIPPING**
- * **CCFP MERCHANDISE**

NIGHT *to Shine*

SPONSORED BY THE **TIM TEBOW**
FOUNDATION™



WORLDWIDE Save the Date

FEBRUARY 10, 2023

GracePointe Church

Night to Shine Global Partner



Douglas - Coffee County Chamber of Commerce and EDA

Business 4 Breakfast

www.douglasga.org



The Federal Reserve Bank & our local economy

Join us for a conversation on how the Federal Reserve Bank's actions have affected the housing market and our local economy.

Thursday, FEB. 16

Atrium Event Center
114 Peterson Avenue North
Douglas, GA 31533

8:00 AM
to
9:30 AM

*The breakfast buffet opens at 8:00 AM.
The program will start at 8:30 AM.*

Members FREE | Non-Members \$10

featuring



Mr. Michael Christ

Federal Reserve Bank of Atlanta
Vice President & Regional Engagement Officer

Sponsored by

Joy Vickers, Mortgage Officer, FNBCC

RSVP by Mon. February 13
mseale@douglasga.org

FRIDAY

February 24, 2023

**Coffee County
WEAR RED DAY**

Let's Fight Heart Disease



**SUPPORT -
GIVE - SAVE
A LIFE
CAMPAIGN**

All proceeds benefit the Cardiac Rehab Scholarship.

www.wellness247.org



Powered By: Dominic Mimbang, GWCFC Student and FBLA Member
Jessica Williams, GWCFC School Counselor
Kentice Brockington, Freshman Seminar Teacher
Tabitha Paulk, NAACP President

BLACK HISTORY

BLACK BUSINESS & ORGANIZATIONS EXPO

CALLING ALL BLACK ENTREPRENEURS,
MOTIVATIONAL SPEAKERS, YOUTH LEADERS &
MORE! COME SHOWCASE YOUR PRODUCTS AND
SERVICES TO OUR YOUTH AND COMMUNITY.

GENERAL ADMISSION - FREE TO PUBLIC

DOORS OPEN AT 3PM

FEBRUARY 24, 2023

GWCFC GYMNASIUM | 1020 S. GASKIN AVENUE DOUGLAS, GA 31533

For more information email jessica.williams@coffee.k12.ga.us or shenice.evans@coffee.k12.us

General Coffee State Park

Heart 2 Heart Charity Run

HIT THE TRAILS RUN & WALK

Saturday, February 25, 2023



General Coffee State Park

46 John Coffee Rd, Nicholls, GA 31554

A day of activities and fun for the entire family!



Advanced Registration ends Wed, Feb 22nd @ 11:59pm; Early Packet Pickup Thurs, Feb 23rd (2pm-7pm) at the Wellness Center! 10k & 5K Runs start at 9:00am — 1.5 Mile Fun Run & Walk 8:30am. For details on prizes, awards, shirts, activities, food, parking, online registration, fee structure, and other details visit www.wellness247.org/events

First Name: _____ Last Name: _____

DOB: ___/___/___ AGE: _____ Gender: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Shirt Size: Yth _____ A _____

To receive finish line photos a Cell Phone Number and Cell Phone Carrier (AT&T, Sprint, Verizon, etc.) is needed. Also make sure your bib is on the front of your shirt.

Cell: _____ Cell Carrier: _____

Make Checks Payable to: CRMC Cardiac Rehab Scholarship.

Mail to: CRMC Wellness Center, 200 Doctors Drive, Suite 222, Douglas, GA 31533.

In consideration of the acceptance of this event entry, I, on behalf of myself (or if event participant is a minor under eighteen (18) years of age, in my capacity as parent or legal guardian of event participant), and on behalf of my and/or my minor child's/ward's heirs, executors, administrators, assigns, personal representatives, and next of kin, do hereby forever release, hold harmless, and discharge Coffee Regional Medical Center, Inc., including its directors, officers, employees, affiliates, and successors, as well as all event sponsors and volunteers, and the General Coffee State Park/State of Georgia (collectively the "Releases") from any and all liability for injuries and/or damages that I and/or my minor child/ward might sustain in connection with participating in this event. Should any such claim, demand or lawsuit arise or be asserted in any way whatsoever related thereto, I will indemnify, hold harmless and defend the Releases from any and all costs, expenses, or liability including, but not limited to, the cost of any settlement or judgment made or rendered against the Releases, together with all costs of court and other costs or expenses incurred in connection with any such claim, demand, or lawsuit, including attorney's fees. I understand that participating in this event is a potentially hazardous activity, which may cause serious injury and/or death. I agree to abide by any decision of an event official relative to my ability and/or the ability of my minor child/ward to participate in the event. I am assuming, on behalf of myself and/or my minor child/ward, all risks associated with participating in this event, including, but not limited to, falls, contact with other participants, the effects of weather (including extreme temperatures), traffic, and the conditions of the road/running surface and equipment (including the equipment used in the obstacle course), all such risks being known and appreciated by me. Furthermore, I hereby grant full permission to Coffee Regional Medical Center, Inc. and/or event sponsors to use my name and likeness (and/or that of my minor child/ward), as well as any associated photographs and/or video/audio recordings, as they relate to participation in this event, for any legitimate purpose, including marketing and promotional materials.

Prices increase each month – register early!

10k Run

Dec -\$25, Jan- \$30, Feb- \$35

5k Run

Dec -\$20, Jan- \$25, Feb- \$30

1.5 Mile Walker

Dec -\$12, Jan- \$15, Feb- \$18

1.5 Mile Fun Run (youth ages 5-10)

Dec -\$10, Jan- \$12, Feb- \$15

*** Virtual 5k or 10k Run —register online with instructions & fees ***

2 XL Shirt add \$2.00

3 XL shirt add \$3.00

Charitable Donation

(Late Registration & Day of Event will be an additional \$5.00)

Participant Signature or Legal guardian of Youth under age of 18

Date



You're invited!

*Ribbon Cutting Ceremony
& Open House*

Coffee Adult Outpatient Clinic

February 28th, 2023 at 2:00 PM

*Door prizes & light refreshments
will be provided.*

900 W College Park Drive, Douglas, GA



THE DOUGLAS - COFFEE COUNTY CHAMBER OF COMMERCE PRESENTS

CLAY SHOOTING COMPETITION



**SATURDAY
MARCH 4**

Top Shot Sporting Clays Club
1020 Elmer Grantham Rd. in Douglas

GRAND PRIZE
HIGHEST OVERALL TEAM AVERAGE
To be announced.

HIGHEST OVERALL INDIVIDUAL AVERAGE
12 Gauge Shot Gun from Top Dollar

INDIVIDUAL & TEAM PRIZES
FOR TOP SCORING MEN, WOMEN & SIXTEEN
AND UNDER CATEGORIES



REGISTRATION

INDIVIDUALS: \$150 (members)
\$175 (non-members)

TEAMS OF 4: \$500 (members)
\$600 (non-members)

Call 912.384.1873 for details.

TIME SLOTS

Morning: 9:30 AM - 12:00 PM

Lunch will be provided.

Afternoon: 1:00 PM - 3:30 PM

TO BRING

Required: gun

Optional (some will be provided):

ammunition (available for sale)
safety glasses, ear plugs,
golf cart/four wheeler

SPONSORSHIPS AVAILABLE: CALL 912.384.1873

Leadership Coffee alumni

INAUGURAL ASSOCIATION DINNER

thursday
march
09

Pearl Bakery Event Space

101 W Phillips St | Douglas, GA 31533

Cocktail Hour

Special Guest Speaker JoAnne Lewis

Dinner

5:00 PM - 7:00 PM

DOUGLAS
COFFEE COUNTY • GA
chamber and economic development authority

EARLY BIRD TICKETS

ON SALE NOW



Saturday,
MARCH

11 th

10 AM-6PM

Paulk Vineyards

SOUTHGEORGIAWINEFESTIVAL.COM

Beat Beat Beat

Heart Disease

#1 Killer of Americans

How's your Beat?



Wear Red—Support Heart Awareness Month!

Cardiovascular diseases account for **1** in every **3** Deaths in the United States!

More than **2,200** Americans die of cardiovascular disease every day that's one death every 34 seconds!



The Odds!
More women are affected by heart disease than all forms of **cancer** combined. **It is the #1 killer in Women!**

Stroke is the number **3** Killer of Women!

COMMON RISK FACTORS FOR HEART DISEASE INCLUDE:



HOW TO LOWER YOUR RISK

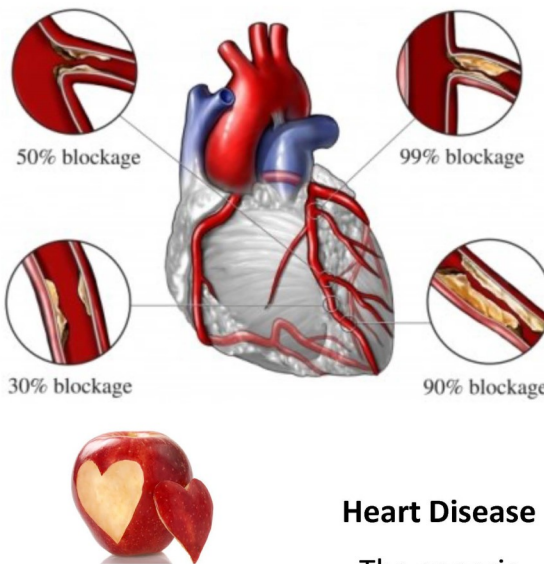
- Quit smoking
- Exercise
- Eat your fruits and vegetables
- Avoid salt and fatty foods
- Limit alcohol
- Get regular medical exams

And, if applicable:

- Take blood-pressure-lowering meds (for people with high blood pressure)
- Monitor your blood sugar level (for diabetics)

FAST FACTS

- ♥ Heart disease is the **leading cause of death** in the U.S.
- ♥ It is the **leading cause** for both men and women, and the deaths are **split evenly** across gender.
- ♥ Every **34 seconds** in the U.S., someone has a **heart attack**. Every **minute**, someone dies from **heart disease**.
- ♥ About **79 million** Americans have some form of **cardiovascular disease**.



Types of Heart Disease

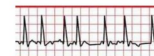
Coronary heart disease

Blocked or clogged arteries limit blood flow to the heart and starving it of oxygen and nutrients. Can cause heart attack or stroke.



Arrhythmia

The heart beats irregularly.



Heart Failure

The heart can't pump as powerfully as it needs to in order to supply the body with oxygen and nutrients, causing the heart muscles to overwork and weaken.

Heart Valve disease

One or more of the heart valves – which control blood flow into and out of the heart doesn't work.



Pericarditis

An inflammation of one or more layers of the pericardium, a thin membrane that lines the heart.

Aorta disease

A portion of the aortic wall weakens and balloons out, forming an aneurysm.

Vascular disease

Heart disease is often related to disease of the circulatory system, including arteries, veins and lymph vessels, or blood disorders.

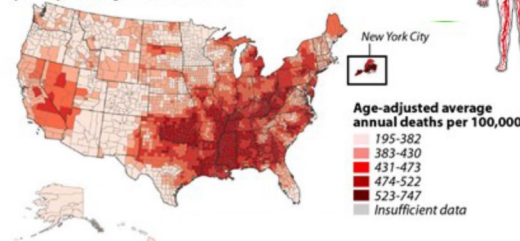
Heart Disease

The generic name for over 50 different types of heart related problems!

TO SCREEN FOR RISK FACTORS, HAVE YOUR DOCTOR:

- Test your blood pressure with a pressure cuff
- Test your blood cholesterol level
- Compute/discuss your Body Mass Index (BMI)

Heart disease death rates in the U.S.
by county, adults age 35-older, 2000-2006



SOURCE: National Vital Statistics System and U.S. Census Bureau

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