

# Sales tax 'holiday' runs until June 10

## HURRICANE SEASON

Continued from page 8

supplies this hurricane season during Florida's sales tax holiday.

The tax holiday will run through June 10. For a detailed list of qualifying items, visit <https://floridarevenue.com/DisasterPrep/Pages/default.aspx>.

### Stay Up to Date With the Latest Hurricane News

The National Hurricane Center's alert page is a great resource for the latest information on tropical storm disturbances in the Atlantic.

Visit <https://www.nhc.noaa.gov/>.

If there's anything I can do to help you, your family or your business, please don't hesitate to reach out.

As your North Florida state representative, I work for you. And it's my job to advance policies that benefit our region and better our state.

Thank you for the opportunity.



# PANTRY PREP:

## Stock Up for Emergencies

UF IFAS Extension



FAMILY AND CONSUMER SCIENCES

1. Check to see what food staples you already have and plan your list from there. Don't forget about medical and hygiene supplies.
2. As you make your shopping list, include nutritious, familiar foods your household enjoys. Make sure there is enough food for anyone with special dietary needs.
3. Buy enough food and supplies for two weeks at home.
 

**TIP:** If members of your household will be home more often than your typical routine, your household might need more food than usual.
4. When stocking your pantry, freezer or refrigerator, remember the First In, First Out, (FIFO) principle. Rotate the older items to the front and store the newer ones in the back.
 

**TIP:** If you transfer items into a different container, mark it with the item's "use by" date to keep your food fresh.
5. Don't overstuff your refrigerator or freezer. This can block the airflow and make the system work harder to keep food at a safe temperature.

**Fresh/ Refrigerated**  
Think about things that last both unrefrigerated and in the pantry.

**Frozen**  
Think about freezing FRESH foods or buying frozen meals.

**Shelf-stable**  
Think of what lasts without refrigeration and comes in jars, cans or hermetically sealed packaging.

**Dried**  
Think about dried food products used for cooking, baking, grab-and-go snacks or easy meal prep ingredients.

**Food Prep and Storage**  
Think about safe food storage.

**Medical/ Hygiene**  
Think of what a household needs to stay medically healthy, clean and disinfected. Cleaning removes germs; disinfecting kills germs.

**Fruit**

- Apples
- Grapes
- Oranges/ tangerines
- Kiwis

**Vegetables**

- Potatoes, white and sweet
- Celery
- Carrots
- Jicama
- Onions
- Hard squash
- Peppers

**Dairy**

- Milk
- Cheese
- Yogurt
- Butter/ margarine

**Other**

- Eggs
- Deli meat
- Juice
- Condiments

- Fruit\*
- Vegetables\*
- Seafood\*
- Poultry\*
- Meat\*
- Frozen prepared foods
- Milk\*
- Bread/bakery items\*

\*Can be bought fresh then frozen at home

- Fruit
- Vegetables
- Soup
- Peanut butter
- Meat
- Poultry
- Seafood
- Cooking oil
- Condiments
- Salad dressing
- Vinegar
- Juice
- Milk
- Baby food/ formula
- Pet food

- Pasta
- Dried beans (legumes)
- Grains like rice, flour or cereal/ granola
- Dried fruits
- Crackers
- Snack foods
- Jerky
- Waffle/pancake mix
- Milk
- Sugar
- Baking soda
- Baking powder
- Cornstarch
- Coffee/tea
- Cocoa
- Dried herbs and spices
- Salt

- Aluminum foil
- Parchment paper
- Plastic wrap
- Wax paper
- Zipper close bags
- Reusable containers

- Prescriptions
- Prescribed medical supplies
- Soap/hand sanitizer
- Paper products (tissues, toilet paper, diapers)
- Over the counter medicine (aspirin, cough syrup)
- Thermometer
- Vitamins
- Electrolyte supplements

**Remember:** Stock up on what you need, but don't overbuy. This helps ensure everyone can get what they need.

Heidi Copeland, family and consumer sciences Extension agent III, UF/IFAS Extension Leon County  
Samantha Kennedy, family and consumer sciences Extension agent II, UF/IFAS Extension Wakulla County

The University of Florida's Institute of Food and Agricultural Sciences (UF/IFAS) has a variety of information regarding preparing for Florida's storm season, including how best to prep your pantry (see above). Additional information includes preparations for livestock and your home. To see the information, visit: <https://blogs.ifas.ufl.edu/news/2022/05/26/how-to-prepare-for-florida-storm-season/>.

# Mandatory meeting will be held Tuesday

## DOGS

Continued from page 5

mandatory parent meeting on Tuesday, June 7 at 6 p.m. in the TCHS gym.

"This meeting will cover academic requirements,

FHSA A - required paperwork and program expectations. Each parent will receive a calendar that will lay out what we have planned for the summer and throughout football season," Metcalf added.

# Camps are open to youth ages 6 to 17

## GOLF CAMPS

Continued from page 5

The camp is open to all youth ages 6-17, as both boys and girls are invited to participate.

There will be a fee of \$160 for 12 hours of instruction through four days.

The first camp will be held June 6-9, starting at 9 a.m. and continue until

lunch. The pool will be open for one hour (12-1 p.m.) each day following camp.

The second camp will be June 20-23, while the third and final camp of the summer will be July 18-21.

For more information about the camp or to sign up, contact Cole Wentworth at (850) 843-2772.

## LEGALS

(Continued from page 10)

**Notice of Intention to Register Fictitious Name**  
TO WHOM IT MAY CONCERN: Notice is hereby given that the undersigned, pursuant to the fictitious name statute, Chapter 20953 or Section 865.09, Florida of State, Corporation Division, Tallahassee, Florida, upon receipt of proof of publications of this notice the fictitious name, to-wit: Slayer Skiff: under which we/I will engage in business. I/we expect to engage in business in Perry, Florida and our address is: 1581 Carlton Cemetery Rd. Perry, FL 32348: The extent of ownership is: Patti Hanson, 100%

**Notice of Intention to Register Fictitious Name**  
TO WHOM IT MAY CONCERN: Notice is hereby given that the undersigned, pursuant to the fictitious name statute, Chapter 20953 or Section 865.09, Florida of State, Corporation Division, Tallahassee, Florida, upon receipt of proof of publications of this notice the fictitious name, to-wit: Slayer Skiffs: under which we/I will engage in business. I/we expect to engage in business in Perry, Florida and our address is: 1581 Carlton Cemetery Rd. Perry, FL 32348: The extent of ownership is: Patti Hanson, 100%

Now Hiring

# WELDERS -MIG/TIG

Pay: \$15-\$23 per hour  
Shift: Monday-Thursday, 6am-4:30pm



**APPLY TODAY**  
[www.LCI1.com/careers](http://www.LCI1.com/careers)  
Text "Lippert" to 97211  
In person @ 606 Industrial Park Drive (Formerly UWS)



# Are you spending too much of your monthly income on housing costs?

## HUD rental assistance may be able to help.

**ADVENT CHRISTIAN VILLAGE**  
AT DOWLING PARK

(386) 658-5291  
[www.acvillage.net](http://www.acvillage.net)



Advent Christian Village offers one-bedroom and efficiency apartments with federally subsidized rents, based on HUD eligibility, for individuals 62+ and those with mobility impairments. Modern kitchens, monitored alarms, walk to activities and meals, and an array of amenities and services — all in a friendly community.