

### Times Remembered Betty A. Young

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One of the busiest months of the year is December, and even though there are hundreds of things to do to prepare for Christmas, I still enjoy making hand crafted gifts for family and friends. A handmade gift is heartfelt. And shows the person he's/she's remembered and special.

One of my favorite crafts is making cinnamon Christmas ornaments, these are made from easy to find ingredients and are fun for children and adults to make. These ornaments can be cut into any size or shape and fashioned into tree ornaments, strung on garland or swags, or tied on packages or wreaths. They will last for years, but if they

## One of the busiest months

should lose their scent, a drop of cinnamon oil can be added to the back of the ornament. The recipe for these ornaments is as follows: Please note, however, these ornaments are not edible and are intended for craft purposes only.

- 1/4 cup applesauce (drained)
- 1/4 - 1/2 cup Elmer's glue
- 1 cup of cinnamon
- 2 tablespoon allspice
- 2 teaspoons ginger
- 2 teaspoons nutmeg

Mix the ingredients together and knead well on a surface sprinkled with cinnamon until the consistency of cookie dough. Roll to 3/8 inch thick and cut with cookie cutters. Make a hole in the top with a skewer or straw if you want to hang them.

Dry on waxed paper for seven to ten days, turning at least once daily to prevent the edges from turning up. Acrylic paints can be used to decorate or personalize. Use narrow ribbon or thread to hang.

Decorate your Christmas tree with these beauties or wrap some up as last minute gifts for unexpected visitors. Most of all, enjoy!

Here's another little

something to keep little elves busy. They can make, "Rocks." Which is a Holiday Snack.

- 2 cups chocolate chips
- 1/2 cup peanut butter
- 1 1/2 cups dry roasted peanuts
- 1 - 12.3 box Crispix cereal
- Confectioners sugar

1. Melt chocolate in a large bowl in microwave. Heat on high for 1 minute. Stir well. Heat 30 seconds more as needed to melt chocolate. Stir until smooth. (Note: Chocolate may also be melted in a double boiler over low heat on the stove).

2. Add peanut butter and stir until blended.

3. Add peanuts and cereal and mix until thoroughly coated.

4. Put confectionary sugar in a plastic bag and add cereal mixture, close bag tight and shake gently until mixture is coated with sugar. Store in air tight container. ENJOY!

*"On coming to the house, they saw the child with his Mother Mary, and they bowed down and worshipped him. Then they opened their treasures and presented him with gold, incense and myrrh."*

## True grit: David King climbed every mountain, no matter how steep



### America's Heartland Roger Alford

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My longtime friend David King called the other day and told me an old joke about a proud Texan who was touring the Deep South with an equally proud Mississippi man.

A cottontail rabbit raced across the road as they were driving along, and the Texan asked what it was. "Why, that's a rabbit," the Mississippi said. "A rabbit," roared the Texan. "We have rabbits 10 times that size in Texas."

A bit later, a deer raced across the road, and the Texan asked what it was. "That's a deer," the Mississippi fellow said. "You call that a deer," the Texan replied. "We have deer twice that size in Texas."

The Mississippi man was growing a bit tired of the "everything's bigger in Texas" attitude when he noticed a huge snapping turtle had crawled up on the side of

the road, and the Texan asked what it was.

"That's a tick," the Mississippi said.

David got a big laugh out of telling that joke. It turned out to be the last one he'd tell me. He died unexpectedly of a heart attack a few days later.

At his funeral, I reminded his family and friends of David's love for westerns, and that one of his favorites was "True Grit" with John Wayne. I told them I thought that was especially fitting because David was himself a man of true grit.

I found that out hunting with him after he had retired. There was not a mountain he wouldn't climb, no matter how steep and no matter that his hip at the time was bone-on-bone, making every step painful for him. He was a man of true grit.

As a young man, he worked construction in Ohio and Indiana. If you had been there, you would have seen a 130-pound man running a 90-pound jackhammer. He was a man of true grit.

He broke horses with Harold Auxier in Kentucky. When Dave would get bucked off an especially ornery one, Harold says, he'd climb right

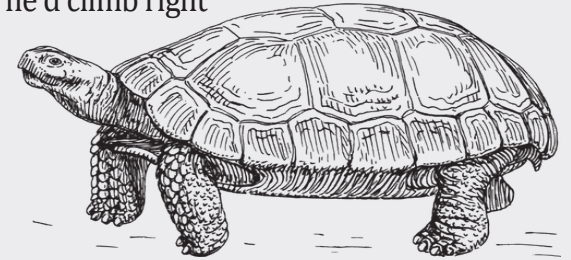
back on. He was a man of true grit.

He drove a truck hauling explosives to coal mines in the Appalachian region, enough explosives to launch him to the moon if something went wrong. He was a man of true grit.

He worked in underground Appalachian coal mines and was once caught in a rock fall. He was pinned for four hours until his co-workers got the rock off him. Miraculously, nothing was broken, but he was bruised and limped around for a few days. He didn't tell his wife anything about his close call. He didn't want her to worry. He was a man of true grit.

But, in the end, what mattered most to David's family and friends weren't his tough-guy jobs or his grit. What mattered to them was that he had surrendered his heart and life to Jesus, who showed the most grit of all when He gave His life on an old rugged cross so that we might have live eternally.

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



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DECEMBER 10-14, 2018

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

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## ESTILL COUNTY SCHOOLS MENUS

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

MONDAY Dec. 10	TUESDAY Dec. 11	WEDNESDAY Dec. 12	THURSDAY Dec. 13	FRIDAY Dec. 14
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### SOUTH IRVINE EARLY LEARNING CENTER BREAKFASTS

Sausage Biscuit Grapes Milk	Yogurt, Animal Crackers, Cheese Stick, Apple, Milk	Pancakes Peaches Milk	Biscuit & Gravy Hash Browns Juice, Milk	Muffin Fruit Juice, Milk
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### SOUTH IRVINE EARLY LEARNING CENTER LUNCHES

Grilled Chicken /Bun Green Beans Mac & Cheese Fresh Peas, Milk	Taco w/Chips Salsa, Corn Lettuce, Tomatoes Side Kicks, Milk	Hamburger on bun French Fries Peaches Milk	Pizza Hut Garden Salad Pineapples Milk	Corn Dogs California Blend Mandarin Oranges Milk
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### ESTILL SPRINGS BREAKFASTS

Cinnamon Poptart Cocoa Puffs Peas Asst. Juice Milk Choices	Pancake Porky/Syrup or Cinn. Toast Crunch/ Graham Snacks, Applesauce Asst. Juice, Milk	Yogurt, Cheese Sticks, Graham Snacks or Trix/Toast, Mandarins Asst. Juice, Milk	Biscuit/Gravy/Sausage Pattie or Biscuit/Sausage, Lucky Charms, Pineapples Asst. Juice, Milk	Funnel Cake or Fruit/Loops/Poptart Peaches Asst. Juice Milk Choices
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### ESTILL SPRINGS LUNCHES

Chicken Leg/Roll Mashed Potatoes Green Beans Peas Milk	Cheese Breadsticks Marinara Sauce Normandy Blend Grape Tomatoes Sidekicks or Pineapple	Sloppy Joe/Bun French Fries Baby Carrots/Dip Applesauce Dip	Pizza Hut Pizza Corn Romaine Salad/Ranch Mandarin Oranges Milk	Corn Dogs Potato Smiles Pork 'n Beans Peaches Milk
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### WEST IRVINE BREAKFASTS

Breakfast Pizza or Cereal Pineapple Tidbit Juice, Milk	Biscuit & Gravy or Cereal Peas Juice, Milk	Mini Cinni Rolls or Cereal Peaches Milk	Pop Tarts & Cereal Banana Fruit Milk	Assorted Muffins or Cereal Apple Milk
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### WEST IRVINE LUNCHES

Chicken Pattie/Bun Potato Smiles Baked Beans Milk	Four Cheese Pizza Cucumbers/Dip Cooked Carrots Pineapple Tidbits Milk	Nacho Cheese/ Chips, Salsa Refried Beans Side Kick or Apple Milk	Christmas Dinner Ham, Roll Mashed Potatoes Green Beans Strawberry Cups	Pizza Hut Pizza Corn Grape Tomatoes Apple Milk
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### ESTILL COUNTY MIDDLE SCHOOL BREAKFAST

Pancake Porky Mini Wheats Cereal Bars Poptarts, Mixed Fruit	Oatmeal & Toast Cinn. Toast Crunch Cereal Bars, Poptarts, Juice, Milk	Cream Cheese Baggels, Lucky Charms Cereal Bars, Poptarts, Applesauce	Bacon, Egg & Cheese Biscuit Cinn. Chex, Cereal Bars, Poptarts, Ban.	Choc. or Cinn. Muffins, Cocoa Puffs Cereal Bars, Pop Tarts, Banana
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### ESTILL COUNTY MIDDLE SCHOOL LUNCH

Popcorn Chicken Roll, Veggie Medley Cheesy Potatoes Apple Mixed Fruit Milk or Juices	Hot dog or Turkey & Cheese Sandwich Potato Wedges Slaw Oranges, Sidekicks Milk or Juice	Pizza Hut Pepperoni Pizza, Corn Carrot Sticks/Dip Marinara Cup Grapes, Strawberry Cups, Milk or Juice	Ham w/Roll Mashed Potatoes Green Beans Cooked Apples Fruit Salad, Ice Cream, Milk or Juice	Mini Corn Dog or Mr. Rib Baked Lay's Chips Baked Beans Fresh Broccoli/Dip Peaches, A-sauce
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### ESTILL COUNTY HIGH SCHOOL BREAKFAST

Saus., Egg & Cheese Sliders, Cereal, Cereal Bars, Pop Tart, Mini Choc. Donuts, Fruit	Breakfast Pizza Pop Tarts Donut Holes Yogurt Parfait Apples or Oranges	Bacon, Egg, & Cheese Biscuit Pop Tarts, Yogurt Parfait, Donuts Apples or Oranges	Sausage Biscuit Pop Tarts, Yogurt Parfait, Donut Holes Oranges or Apples Juice, Milk	Eggstravaganza Wrap, Poptarts, Cereal, Cereal Bars Mini Choc. Donuts Oranges or Apples
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### ESTILL COUNTY HIGH SCHOOL LUNCH

Pepperoni Calzone Chicken Quesadilla Marinara Sauce Glazed Carrots Normandy Blend Tropical Fruit Sidekicks Juice/Asst. Milk	Chicken Tenders, Roll Spicy Chicken/Bun Tater Tots Baked Beans Pineapples Peaches Juice, Asst. Milk	Chef Bradley's Spaghetti, Breadstick Mr. Rib on Bun Garden Salad Corn Pears Applesauce Juice, Asst. Milk	Ham w/Roll Mashed Potatoes Green Beans Cooked Apples Pineapples Ice Cream Juice Asst. Milk	Asian Chicken, roll Fish on Bun Egg Roll I& Rice Stir Fry Vegetables Glazed Carrots Mandarin Oranges Pineapples Juice, Asst. Milk
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Offered Daily: Pizza Line Sandwich Box, Salad Box

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