

# COMPASSIONATE HEARTS GAZETTE

## Nonprofit News That Matters!

A Community Newspaper Dedicated to Featuring News that Doesn't Make it on the Big Name Newspapers

September 2020



### September 4th is National Food Bank Day: Fighting Hunger and Food Insecurity in Our Community

Content Provided By: [www.nationaldaycalendar.com](http://www.nationaldaycalendar.com)

**USA - National Food Bank Day** on the first Friday in September encourages you to commit to contributing to the cause that believes no one should go to bed hungry.

Hunger may be as close as your neighbor or your coworker in the next cubical. Bare cupboards and empty stomachs look just like yours and mine behind closed doors.

Food banks across the country help some of the 42 million men, women, and children who struggle with putting food on the table. The reasons range from illness to job loss and a general change in circumstances. Circumstances that can happen to anyone of us.

For parents struggling to make ends meet, the ability to look their children in their eyes over a meal instead of into hungry eyes is a difference made by supporting food banks. Food banks fill the gap for those living on a meager budget. Many food banks offer educational opportunities that help people change their situation and begin anew. Often, those who have benefited from the programs return to volunteer and contribute to the very food bank that staved off hunger to do the same for others.

#### How to Observe #NationalFoodBankDay

Help a neighbor, a friend, coworker, or a child by making a donation. Volunteer at your local food bank. Food banks take nonperishable food items and cash donations every day. Check their needs list for the fresh items they are seeking. Use #NationalFoodBankDay to give your local food bank a shout out and to share on social media.

#### National Food Bank Day History

St. Mary's Food Bank founded National Food Bank Day to recognize the outstanding contributions of food banks around the country and to commemorate the establishment of St. Mary's Food Bank by its founder John van Hengel in 1967. John van Hengel came up with the idea of grocery rescue and food banking and the idea spread throughout the country making St. Mary's Food Bank the very first in the world! In 2017, St. Mary's celebrates its 50th anniversary! They distribute 250,000 meals on a daily basis through the efforts of dedicated staff, partner agencies, and volunteers.

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Published by:



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**Compassionate Hearts Gazette**  
Nonprofit News that Matters

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**Founder / Editor's Message**

**By: M.C. Reyes**

Hi Guys!

Welcome to The Compassionate Hearts Gazette. In case you are reading this newspaper for the first time, let me share our story with you.

On May 11 of 2019, my oldest daughter graduated from college. On that day, during the commencement acts, I was not only watching her become an adult, but I was also listening to one of the most motivational speeches I have heard in my life.

You see, the guest speaker was a prior student who, after graduating, went ahead and created her own community magazine. She had no idea what she was doing. All she knew was that she wanted to run her own magazine and that nothing was going to stop her... not even her inexperience.

Fast forward two months (this was back in July 2019), there I was, running my own community newspaper. A dream that started many years ago when I got my first rejection letter for an opinion article that I had written for the Orlando Sentinel. That rejection letter did a number on me and made me stop writing for a while... until one day, I tried again and, this time, the piece was published by them and, with that, came my new desire to become a journalist and to finally create my community newspaper.

My dream of starting the newspaper came with a lot of challenges, and one of them was being stationed overseas for three years due to my husband's active-duty military status. At that time, we were sent to Zimbabwe, Africa, and my dreams of starting my beloved newspaper were put, once again, on the back burner.

In May 2016, we came back to the United States after my husband retired from the military and, after dealing with many health issues, I finally decided that it was time for me to make my dream of becoming a freelance writer for major publications come true... that was until one day, I received another rejection letter... this time from The New York Times. On that day, I again stopped writing and became involved in a program called Vet Voices to try to fill the void I had in my life.

Believe me when I say that Vet Voices was a gift sent from heaven.

They not only gave my life a different meaning but also made me realize that there was a light at the end of the tunnel.

During my daughter's commencement ceremony, I had another gift sent from heaven... and this time it came in the form of a fellow journalist who, like me, had a dream. But, the difference between her and I was that she made hers become a reality, even when she had all the odds against her, and I was still wondering how to make mine come true. But, her speech made me realize that it was time to do it... that it was time for me to stop procrastinating... that it was time for me to stop allowing my fears to control my dreams.

On that day, I snapped out of my self-pity and decided that it was time... that the time for making my dream come true had arrived and that I needed to put my big girl pants on and do it. And I did. Oh boy, I did. The next day after that commencement ceremony, I took the first step and created the first page of my nonprofit community newspaper, which I tentatively called The Haines City Herald, but later on that night, I changed it to The Northeast Polk Gazette after my husband asked me to think bigger, which I did.

Now, here I am, writing this piece to present to you my biggest dream, my new baby, and the result of my hard work, which I have renamed the Compassionate Hearts Gazette so that the name goes in accordance with the mission we are trying to do.

The truth is that this newspaper is not a typical newspaper. With this nonprofit community newspaper, I not only want to bring news that matters into our communities, but I also want to use it as a way to give back to our community since a portion of our ad sales will be used to support other nonprofit organizations.

I hope you guys give this newspaper a chance.. give me a chance to show you what hard work and dedication looks like. I promise you, I will not disappoint you.

Thank you in advance for your support.

With Love, Marielys Camacho-Reyes (M.C. Reyes)

**Interested in making a donation to our nonprofit? Visit our website at [www.compassionateheartsunited.org](http://www.compassionateheartsunited.org) to find out about the ways you can support our organization.**

Compassionate Hearts UNITED Foundation, Inc. is a 501 (c) (3) non-profit news organization. Donations, gifts, bequests, devices, and transfers are tax-deductible. 100% of your donation is tax-deductible as a charitable contribution.

As a non-profit news organization, The Compassionate Hearts UNITED Foundation, Inc. is fully funded by individual members, major charitable gifts, foundations, and community partnerships. We depend on these contributions to continue our mission. The Compassionate Hearts UNITED Foundation, Inc. does not deliver returns to private investors. The donors, sponsors, grandmakers, partners, board members, and/or the individuals who support our mission financially do not influence our coverage, news, or stories.

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## In The Spotlight

# Meet "The Mission" Organization at Winter Haven, FL: A Nonprofit Dedicated to Fighting Hunger in Our Community



Content Provided by the Organization's Website.

**Winter Haven** - This organization began with one person having a heart for the lost.

The Mission was founded in 1974 by Papa Tom (as called by many). He felt moved to help those that struggled. The Mission was incorporated as a 501(c)non-profit organization in 1977.

Since 1977, The Mission of Winter Haven has served families and individuals in need in our community. What started as simply ministry, helping young men aging out of foster care, turned into community feedings, which then turned to relocating to the heart of our beautiful downtown. They have been calling 180 East Central Avenue home since 2000, serving as a refuge of hope for the lost, hurting, and at risk.

As a community-supported work, The Mission has been afforded the opportunity to work within local businesses, churches, and the non-profit communities to serve as a clearinghouse for meeting the needs of our city's most vulnerable and at-risk populations. Serving as a basic needs assistance organization, The Mission has been proactive in keeping a finger on the "pulse" of our city, working diligently across service organization platforms in efforts to avoid, as much as possible, duplication of services.

Today The Mission of Winter Haven is made up of an amazing team and though he is no longer with us, Papa Tom, will always be a special part of all we do.

## Services They Provide

### Food Pantry

Mondays, Tuesdays, Wednesdays, and Thursdays from 9:00a.m. to 11:00a.m. In order to register for the food pantry they will need I.D., social security cards, or some proof of those in the household and proof of residency (like a utility bill). On Fridays, they have a Homeless Pantry Day, from 9:00 a.m. - 11:00 a.m., for those individuals who have no roof over their heads.

### Soup Kitchen

They offer a continental breakfast with pastries and coffee, Monday through Fridays from 9:00a.m. – 11:00a.m. They also offer a warm balanced lunch, Monday through Fridays from 11:45am – 1:00pm

### Hygiene Closet

They offer basic hygiene and clothing, Monday through Thursday from 9:00a.m. – 11:00a.m. Must register at the front desk for this.

### Showers

Their shower facilities are open Monday through Fridays, 9:00 a.m. – 3:30 p.m. Closed daily during devotion time.

### Other Support

They offer recovery groups, bible studies, budgeting classes and more

### How Can You Help?

As a nonprofit organization, The Mission depends on the community to achieve its mission and 75% of their support comes from individual contributors like you. Without your support, they would not be able to do all they do.

If you would like to contribute, you can do so by sponsoring a meal, giving towards hygiene, or towards their food pantry.

For more information about this organization on for ways to donate, visit them at <https://themissionwh.org/>.

## Continuation from Front Page

# September 4th is National Food Bank Day: Fighting Hunger and Food Insecurity in Our Community

Their mission is to alleviate hunger through the gathering and distribution of food while encouraging self-sufficiency, collaboration, advocacy, and education.

The Registrar at National Day Calendar proclaimed National Food Bank Day to be observed annually on the first Friday of September beginning in 2017.





## Press Release: Raffle Time

# Raffle for a "Pet Essentials" Basket in Support of the "Food for Our Furry Friends" Charitable Initiative



**♥ FOR A PET LOVING FAMILY ♥**

Extra large gift basket includes snacks for your pet (dog and cat) and for Mom or Dad too, plus assorted toys and cleaning supplies for those messy moments that we always forgive.

Our furry friends deserve another chance in life, let's help them!

Value of Gift Basket \$150

**Cielo Gift Baskets**

[www.CieloGiftBaskets.com](http://www.CieloGiftBaskets.com)  
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Press Release.

**Haines City** - The Compassionate Hearts UNITED Foundation, Inc. needs your support.

As part of our "Food for Our Furry Friends" charitable event, we are conducting a raffle for a "pet essentials" basket.

The basket, which was created by our good friends at Cielo Gift Baskets include snacks for your pet (dog and cat) and snacks for the pet's mom and/or dad as well. It also includes assorted toys and cleaning supplies for the messy moments. (Value of the gift basket is \$150.00)

Would you like to win this beautiful basket? It's simple... Visit our raffle page at <https://donorbox.org/raffle-for-a-pet-essentials-basket> for a chance to win.

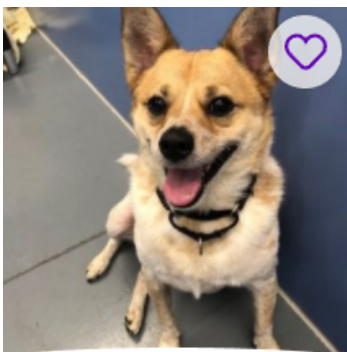
We will be collecting donations until September 12, 2020. The winner will be announced, via a "live drawing video" on Facebook on September 14 from the Northeast Polk Chamber of Commerce.

All the proceeds collected during the raffle will go towards our "Food for our Furry Friends" event in support of the Humane Society of Polk County and of the furry residents that currently call the shelter their home. This shelter goes through a lot of pet food and cleaning supplies every day and providing them with these items will ease the burden that they are currently experiencing due to the effects of the Covid-19 pandemic that is covering our country.

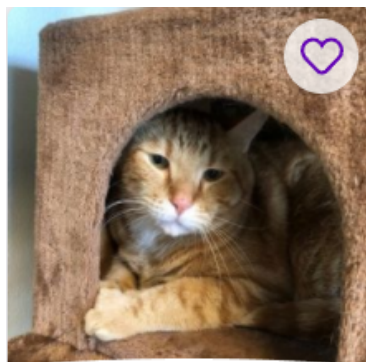
Please, consider participating in our raffle so that we can help our furry friends. The Compassionate Hearts UNITED Foundation, Inc. (formerly known as PR Media, Inc. DBA: The Northeast Polk Gazette) is a 501(c) (3) non-profit. Donations, gifts, bequests, devices, and transfers are tax-deductible. 100% of your donation is tax-deductible as a charitable contribution.

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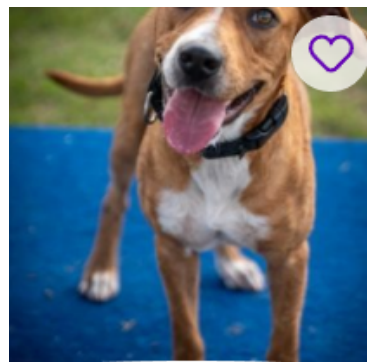
## Meet some of the Future Recipients of Donations Made to Our "Food for our Furry Friends" Initiative (They are All Available for Adoption)



**Gizmo**  
Adult • Cattle Dog



**Monkey**  
Adult • Domestic Short Hair



**Cinderella**  
Adult • Black Mouth Cur



**Destin**  
Young • Domestic Short Hair



Help Us Reach More People...  
Donate Today!





## News From Our "Compassionate Hearts Project" Team

### The Compassionate Hearts UNITED Foundation, Inc. Donated Backpacks to Kids Around the Haines City Area

By: Staff Writer.

**Haines City** - During the month of August, the "Compassionate Hearts Project" Team was busy collecting school supplies and backpacks for their "back to school" charity event.

Thanks to the many donors who graciously donated supplies, the team was able to donate close to 100 backpacks to many kids Around the Haines City Area.

Below are some of the pictures we took during the delivery of the backpacks to kids and school representatives.

If you would like to contribute to our cause so that we can continue providing for those in need, we invite you to visit our website at [www.chufinc.org](http://www.chufinc.org) to learn more about the ways in which you can help.



Backpack donation to the Bethune Academy.



Backpack donation to the Boys and Girls Club of Haines City.



Backpack donation to Sandhill Elementary School.



Backpack donation to Eastside Elementary School.



## Mind, Body, Soul: Wholeness

### Pick Up Your Anchor and Start Sailing



If you are at the point where you feel stuck, you know you want a change but are not sure how to start, even if you know you want to pick up that anchor and you are thinking it is too heavy, I invite you to connect with me and schedule a discovery call that may be the key to start giving your life the direction you need. I look forward to connecting with you!

May God bless you!

**About the Author:** Aida Betancourt is an Army Veteran, and an empowering transformational life and health coach. Connect with her at [www.aidabetancourt.com](http://www.aidabetancourt.com)

***"Mindset is everything, give yourself permission to recreate you, recreate what, who and how you want to be. Don't let circumstances make you a prisoner of yourself."***

**~ Aida Betancourt ~**

By: Aida Betancourt, Contributing Writer.

Do you often find yourself in a place where you wonder how you got there? Do you see others in a better place than you?

Life doesn't have to be complicated; we make it more complicated than it really is. We tend to over-analyze it; we have a tendency of telling ourselves rational lies... and therefore justifying the "added complication".

Changing the lens through which we see things is highly important. When you look at things from a different perspective, we could possibly see that things are not as complicated as what we think.

One main rule in order to overcome difficulties, or the feeling of being stuck is to be willing to pick up that anchor that we have set and start sailing in a different direction. Move and start sailing towards that place where you will feel better.

Now let's be honest, change is hard, and that comes with accepting how multifaceted we are, the good, the bad, and the ugly. Which one is going to take over? Which one will you allow to dominate?

My question to you is how bad does it hurt? How uncomfortable are you in the position you are in right now? How much more room do you have? If it doesn't hurt enough, change will NOT happen. Let's look at this simple scenario, when are in a certain position laying down, once you are tired and feel that you need to change that position, what do you do? You think about switching positions and make the proper change... while it seems like a simple thing, your brain went through a lot in order to make that change and ultimately it happened because you believed you could do it.

The same happens in more complex situations. It all starts with that decision to pick up your anchor, as heavy and as uncomfortable as it might be. You are not defined by your circumstances or by how you've chosen to live the past XYZ years. Mindset is everything, give yourself permission to recreate you, recreate what, who and how you want to be. Don't let circumstances make you a prisoner of yourself.

Learn to love yourself holistically, as a whole, and be the way you choose to be. You definitely came to this earth with a purpose. I firmly believe that you have a purpose and that purpose is looking for you. However, it is up to you to allow that purpose to find you because, otherwise, it will find someone else who is ready and wants it more. That is how you start living purposefully, that is how you go from existing to living!

**Aida Betancourt**  
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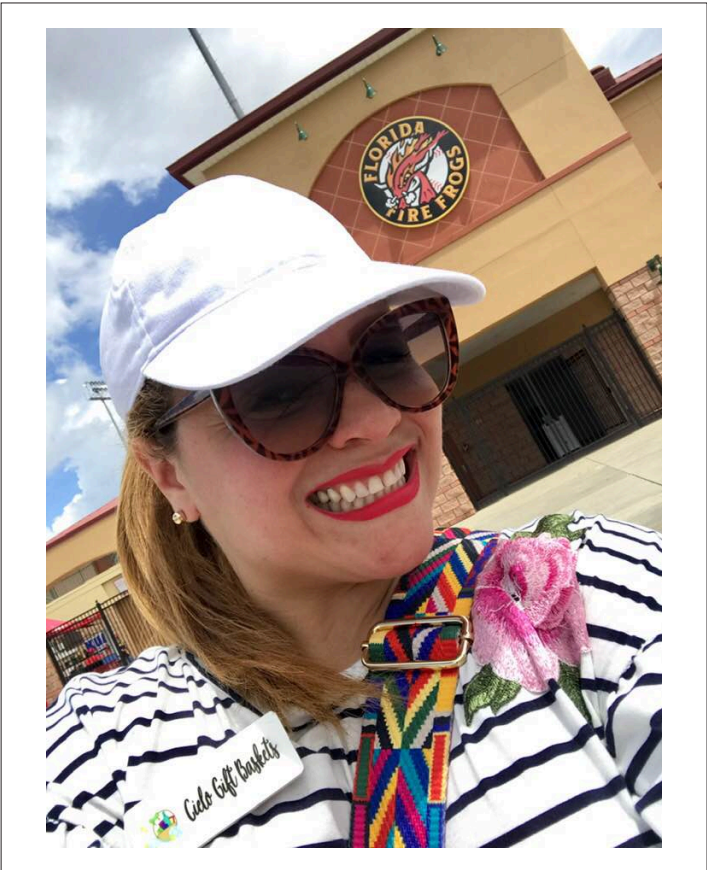
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**Book Your FREE Consultation TODAY**



Meet Our Supporters

Meet Mrs. Hiramina Milan:  
The Genius Behind "Cielo Gift Baskets"



You can request 1 to 500 gifts, and they can help you show your appreciation, promote your brand, and increase your sales... all through THE POWER OF GIFTING.  
Call, text, or email them today to learn more about their convenient gifting services and to place your order.

For more information about this great small business, visit their website at <https://www.cielogiftbaskets.com>



By: Staff Writer.

**Haines City** - Every time we call Hiramina from Cielo Gift Baskets to see if she can support us, she not only says yes... but she also goes beyond her call of duty to make sure that whatever basket we get from her is better than the last one.

Hiramina has supported us in many of our charitable initiatives, including, during one of our "Meals for Our Friends" events, when she donated towards our "Back to School" supply drive and has created many gifts baskets to meet our crazy ideas.

Cielo Gift Baskets has proven to be a great supporter for the Compassionate Hearts UNITED Foundation, Inc. and we are extremely happy to count on their expertise when it comes to making our fundraising events a successful one.

Established in 2013, Cielo Gift Baskets (Cielo means sky or heavens in Spanish) creates beautiful and convenient gifts for hospitality properties and business owners from Kissimmee, Orlando, and other cities around Central Florida, as well as tourists visiting our majestic state.

Hiramina's family has been part of the Hospitality Industry in different areas for over 20 years combined and has become very familiar with the needs of the Florida visitor.

Cielo Gift Baskets LLC is a Family-Owned, Family-Operated business located in the Kissimmee/Orlando area and managed by Certified Gift Designer Hiramia Milán.



Cielo Gift Baskets



## Viewpoints

## Facing Compassion Fatigue: Is There Such a Thing as Too Much Bad News?



By: Anupras Mohapatra

As 2019 came to a close, I set aside some time for introspection and thought of everything I had been through in the last year. There were some lows and unprecedented highs. The year may have peaked and troughed like a sine curve, but I knew I could move into the next decade happy with everything that had transpired in 2019. Soon, however, I came across an article reviewing the major global news stories of 2019, which refreshed memories I had hoped to flush out of my mind.

The article reminded me of the political protests in India and Hong Kong, the wildfires in Australia, the mosque attacks in Christchurch, mass shootings in America — the list could go on. Reading through the first few picture captions turned my enthusiasm and optimism into despair and disappointment, but by the end of the article, my feelings had evaporated and all that was left behind was indifference towards the future of the world. It was an all too familiar feeling, the main reason I had hoped to forget the events in the first place.

This rapid descent from energy to indifference was quite surprising to me when I first experienced it, but upon further inspection online, I realized I had experienced symptoms of a phenomenon that has become pervasive in recent times — compassion fatigue.

Compassion fatigue has been defined by psychologist Charles Figley as “a state of exhaustion and dysfunction, biologically, physiologically and emotionally, as a result of prolonged exposure to compassion stress.” With the rise of the internet and ease of accessibility, the likelihood of graphic images and news stories related to destruction, hate and violence reaching us — almost constantly — is very high. Much like being exposed to radiation, constant exposure to upsetting news stories can result in us developing some horrific side effects.

Besides the feeling of indifference towards the various causes and the future, people can also experience a sense of irritability, difficulty sleeping, poor job satisfaction and even weight loss. Compassion fatigue clearly affects many dimensions of our well-being and could even push people towards depression.

Compassion fatigue originates from the instinct of wanting to help those who need help. When we constantly take in stories of people who could use our help, we find ourselves feeling helpless. We find ourselves in a position where we feel obligated to care about everything we see or hear, but this only results in us experiencing the onset of compassion fatigue.

With the politicization of mass media, this phenomenon cannot be expected to diminish anytime soon. Media channels on opposite ends of the political spectrum focus on stories (both global and national) and perspectives that best suit their political leaning. The platform offered by mass media often acts as a battleground for ideological opposites, as the stories reported are often like skirmishes meant to further the overarching war between logic and morality that plagues politics. This constant exchange of blows to try and win the war of ideals results in inaction from people who can actually make a difference, the effects of which can be felt by the regular people in their everyday lives.

The persistent battling is one of the key reasons for the rise in sensationalized reports of tragic events making their way to regular people, as tragedies almost act as firearms in conflict for political adversaries. Unable to handle the bombardment of such news beyond a certain threshold (which varies from person to person), people fall prey to compassion fatigue and start losing themselves. The consistent stream of politicized tragedies can result in more and more people turning apolitical, thus foregoing the strongest means of action that any regular person can take — voting and expression.

So this begs the question — what can we do about this?

The very first thing we must do is recognize that it is okay to feel indifferent to issues when we are bombarded by them, often in the form of sensationalized reporting. After all, compassion fatigue was first noted in professional caregivers like nurses and doctors, who began feeling the effects of constantly having to treat patients and giving them care. It is only natural that when we are asphyxiated by stories from news sources on all ends of the political spectrum, we feel the same way because the stories call for our compassion.

It is massively important to give ourselves the care we need. Self-care and mental health should be paramount. The symptoms that are associated with compassion fatigue can be dangerous, but only if not treated right. Therefore, seeking professional help, and taking our own steps to protect our headspace is essential.

While the above measures help in handling the onset of compassion fatigue, more can be done to try and combat the rise of this phenomenon. We must start off by prioritizing — we cannot possibly care about each and every story reported in the news. We must be cognizant of the politicization of the news we see and focus on issues that truly matter to us. Not only will that help us avoid the feeling of being overwhelmed by what we see, it will also help us stay true to our own set of ideals and principles and not lose our way and become apolitical.

Becoming aware of the battles taking place and protecting ourselves from it all will ensure that we can utilize the arsenal of weapons at the regular person's disposal — the right to vote and the right to expression. By doing so, we are able to effect real change and challenge the people in power, who would otherwise continue battling over ideologies rather than agreeing upon solutions to problems.

As long as we do not become numb to the suffering around us, we can live our own lives to the fullest, whilst being in the right headspace to make use of the tools available to us, and effect meaningful change on issues that truly matter to us.

**This story first appeared in <https://www.dailycardinal.com>.**





## Editorial Commentary

# People Should Never Go to Bed Hungry, Especially Children



Cartoon By: Nasif Ahmed, Contributing Cartoonist. @NasifAhmed3

By: M.C. Reyes, Editor-in-Chief and Member of the Editorial Board.

One of the first things that drew me to start a non-profit back in March was seeing the number of people who, due to the Covid-19 pandemic, were in need of food. It was difficult for me, at first, knowing that so many people were hurting and in need of such a basic need and that, as much I wanted to help them all, I just couldn't.

Days passed and I tried to help as many people as I could, until one day, I realized that I was one step away from developing compassion fatigue. On that day, I realized that, as much as I wanted to help every single person in need of food, I couldn't do it alone, but that if I started a nonprofit and enlisted the help of other compassionate souls like me, I was probably going to be able to help more people... and that's exactly what I did. I started my nonprofit and enlisted the help of other people, who like me, had a desire of helping others... and that's the best decision I have ever made in my life. With my nonprofit, I am not only getting to more people in need, but I am also partnering with food banks around the community to help them reach more people and provide for them.

The truth is that the food banks featured on this page, are not only providing food for people in need... but actually saving lives. But, they can't do it alone. They need our support and donations, so I invite you to consider donating to these food banks so they can achieve their missions.

Right now, the world is dealing with many issues... the pandemic, financial instability, elections... but in the middle of all that, we also have people who are suffering. Suffering because they are lacking basic human rights, basic need as access to food and clean water and some of them go unnoticed because they are part of the forgotten communities... and that's why we are here. That's why the Compassionate Hearts UNITED Foundation started... for us to be able to reach those forgotten community members and provide for them.

The way I see it is that people, especially children, should never go to bed hungry, and we can all prevent that from happening. We just have to care and allow our actions to do the rest.

Today, I invite you to help someone in need, to donate to your closest food bank, and to care for one and other. Life is too short to be other than compassionate. Today is them the ones who need the help, but tomorrow may be you.



*We Want to Hear from you*

As part of our commitment with our community,

The **COMPASSIONATE HEARTS GAZETTE** would like to share your opinions and views with our readers. Submit your letters to the editor or opinion pieces to [marielyscr@compassionateheartsgazette.org](mailto:marielyscr@compassionateheartsgazette.org) for a chance to have your submissions published in our newspaper.



## Meet "Food for Our Furry Friends" SpokesDogs

# Meet Duke and Sway: Two Little Guys with Big Personalities and a Love for Basketball



Picture Provided: Sway.



Picture Provided: Duke.

By: Staff Writer.

**Polk County** - As part of our "Food for Our Furry Friends" Charitable event, we have acquired the help of two community furry friends who believe in the importance of collecting food and other items for their friends currently living at the Humane Society. They both have a very important message for you in case you're still thinking about helping out.

### Meet Sway from Haines City and Tampa Bay

Hi friends! My name is Sway and I'm a 3-year-old Dachshund/Yorkie mix. My family and I currently live in the Tampa area, and we have lived a very great life. From eating my favorite meals to playing with my favorite toys or meeting new friends, the world always surprises me! I recognize that not all animals are faced with the conditions that I've been blessed with, and I hope that we can change that. My good friends at the CHUF are doing what they can to fight animal abuse and neglect, and I hope that together, we can raise awareness and funds to support the amazing animals at the Humane Society of Polk County. Join me on this walk!

### Message from Duke from Haines City

Hi guys! My name is Duke! I'm a 6-month-old Yorkshire Terrier and I want you all to support Compassionate Hearts UNITED Foundation so we can get some supplies to my friends at the Humane Society of Polk County. All my furry friends deserve to be happy, like me! And while you're at it, it will be great if you could take one of my friends home with you. If they are anything like me, I love peanut butter treats, my frisbee, and giving out tons and tons of kisses. Did I mention I LOVE basketball? That's why my name is Duke, after the Duke Blue Devils. I love spending time with my mom and aunt at Ridge Community High School with the Lady Bolts Basketball team. Did I mention I have an Instagram page? After you donate, follow my page @embracing\_duke!

For more information about our "Food for Our Furry Friends," and for ways on how to donate, take a look at the flyer below or contact us at [marielyscr@chufinc.org](mailto:marielyscr@chufinc.org)

## HELP US SUPPORT OUR FURRY FRIENDS

**DONATIONS NEEDED**

*The Compassionate Hearts United Foundation, Inc. is collecting donations for our furry friends currently living at the Humane Society of Polk County.*

*Donations can be dropped off at the Northeast Polk Chamber of Commerce. Deadline for donations is Sep 12, 2020.*



### WE NEED:

- ✓ DOG FOOD
- ✓ CAT FOOD
- ✓ TOYS
- ✓ TREATS
- ✓ Dog Shampoo

If you would like to support our donation efforts via a monetary donation, you can send us a check payable to Compassionate Hearts United Foundation, Inc to:

P.O. Box 1114 Haines City, FL 33845

### FOR MORE INFO:

**Contact Marielys at 904-315-3396**

or via email at [marielyscr@chufinc.org](mailto:marielyscr@chufinc.org)

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# Hoops and Heroes: A Sport Program Dedicated to Bridging the Gap Between Law Enforcement and the Community Youth



By: Staff Writer.

**Davenport** - Ridge Community High School Girls' Basketball is partnering with the Haines City Police Department's COPS unit for an event called "Hoops & Heroes".

The event is a one-day basketball tournament and fundraiser for the girl's basketball program. Last season, the Lady Bolts reached the state playoffs for the first time.

The tournament will pit the county's law enforcement agencies against one another for games of basketball. It will also feature family-friendly activities to include bounce houses, face painting, raffles, performances, and more.

We had the pleasure of speaking with Coach Nikki about the event, and this what she shared with us:

### What motivated you to create this event?

Coach King and Coach Pennington were motivated, simply to bring our communities together. Coach King had been talking about an event such as this for some time and it seemed that there was no opportunity better than the present to get the foundational work done. We reached out to the Haines City Police Department for their assistance and since then the Polk County Sheriff's Office has been assisting in a great way. Our motivation was to bridge the gap between our law enforcement agencies and the communities they serve. Basketball has always been our vehicle to promote change and camaraderie, why not use it now?

### What are you trying to do with this event?

Our mission is to bring communities together in support of one another. Our vision for this event is to be a competitive, fun, and memorable event for all ages. We are hoping to render the support of our community leaders and organizations to make this a memorable event. We are pitting the law enforcement agencies against one another in tournament style play for the ultimate goal of winning the tournament trophy and of course bragging rights!

### Which law enforcement agencies will be participating in the event?

As of right now, we have received confirmed team rosters from the Haines City Police Department, Polk County Sheriff's Office (two teams, Detention and Road deputies), Lakeland Police Department, Bartow Police Department, and the Department of Corrections who will be competing with the Bartow PD for a

We have reached out to the fire department who will be in attendance for support as well. We also plan to have a K9 showing, local vendors, and a vehicle raffle presented by Jarrett Gordon Ford.

### What message do you have for the kids who think that law enforcement agencies are the enemy and that they don't care about them or their views?

The message that we have for kids and community members in general who think that law enforcement is the enemy is this: We are all people. We all should respect one another, and we all aim to go home to our families at the end of the day. Our agencies are here to serve and protect. We hope that bringing the community together in this way will help to see that our officers are people too. We know it is a tough time for our nation right now, our main goal is to change the perspective, and it starts with events like this.

### How can the community get involved to make sure this event is a total success?

The girl's basketball program is asking for donations to help the program for the 2020-21 season. Individuals or businesses are encouraged to support the Lady Bolts by pledging per point for your local law enforcement agency or a one-time donation. Admission is \$5 for adults, \$2 for students. Children 4 years old and younger are free.

For more information, contact Ridge Community head coach Nikki King at [nikki.king@polk-fl.net](mailto:nikki.king@polk-fl.net), assistant coach Angelica Pennington at [angelica.pennington@gmail.com](mailto:angelica.pennington@gmail.com), or HCPD public information officer Mike Ferguson at 863-421-9968 or [mferguson@hainescitypd.com](mailto:mferguson@hainescitypd.com).



Dear Community Leader,

On behalf of the Ridge Community High School Girls Basketball Program and the Haines City Police Department we would like to present to you the first annual "Hoops & Heroes" basketball tournament. This tournament will pit our local law enforcement agencies against one another in a competitive basketball tournament in order to bridge the gap between law enforcement and the respective communities they serve, protect, and sacrifice for. Additionally we hope to bring communities together, bring law enforcement agencies together, and of course who doesn't want to bring a trophy home?

We felt an event such as this is much needed in today's climate in order to bring everyone together. That being said, in order for us to make this event one that is grand, meaningful, and memorable, we are in need of support of community leaders such as yourself by way of sponsorship and donations. We plan to have food trucks, bounce houses, gear for sale, trophies, team shirts, and of course enhanced safety measures as well as raffles and interactive games throughout. We have already received a great response from over five local law enforcement agencies, as well as the mayor of two cities, and we are expecting many more.

Please consider the FAQs section below for more information on your benefits for supporting this event. We plan to also ensure that you and your organization/business is listed on the back of the event shirts, programs, as well as any other marketing avenue and social media outlet. We thank you for your time, consideration, and continued support of our endeavor and most importantly our law enforcement heroes.


We look forward to your potential support!

**BENEFITS:**

- BUSINESS/ORGANIZATION LISTED ON THE BACK OF EVENT SHIRT
- BUSINESS/ORGANIZATION LISTED IN EVENT PROGRAM
- BUSINESS/ORGANIZATION PROMOTED AS AN EVENT SUPPORTER THROUGH SOCIAL MEDIA OUTLETS AND OTHER PUBLICATIONS
- RECOGNITION AND "SUPPORTER" TABLE TO INCLUDE ANY PROVIDED BUSINESS CARDS AND/OR COUPONS
- AD LISTED IN EVEN PROGRAM (PROVIDE BUSINESS CARD OR AD INFORMATION)
- FREE ADMISSION TO EVENT

**PLEASE MAKE ALL CHECKS PAYABLE TO:**  
  
**"BOLTS BOOSTERS"**  
  
**WITH A MEMO OF:**  
  
**GIRLS BASKETBALL/ HOOPS & HEROES 2020**

**POINTS OF CONTACT:**  
  
NIKKI KING  
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[NIKKI.KING@POLK-FL.NET](mailto:NIKKI.KING@POLK-FL.NET)  
  
ANGELICA PENNINGTON  
GIRLS BASKETBALL OPERATIONS  
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# Let's Keep Each Other Healthy

Protect yourself and others from getting sick

## Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



# Together, We Can Do It!

# HOW TO WEAR A MEDICAL MASK SAFELY

[who.int/epi-win](https://who.int/epi-win)

## Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

## Don'ts →



Do not Use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



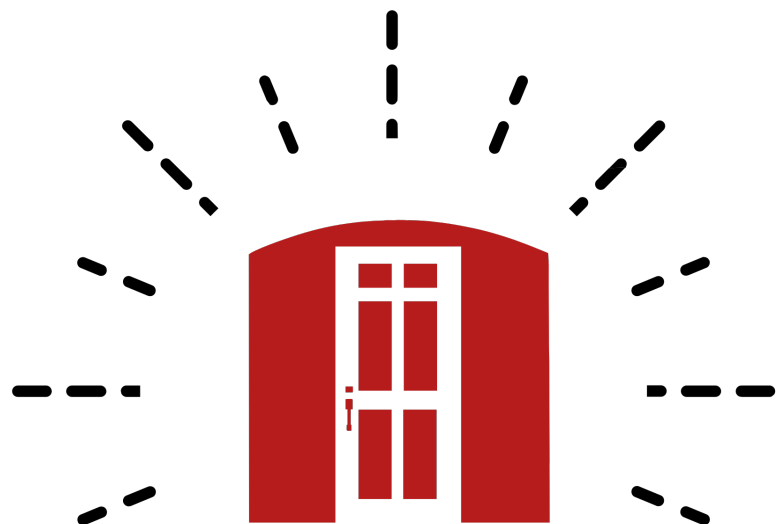
Do not re-use the mask

**Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.**

EPI·WIN







**Door to Success**

**Project**



**Compassionate Hearts**  
Project

As part of our commitment to our community, the Compassionate Hearts UNITED Foundation, Inc., in partnership with EEC Solutions has launched the "Door to Success" Project.

This project is dedicated to providing financial support to students around the Polk County area to help them cover some of the costs associated with college attendance.

We currently sponsor these two events under the "Door to Success" project.

\* The Edwin Steve Memorial Scholarship

\* Young Writers Award

For more information about the "Door to Success" Project, or to become one of our generous donors / sponsors, visit us at <https://www.chufinc.org/>

As part of our commitment to our community, the Compassionate Hearts UNITED, Foundation, Inc. has launched the "Compassionate Hearts" Project.

This project is dedicated to providing monetary donations to other non-profit organizations around the Polk County area to help them cover some of the costs associated with the operations of their organizations and /or to help them achieve their missions. We also provide donations to organizations based on their individual needs.

For more information about the "Compassionate Hearts" Project, or to become one of our generous donors / sponsors, visit us at <https://www.chufinc.org/>

**PRESENTED BY HAINES CITY POLICE DEPARTMENT &  
RIDGE COMMUNITY HIGH SCHOOL GIRLS BASKETBALL**



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**HAINES CITY POLICE DEPARTMENT | LAKELAND POLICE DEPARTMENT**  
**POLK COUNTY SHERIFF'S OFFICE | WINTER HAVEN POLICE DEPARTMENT**

#### **FOR MORE INFORMATION**

Haines City Police Department  
35400 US Highway 27, Haines City, FL 33844  
(863) 421-3636  
[www.hainescity.com](http://www.hainescity.com)

