



Times Remembered
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4th of July cake with various berries while their moms and dads lounge by the water and try to stay cool. So throw out a picnic blanket and the fun starts to unfold. Keep it casual; add some summer music, and plan an easy, make ahead menu such as: fried chicken, Three Bean Salad, veggies, chips and dip, Stars and Stripes Cake and watermelon, or you might have an American favorite . . . hot dogs or hamburgers with sides of potato salad, Cole slaw, corn on the cob. Baked beans are a welcome sight too.

4th of July

The Fourth of July brings giant flags of red, white and blue, children shouting in parades, and fireworks such as: sparklers, smoke bombs and firecrackers that sound like a machine gun's chatter when they are lit. Streamers and centerpieces make the perfect birthday celebration.

The Fourth of July is more than just the nation's birthday. It's the countless number of friends and family, backyard barbeques and the brilliant fireworks that light the night sky. No other holiday makes people feel the same as they do on the Fourth of July.

Friends and family come together to fellowship and visit for hours on end with only a light wind blowing across their back and an ice cold soda or ice tea to keep them cool. Seeing loved ones adds to the excitement felt on this holiday when we have a family cookout.

The hot weather on the Fourth of July is ideal for any summer activity. The heat brings out all the kids to local swimming pools and lakes. Children enjoy frolicking in the cold water,

Even with all the celebrations, we must remember that our country was started with one idea: that all men are created equal. This concept was novel to England who had class distinctions, indentured servants and slavery. We no longer experience these things, but all too often take their absence for granted. These things form the fabric of the American people and are essential parts of our nation. It is essential that we remember and honor the sacrifices of those first pioneers who came to this country seeking a better life.

We also honor our veterans who have given their lives to preserve our freedom so that we may celebrate Independence Day.

Easiest-Ever Stars and Stripes Cake

- 1 pint strawberries
- 1 pint blueberries
- 1 container Cool Whip
- 1 purchased or baked sheet cake

After buying, or baking and cooling the cake, coat Cool Whip and then top with sliced strawberries and whole blue berries to create stars and stripes.

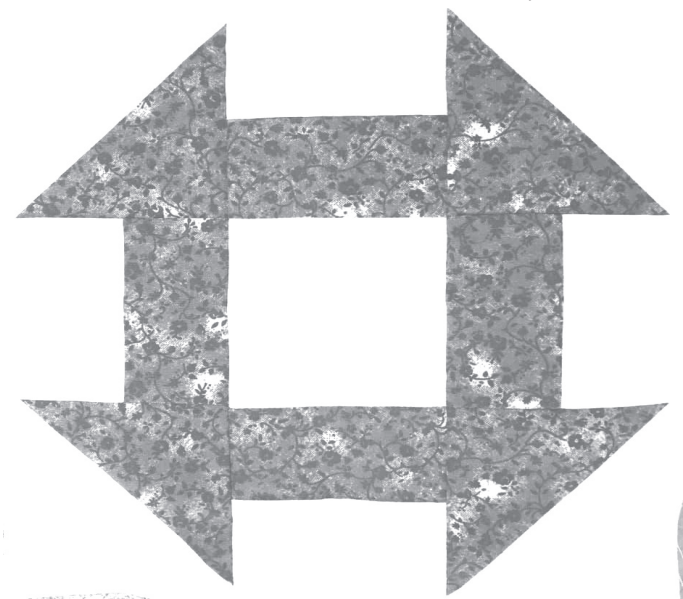
HAPPY BIRTHDAY U.S.A!

Estill Arts Council plans community quilt

The Estill Arts Council is looking for 35 people to each put together a quilt block which will then be assembled into a community quilt. Once the quilt is completed, it will be used as a fund raiser for the Council to help fund future programs.

The quilt pattern chosen is the Churn Dash. Each block will measure the size of 9-1/2" by 9-1/2"; when the blocks are completed, borders will be added to each block and the batting, backing and a binding to finish the quilt.

The pieces have already been cut and come with instructions. The cost of material is \$5 a block and



the kit may be picked up and paid for at The Sewing Basket at 151 Main Street in Irvine. When complete, please return back to the Sewing Basket by Monday, August 16th for presentation on Tuesday.

For more information on the Community Quilt Project, contact Luellis Patrick at 723-5012.

The next Arts Council meeting will be on August 17th at 6:30 p.m. at the Estill County Public Library.

Hospital plans Drive-Up Narcan Training

Mercy Health - Marcum and Wallace Hospital will sponsor a Drive-Up Narcan Training event on Saturday, July 10th from 1-4 p.m. in the lower parking lot at Marcum and Wallace Hospital.

The community is invited to come and meet the Quick Response Team. Other event details include: free Narcan (used to reverse the lethal effects of opioids), training for family and community members and Substance Use Disorder education and resources.

"We care about our community," said Misty Dehart, Peer Support

Specialist at Marcum and Wallace Hospital. "We hope to save lives by offering this free Narcan and education event. Participants will learn how to recognize and respond to an overdose. We will also answer questions and provide treatment options for those struggling."

According to the Centers for Disease Control and Prevention, the U.S. has seen an increase in overdose deaths during the COVID-19 pandemic, with 83,544 Americans overdosing during the 12-month period ending July 1, 2020, the most ever recorded in a 12-

month period. The increase in drug overdose deaths appeared to begin prior to the COVID-19 health emergency but accelerated significantly during the first months of the pandemic.

According to a 2019 report produced by the Kentucky Office of Drug Control Branch, Estill County had the highest overdose death rate in Kentucky (based on the population adjusted per 100,000 inhabitants) with 11 deaths that were attributed to illicit or prescription drugs.

Please call 606-726-8242 for event information.

Drive-Up Narcan Training

Saturday, July 10th
1 - 4 p.m.

Marcum and Wallace Hospital
lower parking lot

- FREE Narcan (used to reverse the lethal effects of opioids)
- Training for family and community members
- Substance Use Disorder education and resources
- Come meet the Quick Response Team
- Call 606-726-8242 for more information

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 Marcum and Wallace Hospital

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