



# THE LIBERTY STAR

MONTHLY NEWSLETTER

June 2026

## The Newsletter Team

Happy summer everyone. We hope you enjoy our monthly newsletter to keep you up to date on the happenings at LOL-Life of Liberty, Inc. Don't forget to check out our Facebook page too.

- Newsletter Team

## President's Corner



### Wow — We're Already Halfway Through the Year!

It's hard to believe how quickly 2026 is flying by. Here at LOL – Life of Liberty, we're proud to say we're still on track to meet the goals we set at the beginning of the year. And with summer officially here, we're looking forward to some exciting events and new adventures on the horizon.

**Honoring History: Juneteenth** - In June, we celebrate **Juneteenth**, a meaningful holiday that commemorates the emancipation of enslaved African Americans in the United States. Though the Emancipation Proclamation was issued in 1862, it wasn't until June 19, 1865, that news of freedom reached the enslaved people in Texas.

**June is Fresh Fruits & Vegetables Month!** 🍷 🥬 - It's the perfect time to enjoy the colorful, healthy bounty that summer brings. We're especially proud of our sister program in my hometown of **Moultrie, GA**, where we recently celebrated the **third anniversary** of **West Coast Vegan Grill!**

They've done an amazing job of offering nutritious, plant-based meals as an alternative to fast food. The community has embraced it. In honor of this health-focused month, I've included a simple and refreshing recipe for a chopped fruit bowl at the end of this newsletter. Try it and let us know what you think!

**Celebrating Fathers & National Fishing Day** 🎣 - June is also about recognizing and celebrating the incredible **fathers and father figures** in our lives. Thank you for your strength, guidance, and love. And speaking of great traditions, **June 18 is National Fishing Day**. I'll be celebrating in spirits with a cane pole, my Zebco, and some good country music by the lake. There's nothing quite like the peace of nature and the joy of a quiet space while listening to good country music, I hope everyone enjoys this special day. In the words of one of my favorite country singers, "Hunting, Fishing, and Loving every day!" That's a motto this country girl lives by. I hope everyone has a wonderful start to summer. Stay safe and wear sunscreen.

- Debra Howard, CEO/President/Founder

## Community Events & LOL Outings

6/19 – Juneteenth

6/25– Oceanside Family Science Night, Libby Lake Community Center, 4700 N. River Rd. Free hands-on science activities and free food and drinks. 5-6:30 pm

06/27 – Independence Day Parade

### LOL Outings:

Walks at the beach & lunch in the park, weather permitting.

Thursdays – Oceanside Street Fair, weather permitting

06/28 – Independence Day Parade

## WOLA NANI ARTWORK



**"PROMOTING SUCCESSFUL INDEPENDENCE"**

## June Birthdays & Anniversaries

We would like to wish a **Happy Birthday** to:

### Program Participants

6/1 – Zeke O  
6/3 – Eddie R  
6/8- Luther  
6/13 – Martin M  
6/20 – Edgar B

### Employees

6/9- Ms. Kathy

### Participant Anniversaries:

Martin M – 16 years; Sergio L – 14 years;  
Samantha 10 years; Joshua V 6 years

## Program Donations

**Please consider donating any of the following items for our summer art projects:**

- Construction Paper
- 3PK Glue Sticks
- 3 Glue Gun
- 80 Mini paint canvases
- 6PK pipe cleaners
- 6 Rolls of Yarn (Any color)
- 4PK Black Dry-erase markers

## June Celebrations

06/01 – Say Something Nice Day

06/14 – Flag Day

6/18 – National Fishing Day

06/21 – Father’s Day

06/19 – Juneteenth in Downtown Oceanside

06/21 – Longest day of the year.

**June** is also Alzheimer’s and Brain Awareness Month; Great Outdoors Month; Family Month; Fresh Fruit and Vegetables Month; and Zoo/Aquarium Month

## Vegan Recipe of the Day Chopped Fruit Bowl

### Ingredients:

- 3-4 cups Fresh fruit such as strawberries, blueberries, blackberries, pineapple
- 1 Regular container of cool whip
- 1 Small box of raisins

### Instructions:

Mix all ingredients in a mixing bowl and refrigerate. Serve cold.

## Employee of the Month

**Ms. Betty**



## June Friday Fund Raiser Menu

6/5- Tuna Sandwich, Boiled egg, Salad, Drink, Dessert

6/12-Spaghetti, Salad, Garlic bread, drink, dessert

6/19- Ranchero bowl, Drink, Dessert

6/26- Loaded baked Potato, salad, Drink, Dessert

**“PROMOTING SUCCESSFUL INDEPENDENCE”**