



Times Remembered

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Just returned from our annual basketball trip with our kids'; the Scott County Girls' Basketball Team. This year we went to the Blue Star Invitational at Rock Hill, South Carolina/Charlotte, North Carolina area. They won 2 and lost 1. They played some very talented teams ranked nationally. Their play was exceptional; considering that the schools split this year. I'm very proud of them.

Since New Years' I've been thinking about the past year and I'm making some New Years' resolutions. I can try to keep them; but I know sometimes I fail.

* I'd like to do at least one good thing a day for someone, even if it is just an encouraging word. We all need prayer, praise and appreciation.

* Hold the door open for someone; especially the elderly who have difficulty walking.

* I will try my best to

January Happenings

tolerate that person that gets on my last nerve; you know them I'm sure.

* I want to share my blessings with someone I don't know, like paying for the person's food behind me at the drive-thru now and then and praying for them.

* Be a courteous driver and let someone pull in front of you in traffic or change lanes.

* Allow someone to go in front of you in the grocery store when he/she only has only two or three items.

* Be courteous when returning items for exchange at the Customer Service Desk in stores like Wal-Mart. Losing your temper just makes things worse. My Mother always told me, "You can get more flies with honey than vinegar." Meaning if you are nice and don't raise your voice, maybe the exchange will go better.

* Give extra donations to one's favorite charity, I give clothes to Goodwill and donate to food banks and St. Jude's already..... maybe I could add another.

* I want to spend more time with family and friends. You don't realize how much they mean to you until they are gone.

* Don't put off visiting the sick and elderly; especially the shut-ins and nursing home patients. You may be the only friendly face they see all day. Call and check on the elderly; especially in the winter months.

* Bob and I do a "Sunshine Birthday Party," at the Nursing Home once a month, where we sing, talk and enjoy cake and punch with the residents. Our church donates small gifts to the birthday men and women. They love it. They sing every word with smiles on their faces. Their favorite song is "Jesus Loves Me." Even with Alzheimer's they still remember the words of songs. That's amazing.

* I want to really get serious about my diet, (cut out sugar), eat the right foods, lose weight and exercise regularly.

* Perhaps we all could show more kindness toward each other. These are trying times; pray for our nation.

Are those pantyhose or waist-high compression stockings?



America's Heartland

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A fellow who stopped by to visit one of his redneck friends was surprised to see him wearing panty hose.

The man asked: "When did you start wearing those things?"

The redneck replied: "The day my wife found them in my glove compartment."

The late Minnie Pearl, the wonderfully funny Nashville comedienne, used to get big laughs when she'd tell that joke on the Grand Ole Opry.

There are some things a man can do that just

seem out of place, and I suppose wearing panty hose would be among those things. But you might like to know that old age can bring circulatory issues that lead to doctors prescribing what men prefer to call "waist-high compression stockings." It turns out the compression helps with varicose veins and other leg conditions that can befall older men.

Age can creep up on us, bringing with it all kinds of indignities. Jesus told us in John 21:18 that when we're young, we dress ourselves and go wherever we want, but when we're old, someone else dresses us and takes us places we'd rather not go.

I was reminded of that when my friend Doris Taylor of London, Ky., sent me a Scottish poem, I'm Fine Thank You, written by Constance O'Neon. Here's what it said:

There is nothing the matter with me

I'm as healthy as can be.

I have arthritis in

both my knees
And when I talk, I talk with a wheeze,
My pulse is weak and my blood is thin,
But I'm awfully well for the shape I'm in.

Arch supports I have for my feet,
Or I wouldn't be able to go on the street.

Sleep is denied me night after night,
But every morning I find I'm all right,

My memory is failing, my head's in a spin
But I'm awfully well for the shape I'm in.

The moral is this, as my tale I unfold,
That for you and me who are growing old,

It's better to say, "I'm fine" with a grin,
Than to let folks know the shape we're in.

As the years begin to add up and the body begins to fail, who's to say whether we might one day end up wearing pantyhose or, uh, compression stockings. But, if we do, let's hope it's because of a medical issue and not because an angry wife found a pair in the glove compartment.

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Education Notes

The next official GED test date in Estill County is January 18, 2020. Contact Estill County Adult Education Skills U for more information at 606-723-7323.

Save \$60.00, earn your GED, and enroll in college. Anyone who completes their financial aid and a college admissions application with our college counselor may be eligible for a limited time for free GED test vouchers worth \$60.00. Please contact Mary Fields, Adult Education Skills U at 606-723-7323 mary.fields@estill.kyschools.us.

The deadline for the 2020 Rogers Scholars application is fast approaching. Before students complete the online application process, The Center for Rural Development recommends that applicants complete all items on the application's checklist.

The deadline to apply for this summer's Rogers Scholars program is Jan. 24, 2020. The application is a two-step process.

The first step in the application process is completing a checklist. Once the checklist is complete, students can move on to the second step, which is filling out the application on the youth programs' website, centeryouthprograms.com.

12-Oz. Pack Fischer's Bacon \$3.99 Each	Boneless Top Sirloin Steaks \$4.99 Lb. USDA Choice	Superior Boneless Hams \$1.99 Lb. Whole	USDA Boneless Skinless Chicken Breast \$2.29 Lb.	Boneless Chuck Roast \$4.99 Lb. USDA Choice
6-Packs 16.9-Oz. Bottles PEPSI Products 4/\$10 FOR 10	1-Lb. Roll Robinson Sausage 2/\$5 FOR 5	Fully-Cooked Banquet Sausage Links 5/\$5 FOR 5	32-Oz. Bottles POWERADE 79¢ Ea.	In The Deli Fish Sandwich \$3.99 Plus Tax Comes With 1 Side
Pillsbury 12-Oz. Crescent Rolls 2/\$6 FOR 6	Aunt Jemima 32-Oz. Pancake Mix \$2.99 Each	General Mills Cereals \$2.79 Each (8.9 to 12-Oz.) Cheerios, Trix, Lucky Charms, Cinnamon Toast Crunch, and Reese's	Banquet Asst. TV Dinners 2/\$3 FOR 3	North Star Ice Cream Bars \$3.99 Each Orange Dream & Fudge
Asst. Selection NY Texas Toast \$2.99 Each	Red Gold 14.5-Oz. Tomato Products 99¢ Ea.	Wish-Bone 15-Oz. Salad Dressings 2/\$5 FOR 5	Totino's 9.8 to 10.9-Oz. Party Pizzas 4/\$5 FOR 5	Armour 14-Oz. Chili w/Beans \$1.79 Each
Hostess Multi-Pack Snack Cakes 2/\$5 FOR 5	Mott's 4-Oz. Cups Applesauce \$2.29 6-Pack	Chi Chi's Tortilla Flour \$1.99 Each	Spam 12-Oz. Lunch Meat \$2.99 Each	16-Oz. Chi Chi's Salsa \$2.69 Each
Light & Fluffy 12-Oz. Egg Noodles \$2.29 Each	IGA 10.5 to 10.75-Oz. Soups 69¢ Ea.	Kraft 12-Oz. French Onion Dip \$1.79 Each	IGA Microwave Popcorn (3-Pk) 4/\$5 FOR 5	Beckmans 46-Oz. Can Tomato Juice 4/\$5 FOR 5
Niagara Purified Water 2/\$5 FOR 5 24-Pack 16.9-Oz. Bottles	4-Lb. Bag White Gold Sugar \$1.88 Bag	FRESH PRODUCE	5-Lb. Bag Idaho Potatoes \$1.99 Bag	Iceberg Head Lettuce \$1.29 Each
	Nestle 6-Packs Hot Cocoa Mixes 99¢ Ea.	5-Lb. Bag Idaho Potatoes \$1.99 Bag	Fresh 3-Lb. Bag California Navel Oranges \$2.99 Bag	3-Lb. Bag Yellow Onions \$1.49 Bag
		Fresh Express Salad Blends 2/\$5 FOR 5		Armour Lunch Makers 5/\$5 FOR 5

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