A Message from West Kendall Baptist.....

Summer is here! While summer means fun in the sun, make sure you're not getting too much of a good thing. Avoid consequences of overexposure to the sun. UV rays are strongest during summer months when the sun is directly overhead (normally between 10am and 4pm). To prevent sunburn- stay away from the sun in the middle of the day. Block the sun's rays using a SPF 30 or higher sunscreen. Cover-up using protective clothing.

Recipe of the Month: Lemon-Garlic Shrimp and Grits

You won't find sticks of butter in this comfort food. Don't worry about flavor, these shrimps are zesty from the lemon and garlic. For the full recipe, click HERE.

Joke of the Month...

What has one head, one foot, and four legs?

- A bed