



Times Remembered
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4th of July

The 2020 4th of July will be very different than other 4ths we have seen. Most of us will be staying home and having only immediate family that we are with regularly. But we can still celebrate with our immediate family (10 or less), with a cook out or a special meal. We only have 5.

If I go out, I will wear a mask, and practice social distancing. These things are very important; abiding by the rules will save lives. Some say they don't want to wear a mask; or they don't

have to; well, you could be in for more pain if you have to be on a ventilator and incubated and lie on your face for weeks. Your face will have bed sores. So I definitely don't want the virus and I will do what I can to prevent from getting it and spreading it to other folks.

Looking for a way to spice up your 4th of July celebration? Try this spicy chicken wings recipe to put a flavorful twist on a holiday classic.

I like to cook and Bob loves to grill, so we are cooking and staying home. Some new recipes to spice up your 4th of July celebration are preparing Spicy Chicken Wings and Grilled Sweet Corn.

SPICY CHICKEN WINGS

INGREDIENTS:

- 2 lbs. chicken wings
- ¼ cup honey
- ¼ cup hot sauce
- 2 tablespoons butter
- 1 green Fresno chili, diced

DIRECTIONS:

Deep fry the chicken wings in vegetable oil or coat with olive oil and prepare on the grill. Glaze the ingredients on the wings toward the end of the cooking time to prevent burning the sugars. In a saucepan at medium heat

mix all the above ingredients until well combined. Toss wings in the sauce.

GRILLED CORN

- 6 ears of corn on cob, in husk
- ½ cup unsalted butter, room temperature
- 2 teaspoons kosher salt
- ½ cup Cotija cheese, (substitute is Feta cheese)

DIRECTIONS:

Prepare a hot charcoal or gas grill. Pull husk back on corn cob, but don't remove it. Remove corn silk. Tie up loose husk with a string making a handle away from the corn cob.

In a medium sized bowl, whisk together butter, salt, chili pepper and lime juice.

Holding corn by the makeshift handle, place the cob on the hot grill, turning the cob occasionally to ensure all sides cook evenly.

Once the grill marks appear, brush butter on the corn and continue to apply butter on all sides as you turn the corn. After 6-8 minutes remove corn from grill and brush liberally with butter.

Arrange the buttered corn on a plate. Drizzle lime and sprinkle with Feta cheese on top. Cover with foil until serving.

HAPPY 4TH OF JULY !!!

Free Medical and Dental Clinic Seeks Donations and Volunteers

The Post Clinic in Mount Sterling is seeking donations or volunteers for its free medical and dental clinic. The facility is one of only two free clinics in Kentucky and the only clinic that provides both FREE medical and dental care at one site. Medical and dental health care are provided to the uninsured, insured, employed and under-employed citizens from an approximately 20-county area who fall within income guidelines. A family of two making less than \$41,100 or a family of four making less than \$65,500 qualify. Services are administered by volunteer physicians, dentists, hygienists and nurses. Community volunteers supply clerical and other essential support.

These are hard time for non-profit organizations like the Post Clinic. The Clinic has substantial physical needs and relies on support from citizens and businesses within the counties it serves. The Clinic needs more volunteer doctors, dentists, physician assistants, nurse practitioners and dental hygienists.

Donations can be made by mailing a check to the Post Clinic, 15 Sterling Avenue, Mount Sterling, KY 40353 or visiting us on Facebook or our website www.postclinic.org.

If you are a medical or dental professional and wish to volunteer your services, please call the clinic at (859) 498-0231 or email <post-clinic@att.net>. If you have questions or want to schedule a dental or medical appointment, please call (859) 498-0231.

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1

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3

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4

SUNDAY
JULY
5

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