

Grace Center Inc.'s mission is: providing nutritious food and promoting social interaction with commitment and grace to our rural community.

The Grace Gazette

JULY 2011



Grace Center

701 W. Popcorn Rd.

Harrodsburg, Indiana

812-824-5595

NEW PANTRY HOURS

Pantry Hours:
Tuesdays
10:00 am-12:00 pm
Thursdays
5:00pm-7:00pm
 (Located in back of Community Hardware)
Serving Clear Creek, Indian Creek, and Polk Townships

WISH LIST GOAL:

Beef Stew, Canned Salmon, Spaghetti O's, Chicken and Noodles, Individual Containers of: Jello, Pudding, Yogurt or Fruit

CAN YOU HELP?

Kroger Gift Card Reload Update

We met our goal again!

Kroger sent Grace Center a check for **\$163.35!** Keep reloading those cards. Use your card to buy **groceries and gas!** A great way to help Grace Center without spending any extra money!



Who can come to the Community Dinner?

EVERYONE!

How Grace Center helped the Community in May

- 322** Adults served
- 132** Children helped
- 159** Families helped
- 369** Bags of Food given
- 6** New Families Helped

Board Members:

Tina Baugh, President
Debbie Woodward, Vice President
Steve Fichtner, Treasurer
Linda Brammer, Secretary
Jim Baugh, Incorporator/Member at Large
Clarissa Hawk, Mem. at Large

JULY AUSSIE FOOD DRIVE

Hey mate! Would you like the chance to pick up a \$25.00 gift card to Outback Steakhouse where you can enjoy some cookin' on the barbie? Here is your chance. During the month of July, anyone who brings in a donation to Community Hardware, Inc. for Grace Center Food Pantry will have their name entered in a drawing to win an Outback gift card donated by Community Hardware! Lay down that boomerang and bring your canned, fresh or frozen food items to Community Hardware during business hours (Mon.-Fri. 8am-6pm or Sat. 8am-5pm). If your group gathers more than 100 lbs., you can have your items picked up, just call 824-7171 to make arrangements. Join the fun, help 'stock the shelves', and help the community! All donations are very much appreciated. G'day mate!



SMITHVILLE Farmer's Market

8AM TO NOON SATURDAYS

Local and Amish grown produce and products available. Each week through the growing season, join us at the Shelter House, in Smithville Park, next to Redman Hall, on Strain Ridge Road. Buyers, vendors, and musicians always welcome.

AMISH SLAW

By Christina J: "I live in a wonderful Amish community and the ladies here are wonderful cooks. This is a lovely cole slaw recipe for those who like slaw without mayonnaise."

- 1 medium head cabbage, cored and shredded
- 1 medium onion, finely chopped
- 1 cup white sugar
- 1 cup vinegar
- 1 teaspoon salt
- 1 teaspoon celery seed
- 1 teaspoon white sugar
- 1 teaspoon prepared mustard
- 3/4 cup vegetable oil
- Optional: 2-3 shredded carrots

Directions: In a large bowl, toss together the shredded cabbage, onion, shredded carrots, and 1 cup sugar. In a small sauce pan, combine the vinegar, salt, celery seed, 1 teaspoon white sugar, mustard and oil. Bring to a boil, and cook for 3 minutes. Cool completely, then pour over cabbage mixture and toss to coat. Refrigerate overnight for best flavor.



FRUGAL LIVING


CHEAP WAYS TO STAY COOL THIS SUMMER

Many people will be spending the hot summer without the use of an air conditioner. Either they do not have an air conditioner, or their air conditioner is not working, or maybe they are planning to use theirs less or not at all the year to help save energy and money. Whatever the case, here are a few suggestions for keeping cool this summer.

1. Drink plenty of water. Our body temperatures are cooled by water much like a car's temperature is lowered with its coolant.
2. Water is also a good way to keep cool in other ways. Splash water on your wrists or temples to help cool you. Try a cool washcloth or small towel on your neck while you are outside. A cool shower at the end of the day can be very refreshing.
3. Eat cool fruits. The reason fruit becomes so tantalizing on our taste buds during the dog days of summer is because our body screams for high moisture content foods.
4. Wear cotton clothing instead of other synthetic fabrics. Breathable cotton fabrics are the key to warm weather comfort.
5. Smooth on some aloe vera gel after a day in the sun or after a shower. Similar to menthol, aloe vera has a cooling effect once its spread on. For an even chillier experience, store you aloe gel in the refrigerator before application.
6. Try eating spicy foods. India and Thailand might be onto something eating spicy, hot foods even in their spicy hot, year-round climates. According to scientists, spicy foods don't actually raise your body temperature but will help you sweat, thanks to capsaicin, a chemical found in hot peppers. Sweating isn't always a bad thing since once it begins to dry up; you'll feel cooled off.
7. Get a haircut. A thick, long mane can be a culprit in draggingArticle continued on back

Community Center Activity Calendar

www.gracecenterindiana.org email: gracecenterinc@gmail.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Indiana Creek Firefighter Events will be held at the Indian Creek Fire Station at 8019 South Rockport Road</p>				<p>2</p> <p>All events are held at the Community Center unless otherwise noted</p>	1	2
<p>3</p> <p>Indian Creek Firefighters Breakfast 8 am-Noon</p>	<p>4</p> 	<p>5</p> <p>Food Pantry 10:00am-12:00pm Grace Center Board Meeting at Community Hardware 6:00pm</p>	<p>6</p>	<p>7</p> <p>Food Pantry 5:00pm-7:00pm Harrodsburg Lions Club 6:30pm</p>	<p>8</p>	<p>9</p>
<p>10</p> <p>See ★ above</p>	<p>11</p>	<p>12</p> <p>Food Pantry 10:00am-12:00pm Euchre 12:30pm-2:30pm</p>	<p>13</p>	<p>14</p> <p>Food Pantry 5:00pm-7:00pm</p>	<p>15</p>	<p>16</p> <p>Event listed BELOW</p>
<p>17</p>	<p>18</p> <p>Ladies Craft Night Smithville Com. Center, 6:30 Contact Patty, 824-2611</p>	<p>19</p> <p>Food Pantry 10am-12noon</p>	<p>20</p>	<p>21</p> <p>Food Pantry 5:00pm-7:00pm</p>	<p>22</p>	<p>23</p>
<p>24/31</p> <p>July 31 Event listed below</p>	<p>25</p>	<p>26</p> <p>Food Pantry 10am-12noon Euchre 12:30-2:30pm Community Dinner 5:30pm-7:00</p>	<p>27</p> <p>Indian Creek Lions Club 7pm Call Lloyd at 824-9771 for location</p>	<p>29</p> <p>Food Pantry 5:00pm-7:00pm Valley Mission Church of the Nazarene Free Lunch Noon-1pm</p>	<p>29</p>	<p>30</p>

July 16

Indian Creek Firefighters All Community Yard Sale, Crafts, Flea Market, and Farmers Market

8:00am-4:00pm

Food and Refreshments will be available.

Indian Creek Fire Station at 8019 South Rockport Road



- ### GRACE CENTER SENDS THANK YOU'S TO:
- The first grade Daisy Girl Scouts at Lakeview School for having a food drive that brought in 141 lbs!!
 - Harrodsburg Assembly of God for their monetary donation each month.
 - Harrodsburg United Methodist Church for donating 80 lbs of food.
 - M. Law for donating corn and beef from her freezer.
 - Nick and Sam Roy for donating 7 lbs of food.
 - Linda Brammer for donating 2 lbs of lettuce from her garden.
 - Ashley Woodward for donating Hamburger Helper and Cereal from her pantry.
 - All Anonymous givers for 67 lbs. of donated food.
 - Riley Chaney for transporting bread donated from Kroger South.
 - Lakeview School Kitchen for donating 200 lbs of frozen food, 49 lbs. of Bread/Chips and 23 lbs of Misc. food items.
 - Southern Hills Church of Christ for donating 36 lbs. of food.
 - All volunteers for donating their time, means and heart.

Harrodsburg United Methodist Church

Community-Wide Picnic

Come for free food and beverage

Sunday, July 31 and August 28, 3:30-8 pm

Harrodsburg Community Ctr.
Music, games, activities for all ages.
Bring your family and friends.

A special thank you to our past and present military and their families, for helping keep America free! Thank you for your service!

Happy Fourth of July!

you down during the dog days of summer. Getting a simple haircut is a quick way to feel light and breezy again.

8. Adjust your pilot light. If you have a gas stove with pilot lights, make sure they are set correctly. If they are too high they'll produce excess heat. We stop using the oven in the summer and just turn the gas off.

9. If your home is blazing hot and you can't handle the heat upstairs, try sleeping in the basement to cool your costs. Setting up a bed and sleeping below ground is free and can help you catch some ZZZs when the weather is unbearable.

10. When all else fails, join the kids outside, turn on the sprinkler, and jump in.

...Frugal Living Continued

ADDRESS LABEL

STAMP

Grace Center Inc.
PO Box 5
Harrodsburg, IN 47434
Return Service Requested