



Times Remembered

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Today everyone is talking about the eclipse; nearly every TV and radio station is talking about it. Most of the schools are out for the day, people are camping, and crowding motels in towns where the eclipse will be seen the best such as Hopkinsville and Nashville.

I can't ever remember that much hoopla during the last eclipse. The longest solar eclipse lasted 6 minutes and 39 seconds on July 22, 2009. The last total solar eclipse was February 26, 1979.

Many of the elementary school kids are worried about it; my grandson's bus picks him up at 2:30 every day and he's so concerned that he doesn't want to go outside to the bus because that is the time it is supposed to happen. The little kids are afraid they will go blind.

Estill County is out of school today, (Monday), but Scott County, where Colton attends is in session. Attendance is very low at Scott County today. There were only nine kids

The Eclipse

in Tara's first hour class which is usually 30.

In my days, several years back in the 60s, everyone was talking about UFOs. Several sightings in Estill County were seen near the Estill-Madison County line near the Thomas Road-Panola area.

Some of my friends were having a wiener roast one night on the creek bank and they saw a very bright light in the sky. It began to travel downward through the sky . . . hovering low over the ground for several minutes and then it began to fade away over the horizon.

I saw the same type of experience another time at the Red Hill Cemetery in the Madison County-Panola area. We went there one particular night hoping to see the UFO that everyone had been talking about and having sightings.

We parked and waited about two hours and sure enough; about midnight the same experience that my friends had seen several months ago happened again. The light appeared real bright; it slowly moved downward toward earth. It hovered the same way as the other people said, and as it got closer to earth it dimmed and disappeared. It was nothing like a shooting or falling star. No evidence was ever found on the ground the next morning.

These sightings went on for quite a while. Many people wondered if it could be something at the depot they were testing or shooting. Many people in

that community saw the same thing.

A friend of mine said they were in the basement of their house when someone hollered "Help." The others there thundered across the floor and ran outside. She said she ran outside too and heard hysterical neighbors in the yard pointing toward an odd silver shape in the evening sky. In the blink of the eye, it zipped across the horizon . . . and stopped . . . spinning at a dizzying whirl and came near their house.

It looked like a flying saucer hovering over their yard. She said it looked like two silver pie plates glued together in the middle. It spun for a few minutes; she thought it was taking pictures? In a few minutes it shot into the sky . . . then swoosh it was gone. This was in southern Ohio.

I suppose we all have seen weird things in the sky at times but when several people in the same neighborhoods see the same things it makes you wonder do aliens or the Russians monitor us? Who knows?



People hurl insults like water balloons these days



America's Heartland

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A young bride-to-be was talking to her friend about her fiancé.

"He keeps telling everyone he's going to marry the most beautiful girl in the world," she said.

"What a shame," her friend replied. "And after all this time you've been engaged to him."

Best friends can get by with saying such things in jest, I suppose. But the bible warns against handing out insults.

"Whoever belittles his neighbor lacks sense" (Proverbs 11:12).

Last year, a Canadian

comedian was ordered to pay \$35,000 to a singer who was the butt of one his jokes. No one wants to be the subject of put-down comedy. Yet, people tend to poke fun at spouses, siblings, parents, children, co-workers, classmates, and the list goes on.

The story is told about a man walking through town in a cowboy hat he had just purchased when he passed by a smart aleck woman. "You look almost like a man today," the woman said. "So do you," the fellow responded.

Hurling insults has become an American pastime, and some people stay busy trying to think up fresh ammunition. God's word says we should never let it be known that we're bothered when they're aimed at us.

"The vexation of a fool is known at once, but the prudent ignores an insult" (Proverbs 12:16).

I was at a family reunion a few weeks ago and enjoyed watching the children engage in a friendly water balloon fight. It looked so refreshing on a hot summer day that some of the grownups jumped in.

One of my nephews, in

his 20s, proved to have incredible aim, lobbing the balloons with great accuracy, landing them with a splash on his cousins. But one person he never once took aim at: His fiancé. Though she landed a couple on him, leaving him dripping wet, he would not retaliate.

I asked him why, and his answer was simple and profound. "Because she's going to be my wife."

Like my nephew with the water balloons, we should consider our targets before we lob insults or disparaging words. Whether it's our future wife, schoolmates, or co-workers, they're fellow human beings made in the image of God and worthy of being treated with dignity and respect.

Perhaps we could all aim to be more like the fiancé in that opening story who had nothing but good to say about his future wife, and less like the friend who delivered the cutting remark.

Roger Alford offers words of encouragement to residents of America's heartland. Reach him at rogeralford1@gmail.com.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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ESTILL COUNTY SCHOOLS MENUS

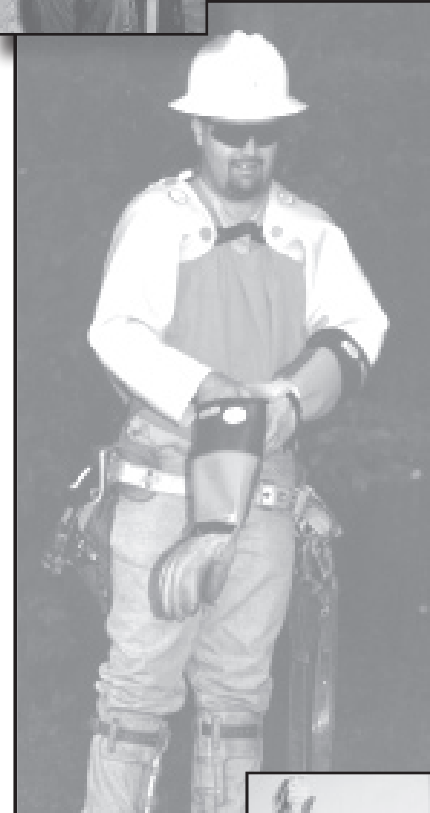
Milk is included with every meal; plus assorted juices included with breakfast

MONDAY August 28	TUESDAY August 29	WEDNESDAY August 30	THURSDAY August 31	FRIDAY Sept. 1
SOUTH IRVINE EARLY LEARNING CENTER BREAKFASTS				
Toast, Cheerios Pears Milk	Pancake Porky Apples Milk	Maple Waffle Applesauce Milk	Biscuit Gravy Orange	Muffin Mandarin Oranges Juice, Milk
SOUTH IRVINE EARLY LEARNING CENTER LUNCHES				
Chicken Nuggets Roll Green Beans Apple, Ketchup Milk	Pizza Hut Pepperoni Pizza Corn Oranges Milk	Hamburger/Bun Baked Beans Peaches Mustard/Ketchup Milk	Turkey Sandwich Potato Smiles Strawberry Cup Ketchup Milk	
ESTILL SPRINGS BREAKFASTS				
Toast/Cereal Pears Asst. Juice Milk Choices	Pancake Porky or Cereal Graham Snack, Apple Asst. Juice Milk Choices	Yogurt, Cheese, Gra- ham Snacks or Cere- al/Graham Snacks Applesauce Asst. Juice, Milk	Biscuit/Gravy or Ce- real/Graham Snacks Applesauce Asst. Juice Milk Choices	Asst. Muffins or Cereal/Graham Snacks, Peaches Asst. Juice Milk Choices
ESTILL SPRINGS LUNCHES				
Chicken Nuggets Roll Mashed Potatoes Green Beans Apple, Milk	Pizza Hut Pepperoni Pizza Corn Grape Tomatoes/Dip Oranges	Hamburger/Bun Potato Wedges Baked Beans Dill Pickle Slices Peaches, Milk	Cheese Breadsticks Marinara Sauce Steamed Broccoli Cucumber Slices/ Dip, Pears, Milk	Pizza Munchable Baby Carrots/Dip Raisins Milk
WEST IRVINE BREAKFASTS				
Toast/Cereal Fruit Juice, Milk	Pancake Porky or Cereal, Fruit Juice, Milk	Yogurt, Cheese, Crackers or Maple Waffles or Cereal	Biscuit and Gravy or Cereal/Scooby Snacks, Fruit	Assorted Muffins or Cereal/Graham Snack, Fruit
WEST IRVINE LUNCHES				
Chicken Nuggets Roll Green Beans Mashed Potatoes Apple, Milk	Pizza Hut Pepperoni Pizza Grape Tomatoes/Dip Corn Oranges, Milk	Hamburger/Bun Potato Wedges Baked Beans Peaches Dill Pickle Slice	Cheese Bread Sticks Cucumber Slices/ Dip, Marinara Sauce Steamed Broccoli Pear, Milk	Pizza Munchable Carrots/Dip Raisins Marinara Sauce Milk
ESTILL COUNTY MIDDLE SCHOOL BREAKFAST				
Dutch Waffle Cereal & Pop Tart Apples Juice & Milk	Eggs and Toast Cereal & Pop Tart Pineapples Juice, Milk	Biscuit and Gravy Cereal & Pop Tart Applesauce Juice & Milk	Yogurt/Scooby Snacks, Banana Cereal & Pop Tart Juice & Milk	Muffins and Cereal Mandarin Oranges Juice, Milk
ESTILL COUNTY MIDDLE SCHOOL LUNCH				
Popcorn Chicken Roll, Apples Mashed Potatoes Normandy Blend Tropical Fruit Milk/Juice	Pizza Hut Pizza Chicken Quesadilla Broccoli Bites Marinara Sauce Corn, Pears Cantaloupe	Spicy Chicken/Bun Fish on Bun Potato Smiles Let./Tom./Pickles Mandarin Oranges Applesauce	Mini Corn Dogs Mr. Rib on Bun Baked Beans Potato Wedges Peaches Pineapples	Spaghetti, Meat Sauce Ravioli, Breadstick Garden Salad Cooked Carrots Mandarin Oranges Watermelon
ESTILL COUNTY HIGH SCHOOL BREAKFAST				
Cereal, Pop Tarts Yogurt Oranges/Apples Juices/Milk	Dutch Waffles Cereal Pop Tarts, Yogurt Oranges/Apples	Bacon/Egg/Cheese Biscuit, Cereal Pop Tart, Yogurt Banana, Apple	Chicken Biscuit Cereal, Pop Tart Yogurt Banana or Orange	Breakfast Pizza Cereal, Pop Tart Yogurt Banana or Apple
ESTILL COUNTY HIGH SCHOOL LUNCH				
Chicken Tenders Roll, Spicy Chicken on Bun, Grapes Scalloped Potatoes Steamed Broccoli Tropical Fruit	Tacos w/Shell Chicken Fajita Let./Tom./Cheese Refried Beans, Corn Side Kicks Applesauce	Ravioli w/Breadstick Fish on Bun Garden Salad Grape Tomatoes Pineapples Peaches	Meatball Sub Chicken Patty/Bun Let./Tom./Peppers Green Beans Glazed Carrots Chips	Chili Dog on Bun Mr. Rib on Bun Tater Tots Carrot Sticks Peaches Pineapples

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