

CROS Ministries...A Voice Across the World

By Helen Vogt Greene

Ruth Mageria, Executive Director, of the Lake Worth based CROS Ministries, has held that position for 16 non-consecutive years. Because of her knowledge, professionalism, and dedication, Ms. Mageria was one of the guest facilitators for the Eastern Africa Resources Mobilizations (EARM).

The EARM was a workshop of 60 delegates from eight African countries. It was held in Mombasa, Kenya. The workshop was designed to transform and educate those participating countries to study the resource generating standards, the prospective and explore new ways to reach out to those who are

hungry and are in need.

The fact that Mageria was invited speaks to her ability to provide first-hand experience and professional input on the world stage to feeding the hungry. Feeding those that are hungry is a worldwide problem.

Mageria holds a Bachelor of Arts in Education and Biblical Studies from Daystar University in Kenya. She received her Masters in Early Childhood Education from Towson University in Baltimore, Maryland. Mageria continues to serve on many community boards such as the Chamber of Palm Beach County, Haman Services Coalition, and a mentor for Healthy Mothers Healthy Babies, to name

a few.

Ruth Mageria, with a partnership of a qualified staff and a dedicated volunteer staff, CROS Ministries continues to provide a wide range of services. The over all outreach mission of CROS is to serve the hungry of Palm Beach and Martin Counties. CROS continues to work with PBC Food Bank. All funds and donated food is to fulfill the mission of the CROS programs.

Feeding the hungry is no easy task. CROS has seven community food pantries. The Lake Worth Food Pantry is located at Our Savior Church, 1615 Lake Avenue. They are open Monday-Friday 11 a.m - 2 p.m.

With the help of Rev. Juanita Bryant Goode, CROS feeds the unfed school children with 'Nutrition in a Knapsack.' "Each child is provided a selection of child-friendly,

nutritional, shelf stable foods that will last an average of two days."

The 2017-18 Gleaning Program began in November, 2017. Kurt Cutshall and his volunteers are in charge of harvesting fruits and vegetables. This program, weather permitting, will continue until July.

Being harvested, in their season, are beets, cucumbers, tomatoes, sweet corn, peppers and mangoes.

CROS Ministries, located at 3677 23rd Avenue South, B-101, off of Boutwell Road, has other programs that need your help. If you can not volunteer, your financial gifts will be wisely used. The need is great! We thank Ruth Mageria, her staff and volunteers for their service to the hungry of Palm Beach and Martin Counties. You can make a difference.

PBC Uniform Municipal Elections

PALMBEACH COUNTY - The 2018 Uniform Municipal Elections will be held on Tuesday, Mar. 13. Palm Beach County residents who registered to vote by the book closing deadline of Monday, Feb. 12, and reside in a city that is holding an election will be eligible to vote.

Municipal polling locations will be open from 7 a.m. to 7 p.m. You are asked to bring current picture/signature identification to present at the polls. A list of acceptable forms of identification and polling locations can be found on the Supervisor of Elections website at www.pbcelections.org. You must vote at your assigned polling location on Election Day.

Vote by mail ballots must be dropped off at the Supervisor of Elections Main Office at 240 South Military Trail, West Palm Beach, by 7 p.m. or to one of the Satellite Offices by 5 p.m. on Election Day. The last day to request

a Vote by Mail ballot mailed to you is Wednesday, Mar. 7. Vote by Mail ballots may be requested by visiting www.pbcelections.org and clicking on Vote By Mail icon on the top of the page. You may also request a Vote by Mail ballot by calling 561-656-6208.

The municipalities that are holding elections on March 13 are: Atlantis, Belle Glade, Boca Raton, Delray Beach, Greenacres, Haverhill, Highland Beach, Juno Beach, Lake Worth, Loxahatchee Groves, North Palm Beach, Ocean Ridge, Pahokee, Palm Beach, Palm Beach Gardens, Riviera Beach, Royal Palm Beach, South Bay, South Palm Beach, Tequesta, Wellington, and West Palm Beach.

For additional information, contact the Palm Beach County Supervisor of Elections Office at 561-656-6200, by email at mailbox@pbcelections.org or visit www.pbcelections.org.

For The Children in Lake Worth Plans Masquerade Ball

By Reginald Durandisse
Founder & CEO of For The Children Inc.

Here's a fact: An effective early-education program can level the playing field for low-income black and Hispanic students compared to their white or wealthier counterparts -- so much so that major gaps in learning can often disappear by the start of kindergarten and children can continue to achieve equally through middle and high school and eventually college.

My organization, the Lake Worth-based non-profit, For The Children, has programs that do just that for underserved children in our community.

We provide culturally sensitive, affordable pre-school and after-school programs, for ages 3-18, that are intended to increase the rates of high-school completion and college attendance and prevent incidences of teenage pregnancy, bullying, and juvenile delinquency.

In fact, based on my agency's recent data, 93 percent of our children were prepared for the start of kindergarten on time, and, later on, 99 percent of them attending Lake Worth High School had graduated.

Such outcomes are unprecedented in a population like ours. Many families have entrusted us with the care of their children, and this has paid off for them.

For The Children, though, needs help from the community to run and expand our programs.

And so, we are hosting our annual fundraiser -- Masquerade Ball -- on Friday, Mar. 16 at the Holiday Inn Palm Beach-Airport Conference Center in West Palm Beach.

It'll be a night of eating, dancing, and fun in support of our unique children's education programs that uplift hundreds of underprivileged children every year and give them a better chance at reaching college and fulfilling their dreams.

Three long-time institutions and advocates of For The Children will also be honored for their support of my organization's mission. Those receiving awards will be:

- For The Children's 2017 Institution of the Year Award: PNC Bank
- For The Children's 2017 Alumnus of the Year Award: Pierre Clerger
- For The Children's 2017 Person of the Year Award: Beverlee Miller Raymond of Extraordinary Charities

Our Masquerade Ball is intended to celebrate the successes of our organization and the children who have gone on to accomplish great things.

We like to say: We meet children where they are and we take them to places they never dreamed they could go!

For The Children offers pre-school programs for children ages 3-5, after-school programs for children ages 5-18, and family support services in Lake Worth and across Palm Beach County.

For those wanting to support For The Children through our Masquerade Ball:

1. Purchase a ticket or a table and attend our Ball.
2. Become a sponsor for our Ball.
3. Contribute to the silent auction at our Ball.

For more information, call For The Children at 561-493-1190 or 561-541-6833.

To learn more about our organization, visit forthchildrenfirst.org

LW HRPB Design Workshop

The City of Lake Worth's Historic Resources Preservation Board together with City staff, and Project Consultant, Treasure Coast Regional Planning Council, invites residents, property owners, and interested parties to a special workshop to discuss the development of the Historic Preservation Design Guidelines.

The workshop will take place Wednesday, Feb. 21, 6 p.m. in the City Hall Commission Chamber.

In December 2017, the City Commission adopted significant changes to the Land Development Regulations regarding Historic Preservation (Ordinance 2017-27). A key companion to this Ordinance is the creation of design guide-

lines to assist property owners with maintaining, repairing, and updating their historic properties.

Historic preservation is an established part of city planning in Lake Worth. Over the past decades, the community has initiated preservation practices to protect the many historic cottages, residences, and

commercial buildings that serve as a tangible link to the City's shared history. While the City remains dynamic and change continues to occur in response to varying community goals and economic conditions, preserving Lake Worth's unique heritage remains a primary goal of the community.



Let's share our morning coffee with our plants! I love getting up in the morning and having a cup of coffee...who am I kidding. I'll drink at least 3 cups of coffee! First, you can pour your left over coffee in the ground next to the plants. You can also use the coffee grounds as compost around your plants. I bet you even noticed that some of our local coffee shops give away their used coffee grounds. I did a little research about coffee and I'm here today to share it with you!



How many times have you seen someone just throw their coffee grounds into the garbage? Maybe you even threw the grounds away. Rather than filling up the landfill, the coffee grounds can be used in your garden as compost to help nitrogen. When composting your used coffee grounds you can even throw the filter in as well. In compost, remember

to keep a 50/50 ratio of green and brown material. Coffee grounds are considered Green. So adding the filter with other paper or cardboard helps.

Coffee grounds don't add nitrogen immediately to the soil. So if you put your coffee grounds near the plant as fertilizer, understand that it still needs to break down. Coffee grounds is an organic material. It supports drainage, water retention and aeration in the soil. Earth worms love a little coffee too. Microorganisms that are beneficial to plant growth thrive with used grounds.

If you use Fresh coffee grounds, you can help lower the pH in the soil. When you use the used grounds, the pH is right around a neutral 6.5%. If you made a whole pot of coffee and didn't finish it, you can pour the coffee into the ground near the plant.

Some folks use coffee grounds to keep slugs and snails away. It may be because they get to hyper so they stay away from the plants.

With this information, you gotta wonder if plants change their minds and would rather switch from regular to decaffeinate. It may depend on the time of the day! Enjoy your coffee break.

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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.

Jennifer recently won \$200 on the Cover-All within 64 calls! There are winners every week!

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

Stay up to date on our website: www.GrayMockingbird.org and our fanpage: 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