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Family & Community

Mail announcements to The Estill Tribune, 6135 Winchester Road, Irvine, KY 40336 Call (606) 723-5012; Fax to (606) 723-2743; or E-mail it to <News@EstillTribune.Com>



Wednesdays, February 17 & 24

Cooking Through the Calendar

February Cooking through the Calendar Facebook Live Series - Join Estill County SNAP-Ed program assistant Jessica Webb each Wednesday in February (Feb. 17, Feb. 24) at 1:00 p.m. for her Cooking through the Calendar series. She will be demonstrating recipes from the 2021 Food and Nutrition calendar as well as answering questions you may have about recipes, meal planning, programming, and more. The live will be broadcasted on the Estill County Nutrition Education Program Facebook page at https://www.facebook.com/ECNEP. This is a good opportunity to learn some new, healthy recipes and to interact and ask questions about the Food and Nutrition Program. For more information, or to pick up your free 2021 Food & Nutrition calendar, contact Jessica Webb, SNAP-Ed program assistant at 606-723-4557.

February 25, March 4 & March 11 Big Blue Book Club is Back

The Big Blue Book Club is off to a great start! We invite returning book club members and new members alike to participate in our second series beginning February 25. Our second book is Flipping a Switch: Your Guide to Happiness and Financial Security in Later Life by Barbara O'Neill, **PhD**, **CFP**. Not only will you have the opportunity to read the book, but as a bonus, Dr. O'Neill will be the Book Club Host for this series. You may participate in a day session or evening session, which will be held on February 25, March 4, and March 11 at 10:00 am CST/ 11:00 am EST or 6:00 pm CST/7:00 pm EST. (The morning and evening sessions will be the same each week.) We have a limited number of books available. Please complete the registration form available at *https://* ukfcs.net/BBbcRegistrationBook2 by 1/22/21, if you would like to reserve a copy of the book. Books will be delivered to local UK Cooperative Extension Service offices the first week of Febru-



Gravel Hauling

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Estill County's Vendors Mall

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THE ILLUSTRATED BIBLE



Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble. MATTHEW 6:34

"Self-Portrait With Hand On Brow" by Kathe Kollwitz (1910)

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