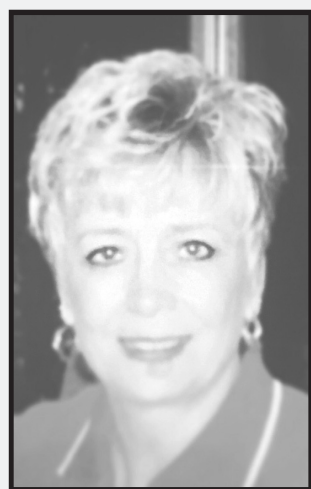


Red Storm Travel Team



Times Remembered
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This past weekend, Red Storm, a travel team from Scott County (our grandson, Colton's basketball travel team), competed in a 3rd Grade Tournament in Greenwood, Indiana, just outside Indianapolis.

Upon arrival, the boys were hungry and wanted to find a Mexican restaurant. We found a great restaurant near our motel, "On the Border," a Mexican restaurant that was very good; the chips and salsa were outstanding, and the grilled chicken enchiladas were very good also. Everyone enjoyed the food, fun and laughter. The boys sure keep you on your toes with their shenanigans.

Next we headed to the motel and the boys headed straight to the swimming pool; never mind they had to play ball at 10:00 the next morning. But the parents said, "Okay," and they

were off to get their swimming trunks. They swam for about an hour or so, then it was straight to their rooms and into bed.

8:30 came early Saturday, and the boys were wide awake and ready to go. The gym was only about 10 minutes away, which was a plus. We were there in no time.

The games were being played at "The Basketball Company," a complex, built and organized by a former high school coach and teacher who had retired and decided to establish this facility for the youth in the vicinity. Hoosier fans are as passionate about their basketball as Kentucky fans.

Red Storm would play Centerville, Indiana. The Storm jumped out to early lead and never fell behind.

Winning 42-4. The coach played everyone but still won by a large margin. We would play again at 1:40.

There was a lull in between games but the boys did ok with the down time. They ate, played their I-pads and generally laughed and had a great time.

Up next was The Basketball Company's home team, same as the first game. Storm got out to an early lead and won 40-6. The scoring was practically even during all the games. It was a great team effort by all. Colton led all scorers with 8 in the first game and 10 in the second game and 10 in the championship. Next was Graham Swartz with 8 in each game.

The last game for the 3rd grade championship was taken by Red Storm by a score of 44-10. The boys were elated to win a championship outside the state.

Colton told Tara, his mom, that he would just love to travel from state-to-state and play ball and stay in motels instead of going to school. She said, "Sorry about your luck kiddo, but you will have to go to the NBA someday and be rich to do that; right now you have to complete 13 more years of school." He loves school but he loves his basketball. Colton's team mates are: Graham Swartz, Sam Penn, Sam Pearson, Colton Warren, Hayden Kirby, Isaac Opland, and Carter James. They are coached by Steve Helton, Mike Warren and Tara Helton.

After the championship game, parents and boys had tickets to the Indiana Pacers game on Saturday night at Bankers Field House in Indianapolis. We had been there before but it seemed so much bigger than before, our seats were so high. I guess it just seemed bigger. The boys really enjoyed seeing a pro-ball team play. The Pacers weren't in the game until the very end and they came back and defeated the Magic by a score of 114-112.

Everyone returned home on Sunday safely, happy, but tired. My back can't take bleachers like it once did. Oh! well that's the price we pay for the "Golden Years?"



Red Storm - 3rd Grade Champions - Not in order, Graham Swartz, Sam Penn, Sam Pearson, Colton Warren, Hayden Kirby, Isaac Opland, Carter James and Colton Helton.

Never forget who's behind the wheel on life's highway



America's Heartland
Roger Alford
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Maybe you heard about the two elderly ladies enjoying a leisurely drive to church one Sunday morning.

The car blew through two red lights, a couple of stop signs, and missed the turn into the church drive.

"Do you realize you just passed the church?" the passenger asked.

"Oh, dear," said the other. "Am I driving?"

Clearly, we need to know who is in the driver's seat of our lives. Hopefully, we've all learned to allow the Lord to steer us in the directions we should go.

"Many are the plans in the mind of a man, but it is the purpose of the Lord that will stand" (Proverbs 19:21).

For some people, giving the Lord complete control can be scary, but the fact is, there should be nothing more comforting to us than knowing we've yielded our lives to Him.

When Joshua, who followed Moses as leader of the Israelites, was feeling unsure of his abilities in his new role, God offered him words of encouragement that I believe are helpful

for all of us today.

"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go" (Joshua 1:9).

Scripture also lets us know that God is ultimately in control, despite the plans we have for our lives.

"The heart of man plans his way, but the Lord establishes his steps" (Proverbs 16:9).

So, while we need to hang onto the steering wheel in our automobiles, we should always yield control of our lives to our Lord. He will never steer us the wrong direction.

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

Estill Schools Breakfast and Lunch

Thursday, February 1 South Irvine Pre-school

Breakfast: Scrambled Eggs, Toast, Mandarin Oranges, and Milk.

Lunch: Cheese Breadstick, Marinara Sauce, Peas, Side Kicks, and Milk.

Estill Springs

Breakfast: Biscuit/Gravy or Lucky charms/Biscuit, Oranges, Asst. Juice, and Milk.

Lunch: Round Cheese Pizza, Corn, Baby Carrots/Ranch Dip, Pineapple, Milk.

West Irvine

Breakfast: Scrambled Eggs & Toast or Cinn. Toast Crunch Cereal, Banana, Juice, and Milk.

Lunch: Chicken Nuggets, Roll, Mashed Potatoes, Green Beans, Applesauce, and Milk.

Estill Middle School

Breakfast: Pancakes, Chocolate bites or Mini Wheats, Pop Tart, Banana, Assorted Juice, and Milk.

Lunch: BBQ or Fish on Bun, French Fries, Cole Slaw, Applesauce, Pears, Milk, Juice.

Estill High School

Breakfast: Sausage Biscuit, Pop Tarts, Yogurt Parfait, Donut Holes, Oranges or Apples, Juice, and Milk.

Lunch: Chicken Alfredo w/Breadstick, Pork Chop on Bun, Garden Salad, Grape Tomatoes, Steamed Broccoli, Mandarin Oranges/Pears, and Milk/Juice.

Friday, February 2 South Irvine Pre-school

Breakfast: Yogurt, Animal Crackers, Juice, and Milk.

Lunch: Hamburger on Bun, French Fries, Peaches, and Milk.

Estill Springs

Breakfast: Asst. Muffins, Trix Cereal, Peaches, Asst. Juice, and Milk.

Lunch: Mini Corn Dogs, Potato Smiles, Steamed Broccoli, Applesauce, and Milk.

West Irvine

Breakfast: Asst. Muffins or Cocoa Krispies, Apple, Juice, and Milk.

Lunch: Hot Dog/Bun/Chili Sauce, Potato Smiles, Carrots/Dip, Apple, Cookie, and Milk.

Estill Middle School

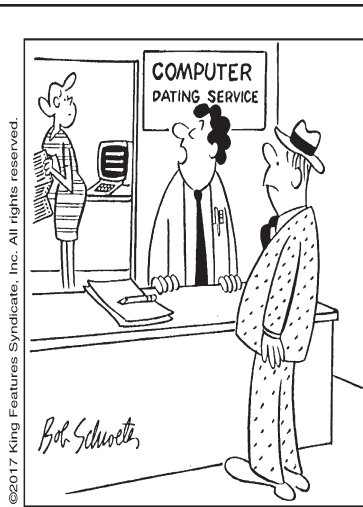
Breakfast: Chocolate or Cinnamon Muffins, Apple Cinn. Cheerios, Pop Tarts, Mandarin Oranges, Assorted Juice, and Milk.

Lunch: Taco w/Shell, Chicken Fajita w/Shell, Let./Tom./Cheese, Salsa, Refried Beans, Pineapples, Oranges, and Milk/Juice.

Estill High School

Breakfast: Dutch Waffle, Cereal, Cereal Bars, Pop Tarts, Mini Chocolate Donuts, Oranges or Apples, Juice, Milk.

Lunch: Chili w/Crackers, Grilled Cheese, Romaine Salad, Grape Tomatoes, Broccoli Bites, Carrot Sticks, Peaches/Pineapples, Milk, and Juice.



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Area

ANGER

Level

BLASTE

Basic

PETALS

Create

SINGED

TODAY'S WORD

ESTILL LIBRARY BOOKMOBILE SCHEDULE

246 Main Street Irvine, KY – Call 723-3030

FEBRUARY 5-9, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mountain Crest Old Pike Millers Creek Cow Creek	Winston Trotting Ridge Sandhill Rice Station	Nursing Home Horizon Daycare Ravenna Wagersville Drip Rock	Spout Springs Hudson Mill Rd. Old/New Fox Hargett	South Irvine Early Learning Center

"Mommie & Me" and Storytime Wednesdays, 10:00 a.m. & Fridays, 10:30 a.m.

ESTILL COUNTY SCHOOLS MENUS

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

MONDAY Feb. 5	TUESDAY Feb. 6	WEDNESDAY Feb. 7	THURSDAY Feb. 8	FRIDAY Feb. 9
SOUTH IRVINE EARLY LEARNING CENTER BREAKFASTS				
Toast, Cheerios Pears Milk	Pancake Porky Apples Milk	Maple Waffles Peaches Milk	Biscuit, Gravy Cooked Apples Milk	Muffin Mandarin Oranges Juice, Milk
SOUTH IRVINE EARLY LEARNING CENTER LUNCHES				
Chicken Nuggets Roll Mashed Potatoes Green Beans Applesauce, Milk	Round Cheese Pizza, Corn Oranges Milk	Chicken Noodle Soup Grilled Cheese Carrot Sticks Applesauce, Milk	Ham Sandwich Potato Smiles Fruit Milk	Hot Dog on Bun Potato Rounds Apple Milk
ESTILL SPRINGS BREAKFASTS				
Toast Cocoa Puffs Pears Asst. Juice Milk	Pancake Porky Syrup or Cinn. Toast Crunch/Graham Snacks, Apple Asst. Juice, Milk	Yogurt & Cheese Sticks or Frosted Flakes Graham Snacks Applesauce	Biscuit/Gravy or Lucky Charms Biscuit Oranges Asst. Juice, Milk	Asst. Muffin Trix Cereal Peaches Asst. Juice Milk
ESTILL SPRINGS LUNCHES				
Bologna/Cheese Sandwich Pork & Beans Potato Rounds Applesauce	Chicken Tenders Roll, Green Beans Mashed Potatoes Peaches Milk	Chili/Crackers Grilled Cheese Cucumber Slices Baby Carrots/Dip Mandarin Oranges	Cheese Pizza Corn Grape Tomatoes/ Ranch Dip Pears, Milk	Deli Turkey/Bun Potato Smiles Steamed Broccoli Strawberry Cup Milk
WEST IRVINE BREAKFASTS				
Toast & Cereal Applesauce Juice, Milk	Mini Waffles or Lucky Charms Orange, Juice, Milk	Pancake Porky or Cocoa Puffs Cereal Peaches, Juice, Milk	Biscuit & Gravy or Cinn. Toast Crunch Scooby Snacks, Ban.	Assorted Muffins or Cocoa Krispies Scooby Snacks, Apple
WEST IRVINE LUNCHES				
Hamburger Bun Baked Beans Carrots/Dip Lettuce Leaf, Tom. Chips, Peaches	Mini Corn Dogs Potato Smiles Steamed Broccoli Pineapple Tidbits Milk	Taco/Wrap Shredded Cheese Refried Beans, Salsa Shred. Lettuce, Tom. Strawberry Cup	Cheese Bread Sticks Marinara Sauce Cucumber Slices Grape Tomatoes/Dip Mandarin Oranges	Fiestada Pizza Corn Carrots/Dip Apple, Ice Cream Milk
ESTILL COUNTY MIDDLE SCHOOL BREAKFAST				
Breakfast Pizza Fruit Loops, Pop Tart, Apples Juice, Milk	Sausage & Biscuit Lucky Charms Pop Tart, Pineapples Juice, Milk	Pancake Porky Cocoa Puffs, Pop Tart, Applesauce Asst. Juice, Milk	Yogurt & Scooby Snacks, Frosted Flakes, Pop Tart Mixed Fruit	Donuts, Cinn. Toast Crunch, Reese Puffs, Pop Tart Peaches
ESTILL COUNTY MIDDLE SCHOOL LUNCH				
Asian Chicken /Roll Stir Fry Vegetables Asian Rice Carrot Sticks Apples, Pears Milk or Juice	Bosco w/Marinara Sauce, Chicken Quesadilla, Corn Broccoli Bites Applesauce Orange Push-up	Grilled Chicken or Spicy Chicken on Bun, Potato Smiles Let./Tom./Pickles Mandarin Oranges Strawberry Cup	Meatball Sub w/Cheese Chili Crispitos Asst. Peppers/Onions, Mixed Fruit Sidekicks	Corn Dogs Deli Turkey Sandwich, Baked Chips Potato Wedges Baked Beans Peaches, P-apples
ESTILL COUNTY HIGH SCHOOL BREAKFAST				
Sausage, Egg & Cheese Sliders Cereal & Cereal Bars Pop Tarts, Fruit Mini Choc. Donuts	Breakfast Pizza Pop Tarts Donut Holes Yogurt Parfait Orange or Apple	Bacon, Egg & Cheese Biscuit Pop Tarts, Yogurt Parfait, Mini Choc. Donuts, Fruit	Sausage Biscuit Pop Tarts Yogurt Parfait Donut Holes Orange or Apple	Dutch Waffles Cereal, Cereal Bars Pop Tarts Mini Choc. Donuts Orange or Apple
ESTILL COUNTY HIGH SCHOOL LUNCH				
Hamburger on Bun Mini Corn Dogs Romaine Salad Grape Tomatoes Potato Wedges Baked Beans Side Kicks Tropical Fruit	Hot Ham & Cheese Grilled Chicken/Bun Romaine Salad Grape Tomatoes Carrot Sticks Baby Bakers Grapes/Applesauce Milk/Juice	Chicken Patty/Bun Mr. Rib on Bun Romaine Salad Grape Tomatoes Steamed Broccoli Glazed Carrots Pineapples Peaches	Spaghetti w/Meat Sauce, Breadstick Fish on Bun Romaine Salad Grape Tomatoes Corn Mandarin Oranges Pears	Chicken Pot Pie Chicken Patty/Bun Romaine Salad Grape Tomatoes Mashed Potatoes Green Beans Peaches Pineapples

Offered Daily: Pizza Line
Sandwich Box, Salad Box