



FALL 2018

“Surviving the Trials of Nutrition and Foodservice”

44 members attended a suburb educational program chaired by Jeannie McGovern CDM,CFPP & Darrell Brock CDM,CFPP.

Members received a wealth of educational knowledge from

great speakers, As well a lot of networking with fellow CDM's and Vendors. Everyone who attended had a great time at the 53rd Annual Fall ANFP/FL 2018 Leadership conference meeting that was held in Orlando, Sept. 19-21, 2018 at the Fl. Conference & Hotel Center. Come out and join us for the 2019 Spring conference. The Treasurer reported a bank book balance of \$3249.08. We had 10 Vendors support the Spring meeting.

ANFP/FL thrives because of you.. Become a volunteer and help keep our State alive.

What are the CMS LTC Regulations. Phase I started Nov. 28, 2016, Phase II started November 28, 2017 and Phase III will be implemented November 28, 2019. Phase II included revised F-Tags, interpretive guidance for existing requirements and a new computer-based, annual LTC survey process. The new survey process is nationwide, blending both elements of the traditional survey and Quality Indicator Survey process.

What's yet to Come? Phase III: November 2019. Phase III requirements that need more time to implement (personnel hiring and training, implementation of systems, approaches to quality), so it was set for three years after Nov. 28, 2016 and requires all areas from phase I and II to be compliant. See National website for all phases . See Phase III resources 1. Code of Ethics 2. Applying CMS Process Tools for the New QAPI Regulations 3. CDM,CFPP Scope of Practice and 4. CE Requirements. There are new chapter fundraising policies. These policies have been put in place to protect chapter leaders and organizations and ensure we are compliant with IRS requirements of a 501c6. See National : for Chapter Fundraising Policies.



2018-19 Executive Board

Past pres. Norma, Treasurer –Dorinda
C o -Treasurer Jeannie, Secretary—Haruna,
Pres-Elect Darrell, Pres. Mario

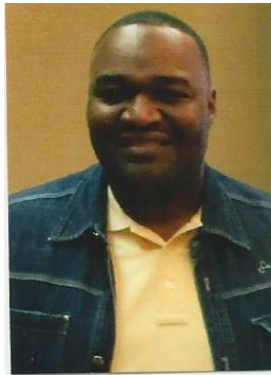


October 7-13, 2018 was Healthcare Food Service Week

2018 – 2019 ANFP/FL EXECUTIVE BOARD



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Kelvin Reich ,CDM,CDPP
Direct Liaison Advisor—Vendor US Foods
941-809-0260



Linda Blackshere-Smith
Advisor—Administrator



Sec. Haruna Nail CDM,CFPP
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757-553-8998



Pres.-Elect Darrell Brock CDM,CFPP
Program Chair
brocktaz@yahoo.com
850-212-2723

From the desk of the newsletter Editor—Dawn Gill CDM,CFPP

If you have an email change please share it with National and with me, As National is my only data base...also email me with your name and email changes to dawnies51@gmail.com or text me at 941-780-0549 so I can update my data base. If you use your business email and resign or change your server name please email me @ dawnies51@gmail.com, so I can update. As I have all members in my data base for blast emailing. As we are green. Go to the National web site , go to the Florida site for all newsletters and meeting notices.



Some members esp. new members have put me in the SPAM folder , as new emails come back. Then I remove emails from my data base. Also, If you are no longer a member let me know so I can delete you from data base.

ANFP/FLORIDA SUGGESTION COMMUNICATION FORM **ANFP/FLORIDA MEMBERS...LIFT YOUR VOICE..LET US HEAR FROM YOU.**

Please submit any **QUESTIONS, COMMENTS, CONCERNS, OR IDEAS**

This is your voice, your organization... let the Board or Committee Chairs hear from you

Thank you for your comments, any input is valued information.

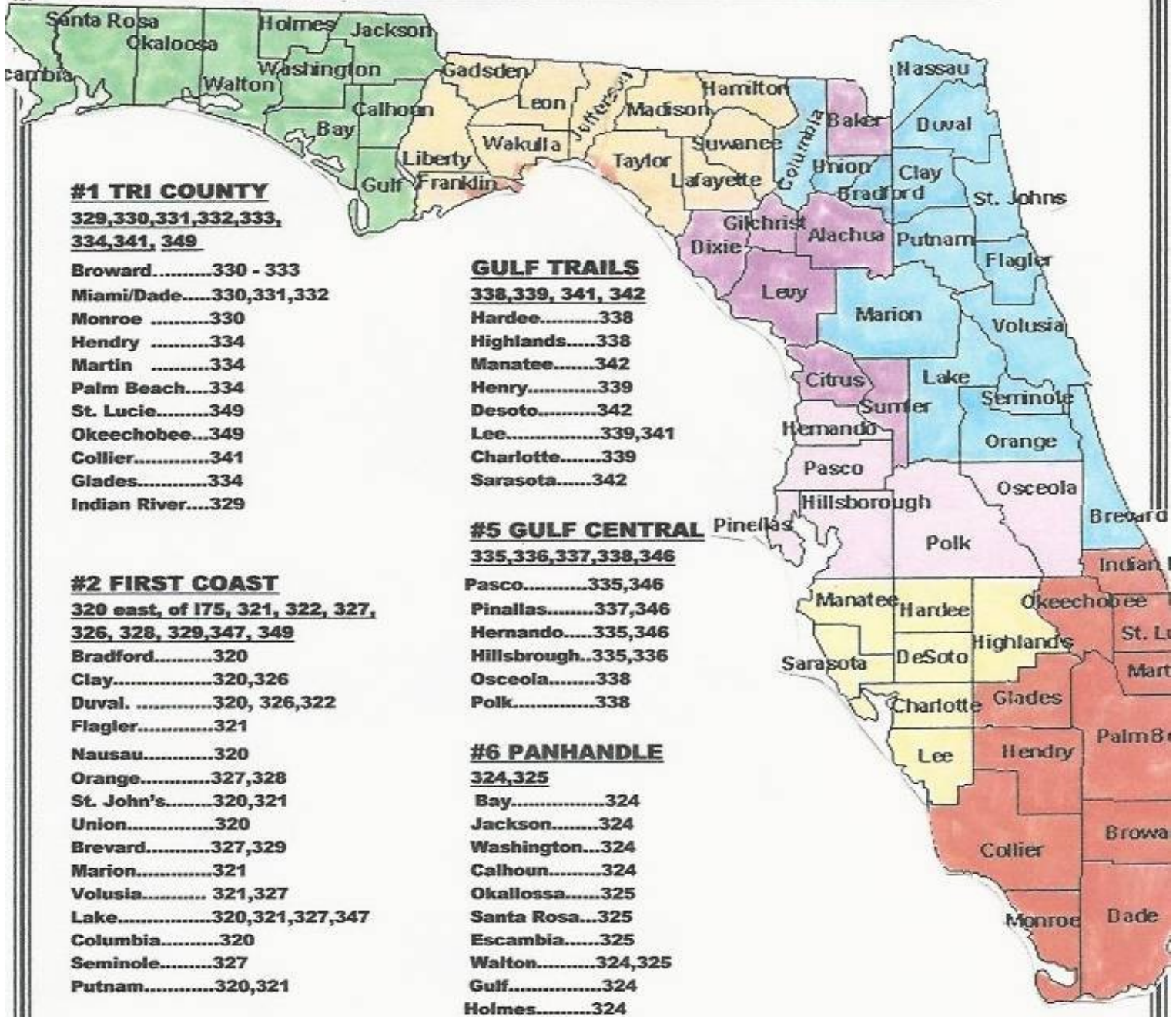
Member Name _____ Member # _____

Please Email, text or call: Any Executive Board or Committee Chair

2018-2019 ANFP/FLORIDA BOARD

Listed above

ANFP/FLORIDA DISTRICTS



53rd Annual FALL MEETING

ANFP/Florida Fall meeting was held in Orlando
@ the Florida Hotel & Conference Center
Sept. 19-21, 2018

Theme: "Surviving the Trails of Nutrition and Foodservice".

Members were able to network, visit with exhibitors & hear informative speakers during the educational sessions.

MINUTES & BRIEFS

President: President Mario: Called the meeting to order.

The meeting was open for the membership to audit.

Secretary report: Jeannie presented the minutes (in the asb. of Ms. Nail) from Apr. 2018 meeting and they were accepted as read.

MEMBERSHIP— 488 MEMBERS inactive/dropped out. 48 new members, 36 students.

Treasurer report: \$3249.08 in the bank. All districts must send treasurer copy of bank statements quarterly for auditing purposes.

President-Elect-Program Chair: Darrell reported that 14 CEU's were approved.

Ways & Means: Dawn reported that 10 vendors had signed contracts.

Hospitality: Bingo & the bingo bear were back by popular demand. All donations went State of Florida Catholic charity

Newsletter: Dawn is awaiting events from the FALL meeting for completion. We are "Green" and newsletters can be viewed via the web site through National.

Site: 2019 spring meeting TBA.

Web site: ANFPonline.org. To view, Go to the national FL. Site for updates.

Webmaster: Jeannie is the Webmaster for Florida. So Everyone send her your district & other information.

OLDBUSINESS: Districts are only allowed to hold one meeting a year. The National fiscal year starts June 1st. Per National only 1 meeting from June 1st to May 31st. You can hold a second meeting but no ceus will be granted.

NEW BUSNISS: 4 different school choices. Classes for classes, Correspondence, Face to face (hybrid) and class room.

From the desk of the Secretary:

Fall meeting 2018 received much praise from members. Board reviewed evaluations forms with positive member response. Suggestions from members were presented at the meeting, Such topics discussed were: *Nutrition and Wound healing, Renal Diets, and How to Improve Relationships with Executive Director.* Members voiced enjoyment, learning experiences and were able to network and have a refreshing time away from the hustle and bustle of their jobs. Spring meeting tentatively planned for April 2019 at the Florida Hotel and Conference Center.

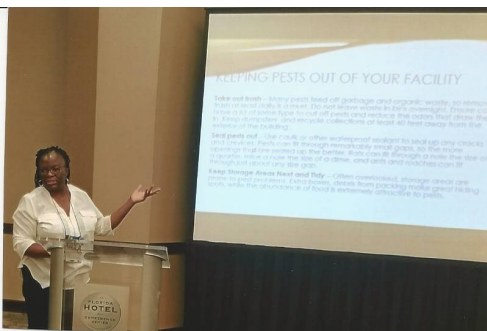
Members are encouraged to join Florida ANFP Facebook page and to view the Florida Chapter web-site for information, comments and ideas.

Looking forward to seeing all in April 2019

Jeannie McGovern

Substituting for Secretary Haruna Nail.

Fall 2018 speakers: Jeannie McGovern CDM



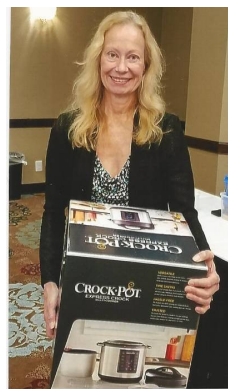
Marianne Manasterski RDN/LD



Maria DeNicola RD/N



FALL 2018 DOOR PRIZE RECIPIENTS



Tamera has a new admirer

TOP: Debbie Kidd, Celestine Huff, Dawn Gill,
Cooker express ??, Cora Maniwang
BOTTOM: Wanda Brooks, Tim McClain,
Tamera Wilson-nein, Maudie Green, Linda Lakey
Bingo champs: not shown Celestine Huff and
Daphne Johnson. Winner of 50/50 Ron Tardieu



**Darlene
Norma
Dawn
Linda**

**Dinner
companions**



ANFP/Florida 2018 FALL MEETING

41 members attended!

The following members showed their support by attending the ANFP/Florida 2018 FALL workshop held in Orlando @ the Florida Hotel & Conference Center. Members from across the state came to network, meet friends, learn & discover new ideas & get educational CEU's. . The meetings are an extraordinary learning opportunity with great speakers & a Vendor Expo with lots of new products to see.

Everyone had a great time @ the FALL meeting, come and join us at the 2019 Spring meeting.



Celestine Huff
Wanda Brooks
Anthony Redfoot
Mario Mctair
Linda Lakey
Robert Brown
Norma Reynolds
Martha Maner
Tina Williams

Dennis Abney
Barbara Linder
Mirna Murillo
Dorinda Carwell
Shaniqua Lewis
Barbara Sterling
Linda Staib
Brian Jaundoo

Ronnie Johanboeke
Katie Rodriguez
Tim McLain
Jeannie McGovern
Richard Beatty
Shelly Lowe
Tamera Wilson-nein
Patricia Jowrtt

Daphne Johnson
Diane Cummings
Shawn McGregor
Dawn Gill
Beverly Truschel
Michael Hambel
Joyce Stevenson
Darrell Brock

Maudie Green
Clara Poole
Delores Kidd
Dwight Eva
Ron Tardieu
Darlene McClellan
Elva Boyette
Cora Maniwang



Below : 2018 fall registration

Above and below –class in session



2018 Vendors who supported ANFP/FL at the FALL EXPO

Dawn Gill—Ways and Means Chair

A BIG THANKS TO ALL THE VENDORS

1. Simply Thick,-Patti Housley 2. Gordon Food Service—Maria DeNicola MS RD LD & Jeff Asarnow 3. J&J Snack food—Shelia Hamilton & Leslie Klekman 4. US Food—Wendy Harbach and Vonciel Offord 5. Wells Enterprise -Blue Bunny -Mike O'Mera RD & Joe Phelan w/ Key Impact, 6. Sysco—Richard Beatty & Annette Belcher 7. FSE food sales—Tony De Leon 8. Ascota/ - Judy Sadler 9. Basic AMERICAN Foods—Kellogg's Margo Feinstein



Vendors and FL Members networking and sampling goodies brought in by the vendors

ANFP/FL has 1104 members, as of 9/21/18

YEAR YEARS JOINED A MEMBER

1969—49 yrs...	1 = Regina Bird
1970—48 yrs	0
1971—47yrs	0
1972—46 yrs	0
1973—45 yrs	2 = Colleen Stames, Dawn Gill
1974—44 yrs	0
1975—43 yrs	0
1976—42 yrs	1 = Patrick Dower
1977—41yrs	
1978—40 yrs	3 = Roberta Reichenbach, Shirley Hopkins, Phyllis Fletcher
1979—39 yrs	3 = Connie Wilson , Dorinda Carwell, Teresa Battie
1980—38 yrs	2 = Priscilla Boothe, Bernadette McCray
1981—37 yrs	2 = James Hughes, Dawn Mclina
1982—36 yrs	3 = Patricia Williams, Ethel Smith, Betty Burris
1983—35 yrs	5 = Kathleen Stone, Luwanna Adams, Pamela Pandazides, Linda Staib, Veronica Johanboeke
1984 —34 yrs	7 = Kathleen Hendry, Emmanuel Dempsey PHD, Mike Grummer, Velma Brittle, Sandy Poirier, Martha Maner, Jane Taylor
1985 —33 yrs	6 = Jan Jones, Isabel Berber, Aubrey Jones, Dave Bedosky, Margaret Tompkins, Jackie Wilson
1986—32 yrs	5 = Meda Tate, Wesley Rounds, Renard Price, Jay Paynter, Susan Ball, Karen Smith
1987—31 yrs	10 = Emily Sparkman, Kim Hughes, Mary Long, Nancy Olson, Janet Brady, Dwight Eva, Rbt. Carpentier, Patricia Ward , Patricia Carpenter, Sherry Solte
1988—30 yrs	9 = Jennifer Montgomery, Portia Ponds, Judith Phillips, Rose Marie Correla, Theresa Kler, Patricia Goldschmidt, Denise Giordano, Debra Stokes, Brenda Parker
1989—29 yrs	18 = Gwen Anderson, Danna Woodham, Wayne Kibby, Jane Sergeant-Jefferson, Cheryl Webb, Linda Sauchinitz, Sylvie Baxley, Michelle Beacham, Julie Jones, Leslie Edward, Mary Montz, Laurie Dowd, Helen Klene, Jane Davis, Mary jo Balog, David Schini, Shahnaz Huda, Dorlyn Brown
1990—28yrs	25 = Susan Carpenter, Denis O'Conner, Paula Snyder, Christine Wincer, Mirna Murillo, Wanda Brooks, Habila Amer, Phyllis Cole, Linda Johnson, Elena Rivera-Simeon, Patrick Daudigan, Janice Adins, Nancee Bell, Elva Boyette, Kim Zinkerman, Mike Colon, Peggy Stratton, Jeanette Watson, Shirley Barker, Patricia Klepfer, Kelly Scott, Annie Smith, Polone Parks, Paula Thibeau
1991 -27 yrs	16 = Sherry Muncy-Conklin, Lorriane Blackshear, Faye Vanvolkenbury, Nancy Brown, Dale Kamerzel, Mildred Gravino, Deidrie Therion, Kelvin Reich, Kimberly Findley, Lisa Hall, Maudie Green, Catherine Brown, Bonnie Mielke, Calvo Phipps, Derek Webster, Dorothy Stafford
1992—26 yrs	16 = Steve Padget, Sally Lear, Jackie Barger, Kathlyn Gross, Roberta Fox, Patricia Joseph, Christie Laval, John Forte, Ellen Ciocca, Randolph Raymond, Trelinda Gilmore, Sandra Bethel, Ethel Mc Bride, Judith Lewis, Guillene Hong, Jeffery Bissonette
1993—25 yrs	15 = Marylyn Mompont, Barry Quinn, Beverly Truschel, Susanne Amable, Gina Lagreca, Melanie Miszewski, Cathy Rostorfer, Tina Williams, Patricia DeLeo, Veronica Brooks, Allan Burns, Tina Chandler, Robert Richey, Troy Ziemer, Gary Lechner
1994—24 yrs	41 members
1995—23 yrs	38 members
1996—22 yrs	37 members
1997—21 yrs	23 members
1998—20 yrs	19 members
1999—19 yrs	28 members
2000—18 yrs	26 members
2001—17 yrs	35 members
2002—16 yrs	32 members
2003—15yrs	23 members
2004—14 yrs	25 members
2005—13 yrs	22 members
2006—12 yrs	28 members
2007—11 yrs	28 members
2008—10yrs	28 members
2009—9 yrs	42 members
2010—8 yrs	28 members
2011—7 yrs	32 members
2012—6 yrs	35 members
2013—5 yrs	44 members
2014—4 yrs	41 members
2015—3 yrs	38 members
2016—2 yrs	49 members
2017—1 yr	99 members
2018—joined	108 members



2013 National Meeting



Spring 2017 registration - 2017 group

2014



ANFP/FL MEMBERS IN THE SPOTLIGHT

ELVA BOYETTE CDM,CFPP, member since 1990



Elva started in 1976 working in a nursing home as a dietary aide and learned to cook. She wasn't sure if this is what she wanted to do.. So she worked in restaurants for a few years.

Her actual career started in 1981 when she worked for HCR Park Manor in Wyoming. That was where she realized she enjoyed being around the elderly, Hearing their stories—the history. That was when she also, decided she wanted to be a Dietary Manager. So she started the DMA course through North Dakota.

She then moved back to Florida in 1987—went to Erwin Tech to finish the classes— She has worked for several companies from HCR to IHS to Miami

care to Grey stone Healthcare services. She is currently employed at Sunrise Community in St. Pete. She feels the industry has changed a lot in the past 40 years .



MIRNA MURILLO CDM,CFPP, member since 1999

Mirna began looking for a home base and a stable career, after spending 20 years of her life being part of a traveling circus, She was introduced to Healthcare food service by a friend, She accepted an entry level position as dish washer in a local nursing home. She was eager to learn more. She was challenged and inspired by a supervisor and continued to work her way up the hi wire again. She became a CDM, CFPP in 1999. Mirna was District 4 Gulf Trails president in 2003-2004. After a few SNF jobs, She found her home and is employed as a CDM,CFPP at the beautiful CCRC Bay Village in Sarasota.

DAWN GILL CDM,CFPP, member since 1973

Dawn started her career as diet aide in 1969, became Head cook for an ALF in 1970. Moved to SMH as prep cook in 1971. Started to pursue her career in 1971. Enrolled in Penn State correspondently, majored in Nutrition. Flunked the last subject to get RD degree...Chemistry. So was unable to become an RD. Pursued the CDM course at SCTI with instructor Marian



Aspinwall RD. and graduated in 1973 when ANFP was known as H.I.E.F.S.S., Later changed it name to Dietary Managers and now known as ANFP. Through the course of her career she has worked at SNF's, ALF's and Hospitals. She has extensive experience in the food service industry. In 1973 Doctors Hospital is where she started her career as CDM,CFPP & supervisor to the RD.. After 12 yrs. She moved into the SNF/ALF Facilities. Where she has continued her career. In 1976 she helped write the By Laws for Fla. Dietary Managers. 1978—80 she was State Sec. & again in 1998—2002. Through encouragement from Janet Gonter CDM,CFPP she decided to run for President of the Fla. Chapter. She was elected Pres-elect of Fla. In 2002 & was President from 2003-5. Dawn was on the Items writers committee for National from 2005-7. In 2001 she took the ALF Training course to be a ALF ADM. Pasted the course, but never pursued a career as an administrator. She has been a National proctor for the Dietary Managers course mentoring future CDM's. She was Policy & Procedure chair from 1976-1978 and 2000. Currently she is the Fl. News Letter Editor and Ways and Means Chair. On district level for District 4, Gulf Trails she was Pres. In 1974, 84. & 2016-17, Treas. 1992-94., Sec. 1984-86, 92-94, 99-2004, & 2009 –2014 and currently she is Past President and Sec. She taught the Safe Serv sanitation course to ALF employees at SCTI 2001 –3 until SCTI turned the class over to another org. She sat on the Advisory board for CDM'S at SCTI from 1990—2011 and the Advisory board for the Chefs Apprentice class at MCTI from 1992-2000. She has been happily employed at The Pines of Sarasota for 2 1/2 yrs. as assistant director. She states when she turned 65 in 2016 it was time to step down as

director and let the younger CDM's have the stress. She states she could write a t least 2 books of antidotes and stories from her 48 yrs in the food service industry .



If you're throwing away these leftover parts of fresh produce, you could be missing out on key nutrients

Food Parts You Should Never Throw Out

BY ISADORA BAUM

Pineapple Core

When you carve out the core of a pineapple, don't throw it in the garbage. "Pineapples contain bromelain, an enzyme that can reduce nasal and sinus inflammation, mitigate arthritis and muscle pain, and potentially fight cancer," says Lauren Popeck, RD. Chop and add the core to fruit salads, slaws, chutneys, salsas, or stir-fries; blend it into smoothies; or toss it into water, tea, sangria, or even marinades to enhance flavor.

Kiwi Skin

If you never thought you could eat a kiwi as you would a peach, think again. That skin is, in fact, really good for you. "Kiwi skin has more fiber than the rest of the fruit," says Kelly R. Jones, MS, RD. "Preserve vitamin C by not peeling kiwi before you store it, since vitamin C decreases once the fruit is exposed to oxygen." If you don't like the skin's texture, add a whole kiwi to a smoothie. (Wash all rinds and skins before eating, of course, using cold water and a vegetable brush.)



PROP STYLIST: KATE MCINDOE

Onion Skin

When skinning an onion, hold on to those scraps, which contain a high level of quercetin, a phytonutrient that fights inflammation, reduces blood pressure, prevents arterial plaque, and keeps the heart healthy.

Red onion skins contain more quercetin than white ones.

"Add them along with the rest of the onion to soup, stock, or sauce, then discard before eating," says Popeck.

Banana Peel

Most of us eat bananas without giving the peel a second thought. Here's why that's a mistake: "Banana peels contain tryptophan, which boosts serotonin, 'the happiness hormone,'" says Popeck. To use the peel, go ripe. "Riper peels are softer, thinner, and tastier," she explains. She recommends boiling them for at least ten minutes to soften. Then add to smoothies, stir-fries, or soups. Or puree and add to muffin or cake batter. For a treat, slice and bake a banana with the skin on.

Citrus Zest

Don't just squeeze lemon over fish and toss the rind. According to Popeck, there are some great nutritional benefits hiding in there, including "more than a gram of fiber in two tablespoons of zest, nearly three times as much vitamin C in the peel than in the flesh, and other

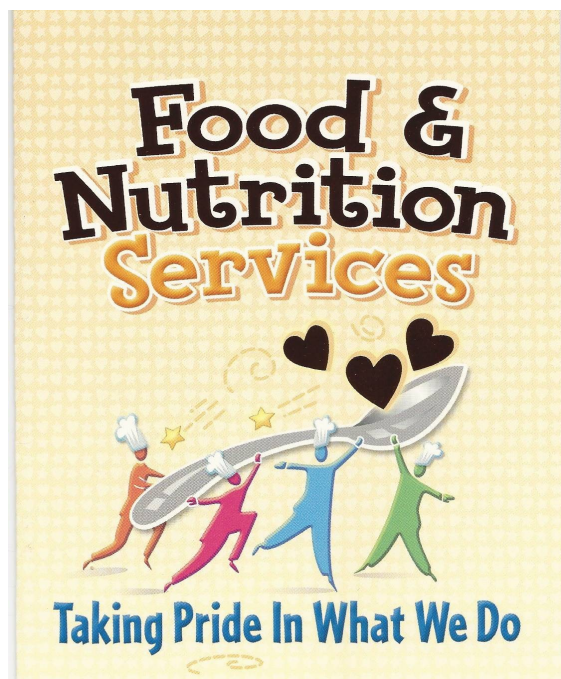
essential vitamins and minerals, such as folate, vitamin A, calcium, and potassium." Grate the colored part of the peel and sprinkle on green beans; blend into smoothies, vinaigrettes, or marinades; or stir into yogurt, cottage cheese, or oatmeal. Orange, lime, and grapefruit zests also add flavor and nutrition with few calories.

Watermelon Rind and Seeds

The delicious red insides of watermelon make for a refreshing snack, but there are powerful nutrients in the rind and seeds as well, says Popeck: The white part of the rind "contains the amino acid citrulline, which is converted into arginine, which helps to increase blood flow, improve heart health, boost immunity, and reduce muscle fatigue." Add watermelon rind to smoothies; chop and add to fruit salads, salsas, chutneys, or slaws; mix into soups with potatoes and carrots; or pickle it. As for the seeds, which contain magnesium, iron, folate, and other key vitamins and minerals, toss them in olive oil and salt and roast at 350°F for 10 to 15 minutes. Then sprinkle on salads or add to trail mix.

Celery Leaves

Celery leaves are rich in magnesium, calcium, and vitamin C. "You can use them in salads, as part of vegetable stock, or as a garnish," says Ilyse Schapiro, MS, RD.



**Because all that you serve
is carefully prepared
and seasoned just right
before it is shared,
we can't help but say
a million thanks to you
for the pride you put in
everything you do!**

OFFICER INSTALLATION CEREMONY

The following is an example of an Officer Installation ceremony. This is only a guideline that can be used when installing Officers. It can be personalized for a State or District .

Using CANDLES/ RIBBONS/ FLOWERS/ KEYS, or Sea Shell s **INSTALLATION CEREMONY**
Person installing the officers: Will the following newly elected officers of the (State/District) FL/ANFP please come forward."

President: (name)
President –Elect: (name)
Secretary: (name)
Treasurer: (name)
Immediate Past President: (name) (if they have one)

(Name), it will be your duty as **President** to preside at the meetings of (State/District) ANFP/FL. And any executive activities of the state. You will over see the executive Committee chairs. You are given the **purple** _____ as a symbol of leadership and unity because you will be the leader next year 2 years.
(Ask) _____, Do you promise to carry out your assigned duties as described in your officers manual?
President name

(Name), it shall be your duty as **Pres. Elect** to assist the President whenever needed and to preside during his/her absence. Remember next year you will be in there place. You will be responsible for planning all programs for the state/district meetings. You are given the **Red** _____ as a symbol of warmth to signify the educational programs that you will bring to the membership and for wisdom and growth for the next year 2 years.
(Ask) _____, Do you promise to carry out your assigned duties as described in your officers manual?
Pres.-Elect name

(Name), it shall be your duty as **Secretary** to keep careful records of the activities of the State/District and to take care of all correspondence. You are given the **blue** _____ as a symbol of alertness and service and of the blue ink of the pen as you carefully record the business of this (state or district for the next 2 years.
(Ask) _____, Do you promise to carry out your assigned duties as described in your officers manual?
Secretary name

(Name), it is your duty as **Treasurer** to keep a accurate account of the money received and expended during the year and to make a report at every meeting. You are given the **green** _____ as a symbol honesty and truth fullness and of the money for which you are entrusted for the State/District for the next 2Yrs.
(Ask), _____, Do you promise to carry out your assigned duties as described in you officers manual?
Treasurers name

(Name), it is your duty as **Immediate Past President** (if they have one) to Assist the President with the State Achievement award materials. Give one of each: Ribbon, Sea Shells, or flowers : to Past President & Say: May I present you with this union of _____presented here today signifying your fidelity to the ANPF/FL _____ membership.
State or district name

Candle Ceremony: Person installing the officers: Take A large white candle and start down the line holding the lighted white candle as each new officer light his/her candle).

Person installing the officers to new board:

My friends. The members have chosen you to lead them for the next 2 years. I encourage each of you to always set the best example possible and to represent the ANFP/FL Association with pride.

I declare you all installed as Officers of the _____ANFP/FL. Association.
State or District name

Please ALL stand and pledge you loyalty and cooperation to the newly installed officers.
CLAP CLAP.!!

Pyramids representing **National Hunger Week**

These pyramids were design to bring awareness to the plight of our nation's hungry and homeless population. All cans were donated to the All Faith Food bank, who donates to shelters and hunger relief agencies.



Tuna castle..5558 cans of tuna



“Breaking through hunger vehicle” fast and furious - 3963 cans



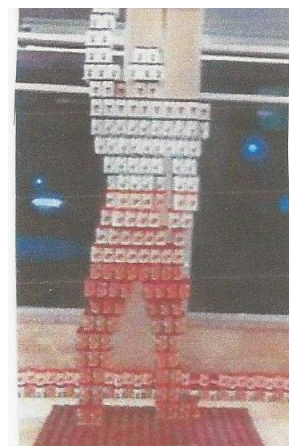
**Can-mazing race to fight hunger - 4335 cans
Charity to help those in need**



**Van Camp Pork & Beans gives the illusion of a brick wall
A race to fight hunger
This also depicts how hard breaking through hunger can be esp. for those trapped behind a wall of hunger.**



**“The Leaning Tower of Pizza”
The base of the tower is the sauce and meat,
The shaft is Standard pizza toppings The bell tower
Was smaller cans The name concept was Hybrid of
Food merged for a favorite Foods. 3400 cans**



**723 cans ... “Manican”
fell over and they made “OOPS”
Proper proportions of the beauty
found in the body—based on the
food pyramid**



**1662 can s, 1140 boxes of dry goods
“Life GUARDING against hunger”
Feel the warm sun, in your face—the breeze in your
Hair and life guards representation of our protection**



**“The Empire Strikes back on hunger:
The Empire State building was the last skyscraper
Completed in NY before the great depression hit the real
Estate MGT. Every year signifying National Hunger Awareness
The building spiral illuminates orange, the color of hunger in recognition
Of local Food banks working to end hunger. 2764 cans**



**DAWN GILL CDM,CFPP
SUNSHINE PRESS
NEWLETTER EDITOR**