



The Virtual 6 Challenge: 6 days to complete 6 miles, however and wherever you choose. Run, jog, bike, hike, walk, swim, or paddle your 6 miles during Virtual 6 Challenge Week.

**JOIN US
JUNE 23-28**

Help us reduce the average time of 6 years that it takes to correctly diagnose lupus!

PAIN LEVEL ADVISORY

SEVERE

I FEEL LIKE I'VE BEEN ATTACKED BY A BIG GRIZZLY BEAR! JUST TAKE ME TO THE E.R.!!!

HIGH

DAMMIT! I CAN'T EVEN MOVE I'M IN SO MUCH PAIN. I NEED ASSISTANCE. I CAN'T EVEN SLEEP

ELEVATED

SHIT IS GETTING REAL NOW. NO SERIOUSLY. I NEED MY MEDS. MY PAIN IS EPIC!

GUARDED

OH NO. I'M STARTING TO FEEL A FLARE COMING ON. BETTER GRAB THE HEATING PAD

LOW

I HARDLEY FEEL ANY PAIN AT ALL, JUST A LITTLE, IT'S A GOOD DAY.

LOCAL BUSINESS FEATURE OF THE MONTH

This month we are highlighting a local bakery in Freeport.

Blueberry Hill Bakery



The bakery is located 15890 Business 331 North In Freeport.

Come in for some spectacular cinnamon rolls, cakes, cookies, scones, rolls and so much more.

The owners are so kind and friendly. Check their website for hours at:

blueberryhillbakery.com



History of the Handicap Parking Sign

Its real name is the international symbol for accessibility.



Where did this symbol come from?

A competition was held in 1968 to designate handicapped accessible areas. It has been used for decades to designate certain areas for use by handicapped used by handicapped people and to signify that stair, elevators, bathrooms and other utilities. The symbol is often seen where access has been improved, particularly wheelchair users, but also for other disability issues.

In 2014 the symbol received an update to depict a more dynamic and active posture. Disability activists advocated for a modified access symbol.

In 2015 the Federal Highway Administration rejected the new design for use on road signs in the United States, citing that fact that is has not been adopted or endorsed by the U.S. Access Board, the agency responsible for developing the federal criteria for accessible sign.