

# Nothing's more attractive than a firetruck when you need one



## America's Heartland

**Roger Alford**  
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When a redneck realized his house was on fire, he hurriedly called the fire department.

"Get over here," he shouted into the phone. "My house is burning down."

"OK," replied the dispatcher. "How do we get there?"

"Can't you just drive one of those big red trucks?"

That, of course, wasn't the answer the dispatcher needed. The truth is, when we're under extreme stress, we're prone to say some strange things. They can just pop out.

In the Old Testament, we read about a man named Job who was in a terrible fix. All of his children had been killed and he had lost all that he owned in calamities. To make matters worse, he was physically miserable

because he was covered in painful boils from head to toe.

As he sat in a pile of ashes, his grief-stricken wife looked at his miserable situation and said: "Why don't you curse God and die?"

Job responded: "You speak as one of the foolish women would speak" (Job 2:10).

Job's wife's words were less than helpful. This poor, miserable fellow was likely hungry for a word of encouragement after all that he'd been through.

We should keep in mind that Job's wife also had lost everything and was in need of some encouragement as well. These two were enduring great pain. And, at such a time, they found it difficult to be a comfort to one another.

It's at a time like that that we can experience the comfort of the Almighty.

Job and his wife were going through great pain, and they realized they had nowhere to look other than God for relief.

"The Lord is my rock and my fortress and my deliverer; my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold" (Psalm 18:2).

"He gives power to the faint, and to him who has

no might he increases strength. Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint" (Isaiah 40:29-31).

It's in our deepest struggles that we come to understand the love and strength of our God.

When those tough times come, we must cling to the mighty hand of God.

Firefighters will race to us in those big red trucks. But God will already be there, because he never leaves us nor forsakes us, no matter what.

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



**Attracting Songbirds**  
Mix together equal portions of black oil sunflower, hulled sunflower hearts and safflower seed and pour into a tube feeder. Not only will cardinals flock to your feeders, but other songbirds like tufted titmice, chickadees, buntings, finches, sparrows and nuthatches will eat it too. It's an all-time favorite mix.



## Times Remembered Betty A. Young

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# The Flu

Many concerned people in our community are dealing with the flu. Schools were closed for a week and many churches cancelled services.

I, myself have asthma and have symptoms of coughing and congestion. It is scary even though I have those symptoms I still wondered if it's the flu.

Last Sunday morning I felt terrible and decided to go to instant care since my physician is in Lexington and not in the office on week-ends. The room was full of people coughing and feeling ill. Thankfully, I didn't have the flu but I did have an ear infection.

I have been lucky so far; I take the flu shot every year and the pneumonia shot for adults 65 and over. I know the vaccine is only 36% this year, but it is better than nothing. I think it should be mandatory that every person should take the flu shot unless they are allergic to the vaccine.

Thousands of Kentucky families were affected by the flu epidemic that struck the United States 100 years ago. Tens of millions of people across the world died between 1918 and 1920 from influenza and related complications.

In Kentucky more than 14,000 people perished. Kentucky suffered more

severely than the war in Europe. Six times as many of the state's citizens died of the Spanish influenza, more than Kentuckians who died in the World War I.

World War I hastened the spread of the illness, which included the dreaded "Spanish flu." The massive troop movement across international lines caused the disease to spread quickly.

To prevent the spread of the flu, church, school and social gatherings were canceled. Many businesses were also closed. The state board of health asked all people who showed symptoms to isolate themselves in their homes. The board also banned public funerals for those who died from the flu.

Influenza caused serious economic consequences. Businesses closed, mothers were left with large families without any means of support. There was no welfare, Medicaid or disability payments. People had to rely on support of their neighbors and the church.

Now, 100 years later, influenza is widespread across the nation. So far, it's not a pandemic outbreak. While a state pandemic flu emergency plan is in place, educating and preparing all aspects of society is very important. Among them are public health departments, transportation officials, and schools. It is essential to ensure the minimum possible impact. People need to be educated about how the virus spreads as well as receiving the flu vaccines and keeping social distances. Use telecommuting, cancel events and close schools to slow the spread of the disease.

According to statistics, at the University of Kentucky, vaccination rates in Kentucky have declined since 2013 among seniors over the age of 65 as well among children between the ages of six months and four years. Why? I do not know; many people just don't believe they

need vaccines I guess. I sure like vaccinations; I would hate to see deaths like 1918. It is scary to say the least.

In the last century, the United States has experienced at least four influenza pandemics: 1918, 1957, 1968 and 2009. Scientists predict another pandemic will happen, but they cannot say exactly when.

Pandemics are caused when a new flu strain crosses from animals to people. Because humans have no preexisting immunity to the new strain, it spreads swiftly. International flights and more travel allows pandemic to cross the globe at a rapid speed. This would lead to a large number of deaths, crowded hospitals, and a lack of anti-viral medications and a massive disruption of our health-care infrastructure.

One Red Cross official stated in 1919, "Let us organize our forces so perfectly that a recurrence of this, or any other epidemic will never find us unprepared."

People need to better prepared, organize health forces better and teach people to care for themselves and their families. The flu not only affects your child or family member, but it endangers everyone around that person when children and adults do not receive the flu vaccine.

Most insurance covers flu shots and its free right now at health departments. It is not if we will be stricken with another flu pandemic, but when. I pray that the flu won't reach pandemic state.

Historical knowledge is power, especially when it comes to public health.

I'm sure many of us in this county lost love ones to the flu in 1918. I lost a great aunt at a very young age.

Remember to pray for the sick, get a flu shot, wash your hands, use sanitizer, keep your social distance and cover your mouth when you sneeze!

## ESTILL COUNTY SCHOOLS MENUS

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

MONDAY Feb. 26	TUESDAY Feb. 27	WEDNESDAY Feb. 28	THURSDAY March 1	FRIDAY March 2
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### SOUTH IRVINE EARLY LEARNING CENTER BREAKFASTS

Breakfast Pizza Pineapple Tidbits Milk	Bagel w/Strawberry Cream Cheese Apples, Milk	Cinnamon Toast Crunch, Peaches Milk	Scrambled Eggs Toast, Mandarin Or- anges, Milk	Yogurt Animal Crackers Juice, Milk
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### SOUTH IRVINE EARLY LEARNING CENTER LUNCHES

Chicken Nuggets Roll Green Beans Apples, Milk	Turkey Sandwich Potato Smiles Strawberry Cups Milk	Spaghetti w/Bread- stick, Garden Salad Mandarin Oranges Milk	Pizza Hut Pizza Corn Side Kicks Milk	Hamburger on Bun French Fries Peaches Milk
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### ESTILL SPRINGS BREAKFASTS

Breakfast Pizza or Toast/Cocoa Puffs Pineapple Tidbits Asst. Juice Milk	Mini Maple Pan- cakes/Syrup or Cinn. Toast Crunch/Gra- ham Snacks, Apple Asst. Juice, Milk	Donuts or Pop Tart/ Trix Cereal Pears Asst. Juice Milk	Biscuit/Gravy or Lucky Charms/Bis- cuit, Oranges Asst. Juice Milk	Asst. Muffins Trix Cereal Asst. Juice Milk
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### ESTILL SPRINGS LUNCHES

Popcorn Chicken Roll, Green Beans Mashed Potatoes Apples Milk	Taco/Wrap Shredded Cheese Lettuce/Tomato Refried Beans, Salsa Mandarin Oranges	Chicken Noodle Soup, Crackers Grilled Cheese Cauliflower, Peaches Grape Tomatoes	Pizza Hut Pizza Corn Baby Carrots/Ranch Dip, Pineapple Milk	Mini Corn Dogs Potato Smiles Steamed Broccoli Applesauce Milk
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### WEST IRVINE BREAKFASTS

Breakfast Pizza or Cinn. Toast Crunch Pineapple Tidbits Juice, Milk	Mini Pancakes or Lucky Charms Applesauce Juice, Milk	Mini Cinni Rolls or Donuts or Cocoa Puffs/Scooby Snacks Pears	Scrambled Eggs/Toast or Cinn. Toast Crunch Peach Cup Juice, Milk	Assorted Muffins or Cocoa Krispies Apple Juice, Milk
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### WEST IRVINE LUNCHES

Chicken Nugget/Roll Baked Beans Mashed Potatoes Apple Milk	Cheese Bread Sticks Marinara Sauce Cucumber Slices Steamed Broccoli Pears, Milk	Chicken Noodle Soup, Grilled Cheese, Broccoli Dill Pickle Spear Orange, Crackers	Hot Dog/Bun Potato Smiles Baked Beans Peach Cups Milk	Pizza Hut Pizza Corn Carrots/Dip Apple Milk
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### ESTILL COUNTY MIDDLE SCHOOL BREAKFAST

Dutch Waffle Apple Jacks Pop Tart, Apples Asst. Juice, Milk	Scrambled Eggs & Toast, Cocoa Puffs Pop Tart, Pineapples Asst. Juice, Milk	Biscuit & Gravy Trix, Pop Tart Peaches Asst. Juice, Milk	Pancakes Chocolate Bites or Mini Wheats Pop Tart, Banana	Choc. or Cinn. Muffin, Apple Cinn. Cheerios, Pop Tarts Mandarin Oranges
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### ESTILL COUNTY MIDDLE SCHOOL LUNCH

Chicken Tenders Buffalo Chicken Tenders, Apples Mashed Potatoes Green Beans Mandarin Oranges	Hamburger on Bun Pork Chop on Bun French Fries Let./Tom./Pickles Peaches Applesauce	Pizza Hut Pizza Garden Salad Corn Pineapples Grapes, Fudge Bar Milk or Juice	Chicken Noodle Soup w/Grill Cheese Fish on Buns French Fries Cole Slaw Applesauce, Pears	Taco w/Shell Chicken Fajita/Shell Let./Tom./Cheese Salsa, Refried Beans Carrot Sticks Pineapples, Oranges Milk, Juice
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### ESTILL COUNTY HIGH SCHOOL BREAKFAST

Breakfast Honey Bun, Cereal or Ce- real Bar, Pop Tarts Mini Choc. Donuts Oranges or Apples	Pancake Porky Pop Tarts Donut Holes Yogurt Parfait Oranges or Apples	Bacon, Egg & Cheese Biscuit Pop Tarts, Yogurt Parfait, Mini Choc. Donuts, Fruit	Chicken Biscuit Pop Tarts Yogurt Parfait Donut Holes Oranges or Apples	Gravy & Biscuit Pop Tarts Cereal & Cereal Bars Mini Choc. Donuts Oranges or Apples
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### ESTILL COUNTY HIGH SCHOOL LUNCH

Bosco Pepperoni Calzone Marinara Sauce Romaine Salad Grape Tomatoes Grape Tomatoes Green Beans Glazed Carrots Chips Grapes/Applesauce	Deli Turkey on Bun Fish on Bun Romaine Salad Grape Tomatoes Grape Tomatoes Black Beans Tater Tots Strawberry Cups Peaches	BBQ on Bun Spicy Chicken/Bun Romaine Salad Grape Tomatoes Black Beans Tater Tots Strawberry Cups Peaches	Chicken Alfredo w/Breadstick Pork Chop/Bun Garden Salad Grape Tomatoes Steamed Broccoli Mandarin Oranges Pears, Milk, Juice	Chili w/Crackers Grilled Cheese Romaine Salad Grape Tomatoes Broccoli Bites Carrot Sticks Peaches, Pineapples Milk/Juice
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## ESTILL LIBRARY BOOKMOBILE SCHEDULE

246 Main Street Irvine, KY – Call 723-3030

FEBRUARY 26-MARCH 2, 2018				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Richmond Rd. Northwood Crestview Ct. Wall Street	Race Track Rd. Harris Ferry Cressy Stacy Lane	Wisemantown Station Camp Red Lick Crooked Creek	WI Pick-up Doe Creek Barnes Mtn. South Irvine	West Irvine Elementary

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