

the DIGGER

June Birthdays

Connie Fisher, 6th
 Alfred Weah, 7th
 Corry Crews, 8th
 Curtis Nowlin, 11th
 Derek Sandbrook, 11th
 David Johnson, 13th
 Ronnie Newsome, 14th
 Mark Johns, 17th
 Tony Harvey, 21st
 Stanley Kogut, 25th
 Ernie Thomas, 28th
 Nowell Wood, 30th

June Anniversaries

John Blackmon, 6 yrs
 Roy Bowerman, 15 yrs
 Ben Burgess, 3 yrs
 Corry Crews, 2 yrs
 Kevin Lindsey, 8 yrs
 Freddie Moody, 5 yrs
 Derrick Orlando, 4 yrs
 Chuck Sadler, 1 yr
 Romey Stanley, 13 yrs

Correction:

Devon Kight, May 19th



**Know what's below.
 Call before you dig.**

CALL 811 BEFORE YOU DIG

This is not just for work. Calling 811 gets utility companies out to locate and mark buried utility lines in your yard or at your jobsite. Knowing where buried utility lines are located helps protect you from injury, expense and penalty. Florida law requires you to call two full business days before digging. When you don't know where utility lines are located, you could hit them causing a service outage, personal injury or even property damage, all of which can cause a life-threatening situation. You can also be fined from \$250 to \$5000. For more information about the "call before you dig" process, visit www.callsunshine.com.

Talk to your son

Jimmy's mom dragged him in front of his dad during the football game.

"Talk to your son," she said. "He refuses to obey a word I say."

The father turned to Jimmy angrily.

"Jimmy, how dare you disobey your mother.

Do you think you're better than your old man?"



Occupation: Dad

Father's Day honors fathers and celebrates fatherhood, paternal bonds, and the influence of fathers in society. It is celebrated on the third Sunday of June in most of the world's countries. The first observance of Father's Day is believed to have been held on June 19, 1910. It was thought of by Ms. Sonora Smart of Spokane Washington. Since 1916 various presidents and others tried to legitimize the holiday, but it wasn't made an official national holiday until President Nixon made a proclamation in 1972. Happy Father's Day.

Flag Day

In the United States, Flag Day is celebrated on June 14th. It commemorates the adoption of the *flag of the United States* by the Second Continental Congress in 1777. Flag Day is not an official federal holiday, though in 1937, Pennsylvania became the first and only state to celebrate Flag Day as a state holiday. The oldest, continuing Flag Day parade is at Fairfield, Washington which began in 1909 or 1910.



BEAT THE HEAT

Know the heat related illnesses of the summertime swelters. We are getting into the warm months of summer and everyone needs to be able to recognize signs of heat stress, heat exhaustion, and heat stroke. When the weather gives us 90 degree plus days let's all be prepared. The people we need to watch closely for heat related issues are the very young and the elderly. Make sure you know the factors and the symptoms of heat related problems and be ready to prevent them to keep everyone healthy through the long, hot summer.

Factors Leading to Heat Stress

- High temperature and humidity
- Direct sun or heat
- Limited air movement
- Physical exertion
- Poor physical condition
- Some medicines
- Inadequate tolerance for hot workplaces

Symptoms of Heat Exhaustion

- Headaches, dizziness, lightheadedness or fainting
- Weakness and moist skin
- Mood changes such as irritability or confusion upset stomach or vomiting

Symptoms of Heat Stroke

- Dry, hot skin with no sweating
- Mental confusion or losing consciousness
- Seizures or fits

Preventing Heat Stress

- Know signs/symptoms of heat related illnesses
- Block out direct sun or other heat sources
- Use cooling fans/air-conditioning
- Rest regularly
- Drink lots of water if you can, about 1 cup every 15 minutes
- Wear lightweight, light colored loose-fitting clothes
- Avoid alcohol, caffeinated drinks

When the good Lord was creating fathers, He started with a tall frame.

A female angel nearby said, "What kind of father is that? If you're going to make children so close to the ground, why have you put fathers up so high? He won't be able to shoot marbles without kneeling, tuck a child in bed without bending or even kiss a child without a lot of stooping.

And God smiled and said, "Yes, but if I make him child-size, who would children have to look up to?"

And when God made a father's hands, they were large and sinewy.

The angel shook her head sadly and said, "Large hands are clumsy. They can't manage diaper pins, small buttons, rubber bands on ponytails or even remove splinters caused by baseball bats."

And God smiled and said, "I know, but they're large enough to hold everything a small boy empties from his pockets at the end of a day, yet small enough to cup a child's face."

And then God molded long, slim legs and broad shoulders.

The angel nearly had a heart attack. "Boy, this is the end of the week, all right," she clucked. "Do you realize you just made a father without a lap? How is he going to pull a child close to him without the kid falling between his legs?"

And God smiled and said, "A mother needs a lap. A father needs strong shoulders to pull a sled, balance a boy on a bicycle or hold a sleepy head on the way home from the circus."

God was in the middle of creating two of the largest feet anyone had ever seen when the angel could contain herself no longer. "That's not fair. Do you honestly think those large boats are going to dig out of bed early in the morning when the baby cries? Or walk through a small birthday party without crushing at least three of the guests?"

And God smiled and said, "They'll work. You'll see. They'll support a small child who wants to ride a horse to Banbury Cross or scare off mice at the summer cabin or display shoes that will be a challenge to fill."

God worked throughout the night, giving the father few words but a firm, authoritative voice and eyes that saw everything but remained calm and tolerant. Finally, almost as an afterthought, He added tears. Then He turned to the angel and said, "Now, are you satisfied that he can love as much as a mother?"

The angel shutteth up.