



**We do the Merengue around the Moringa Tree!**  
Why is there soooo much excitement about this Moringa tree? Just this past week there was a post on Facebook where a friend was passing out seeds from his Moringa tree. People were clamoring over them. The spawn of seed pods from this tree are about to make this an invasive friend almost compared to the Brazilian Pepper. ...but there's a reason for the excitement.

Unlike the Brazilian Pepper that was introduced because of its green leaves and red berries making it a favorite to make Holiday Wreathes, the Moringa tree gives us enormous benefits of nutrition. The leaves have seven times the vitamin C of Oranges, four times the Vitamin A of Carrots, four times the Calcium of Milk and three times the Potassium of Bananas. The leaves can be added to salads or eaten right from the tree. We have two Moringa trees out in the garden. We dry most of our leaves and grind them into a powder. Now, if you eat a hot dog (something some people think is an unhealthy choice), you can just sprinkler some Moringa Powder on it and presto...a healthy hot dog! The flowers have a hint of peppery zinginess to them. These make for great salad toppings. They look and taste great.

Back to the seeds...Now, I haven't tried this but knew of a person teaching this...The seeds can be composed to facilitate the purification of water. I'll keep

this info in a file because we have our own city water and compared to other city waters, I can't tell the difference so I'm drinking it! It's good info just in case the big hurricane comes and we need to purify some water.

If you are going to get seeds to grow your own Moringa tree, get them from a local source. The tree already proved itself to grow in the local climate, so why not use the seeds from a tree that works!  
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**B-I-N-G-O** every Saturday in the Scottish Rite Dining room. 6-9pm. Call for more info: 561.246.0148. Cash prizes for every game. Gift certificates for this week: Lake Worth Automotive Electric and Repair and \$25 Callaro's Steakhouse. **JACKPOT IS OVER \$185!**

We are open most days at the garden. 9am-5pm \* call to confirm: 561.246.0148

We don't have much growing or ready at the garden. Stay up to date on our website: [www.GrayMockingbird.org](http://www.GrayMockingbird.org) and our fanpage: [www.facebook.com/GrayMockingbird](https://www.facebook.com/GrayMockingbird). Special thanks to the Scottish Rite. Saturday's are always work days! Volunteers are always welcome and appreciated!

Plants are our other children, treat them kindly so that when they grow up, they'll take care of you!



*Teaching sustainability and resiliency by example*

 **Our children are the future.**  
**4-H Head, Heart, Hands Health**

GrayMockingbird.com 561.246.0148

# The Purple Heart Remembered

By Helen Vogt Greene

On August 7, our nation once more remembered those who have given the ultimate sacrifice and were awarded the Purple Heart. Remembering the beginnings of the Purple Heart, allows us to understand just how important this medal remains.

On August 7, 1782, over 235 years ago, George Washington was the Commander-in-Chief of the Continental Army of the American Revolution. To honor those that fought beyond the call of duty, he created the "Badge for Military Merit."

In its simplicity, the Badge for Military was made from a piece of purple silk. The silk was edged with silver and shaped in the shape of a heart. On the silver was etched the word "Merit."

To show its value, Washington awarded only three of these Badges of Military Merit. The first three to be awarded were: Elijah Churchill, William Brown, and Daniel Bissell, Jr. Those wearing the honored ribbon, because of the service it represented could "pass guards and sentinels without challenge."

Following the American Revolutionary War, the Badge of Military Merit was almost forgotten. In 1927, it was reintroduced by U.S. Army Chief of Staff, General Charles P. Summerall. It failed to be accepted.

General Douglas MacArthur in 1931 introduced a recommendation and was established to honor the 200th bicentennial birthday of George Washington. On February 22, 1932, the Badge of Military Merit became the Purple Heart. The bust of Washington was added to the purple ribbon.

The Purple Heart is

awarded to military personnel for "being wounded or killed in any action against an enemy of the United States or as a result of an act of any such enemy or opposing armed forces."

As of 2010, 1,910,162 Purple Hearts have been awarded to our brave and dedicated soldiers.

For us in the community of Lake Worth, we remember the service of our military men. The American Legion Post #47 was chartered in October 1919. It is the oldest veterans organization in Lake Worth. The first Post #47 Commander was John Prince. Today, John Prince Park bears his name.

Post #47 Vogel-Lee is named for two residents of Lake Worth. From Lake Worth, Carl Vogel was the first soldier to be killed in World War I and Donald Ernest Lee was the first to be killed in World War II.

The information on Carl Vogel is limited. Donald Ernest Lee was just 21 and a radio man second class. Lee was killed in action by

bombers in the Philippines.

The family received a personal telegram from Rear Admiral Charles W. Nimitz. Nimitz was at the time the Chief of the Bureau of Navigation, United States Navy.

Donald Lee attended South Grade Elementary School. He graduated from Lake Worth High School in 1936 and enlisted following graduation. Lee re-enlisted in 1940.

Donald Lee was awarded the Purple Heart. He gave his life when he "was lost in action in the performance of his duty and service to his country." The medal was donated to the Lake Worth Historical Museum by his family.

At Pinecrest Cemetery, on A Street at 12th Ave South, is a section that has been set aside to remember those who fought and died. Each year The American Legion Post #47 helps our community remember.

On the campus of Lake Worth Community High School is a beautiful monument dedicated to those

that served our country and attended Lake Worth High with our heartfelt appreciation

The Purple Heart is more than a ribbon. From George Washington, the American Revolution until today, we as patriotic Americans remember. For all who wear the Purple Heart, we as a free country and our community, thank you for your service.



## Submit Work Now for L-DUB Film Festival

The 2017 L-Dub Film Festival is now accepting submissions. Deadline for submissions is Monday, Sept. 11. The film festival will be held September 22-24 at the Lake Worth Playhouse Stonzek Theatre, 713 Lake Avenue.

Submissions of music videos, shorts, documentaries and full length features are welcome.

All films 30 minutes or less TRT require a \$20 entry fee, Longer than 30 minutes, \$30. Payments must be made to payable to Lake Worth Playhouse and are non-fundable.

A filmmaker reception will be held September 22, 7 p.m. in the rehearsal facility next to the Stonzek Theatre. Appetizer and refreshments will be provided.

An awards ceremony/ wrap up part will be held Sunday, Sept. 24. Jury awards will be given for Best Feature, Best Docu-

mentary, Best Short, Best Music Video, Best Student Film and others.

Audience Choice Award categories include; Best Foreign Film, (English subtitles are required when applicable), Best Feature, Best Documentary, Best Short, Best Music Video, Best Student Film.

Proposed workshops to be held throughout the festival include: Actors Workshop, RED 1 Camera, "How to Get the Part" - Auditioning 101, Self-Marketing and Distribution, and Quad Copter Photography.

Send inquiries to L-DUB Film Festival Director Charlie Birnbaum, Lake Worth Playhouse, 713 Lake Ave., Lake Worth, FL 33460 or by Email, [ldubfestival@lakeworthplayhouse.org](mailto:ldubfestival@lakeworthplayhouse.org).

Entries are to be submitted via <https://filmfreeway.com/festival/LDUBFilm-Festival>.



**Lake Worth Cinema 8**

**5881 Lake Worth Road, Greenacres (Woodlake Plaza Shopping Center)**

**\$4 Senior ALL Seats, ALL Shows Every Monday - Thursday! \*60 yrs & up**

<b>Fri August 18 thru Thursday August 24</b>	
<u>The Dark Tower (PG13)</u>	<u>12:00, 2:20, 4:40, 7:00, 9:20</u>
<u>Logan Lucky (PG13)</u>	<u>11:50, 2:30, 5:10, 7:50, 10:25</u>
<u>Kidnap (R)</u>	<u>12:10, 2:35, 4:50, 7:10, 9:30</u>
<u>The Emoji Movie (PG)</u>	<u>12:15J 2:40J 5:00J 7:15J 9:35</u>
<u>The Nut Job (PG)</u>	<u>11:55, 2:10, 4:25, 6:50, 9:05</u>
<u>The Hitman's Bodyguard (R)</u>	<u>11:45, 2:25, 5:05, 7:45, 10:20</u>
<u>Annabelle: Creation (R)</u>	<u>11:40, 2:15, 4:55, 7:25, 9:55</u>
<u>Spider-Man: Homecoming (PG13)</u>	<u>12:05, 2:50, 5:45, 8:35</u>

**\$6 BARGAIN TUESDAYS!** Daily Matinees | \$7 Seniors  
*Some restrictions apply.* \$8.25 Student | \$8 Military  
*Additional fee for 3D features*

**[www.PhoenixTheatres.com](http://www.PhoenixTheatres.com) • 964-5555** 

**CITY OF LAKE WORTH**

**FY 2017 JUSTICE ASSISTANCE GRANT PROGRAM**

**NOTICE OF PUBLIC MEETING**

Please join the City of Lake Worth for a Public Meeting to discuss the upcoming Justice Assistance Grant (JAG) Program allocation of \$33,136 for Fiscal Year 2017. During this meeting the City of Lake Worth staff will describe eligible uses of JAG funds and solicit public input on uses of this funding opportunity.

**DATE: August 24, 2017**

**TIME: 6:00 P.M.**

**LOCATION: City Hall Conference Room  
7 North Dixie Highway  
Lake Worth, FL 33460**

For further information please contact Jerry Kelly, Grants Analyst, at 561.533.7358

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