



Times Remembered Betty A. Young

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Bluegrass Music

Bluegrass music is a form of American roots music, a related genre of Appalachia. Bluegrass music has mixed roots in Irish, Scotland, Welch and English traditional music. My forefathers immigrated to America and can be traced all the way back to the 1500's from England via Scotland. I researched and found that my mutual love, especially bluegrass gospel music, is part of my heritage; that being Scot-Irish. These early pioneers brought with them a wealth of both vocal and instrumental music traditions. In particular, the fiddle was among the few treasured possessions that Scot-Irish immigrants brought with them when they came to

America.

Those Scot-Irish immigrants immigrated to America and made their way through the Appalachian Mountains, into Virginia, North Carolina, South Carolina, Tennessee, Kentucky, and West Virginia. They wrote songs about day-to-day life in the new land. Most people lived in remote areas and the songs reflected life on the farm or in the hills. In 1750 some made their way through Cumberland Gap, which led them farther north into Bluegrass Country. Along the way their beloved Anglo-Celtic folk ballads comforted them.

The introduction by African-Americans of the banjo to the Southern Mountains after the Civil War in the 1860s further influenced bluegrass music with song and dance suitable for square dancing or clogging. Mountain Gospel Music brought the addition of the mandolin, bass fiddle, the banjo and guitar.

You can't mention bluegrass music without including some of the most famous bluegrass and bluegrass gospel singers such as: Bill Monroe - "Father of Bluegrass," music, Ralph Stanley, The Carter family, Lester Flatt and Earl Scruggs who were some of the early ones. Allison Krauss, Emma Lou Harris, and Ricky Skaggs have also contributed to bluegrass music.

We also have many, talented bluegrass gospel bands locally.

"Glory Road," performs much of their music a cappella, patterned after the Doyle Lawson Blue Grass band. They began singing Blue Grass Gospel approximately six years ago at Calvary Baptist Church in Irvine, Kentucky. They perform a great ministry witnessing in music and song to others in churches, festivals, homecoming, fund raisers, or any place they can sing about their Lord and Savior. The band consists of: Roger Thomas - Lead, Ricky Thomas - Baritone / Tenor, Jason Woolery - Tenor, Bob Young - Bass and Dale Thomas - Banjo. They are available at no charge to perform most anytime. You can book them by calling Roger Thomas at 606-723-3770 or Bob Young at 606-723-7516.

Bluegrass Gospel is a combination of lyrics about our Savior and Lord. A music genre contrary to traditional bluegrass in that, it maintains the spirited and upbeat style of the old time string band of immigrants, leaving out the lyrics of misery while adding lyrics that can uplift the soul of man. Lyrics that can remind a person that their journey may be long and their load may be heavy here on earth. Fortunately they do not trod this earth alone. King Jesus is right here beside us helping us along the way. They also remind us that at the end of life's journey there is a crown awaiting us and entry into God's Heaven.

Doctor delivers the bad news: 'You're just plain lazy'



America's Heartland

Roger Alford
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During a medical check-up, a fellow told his doctor that he no longer feels like doing things around the house.

"Now, Doc, I can take it," the fellow said. "Tell me in plain English what is wrong with me."

"Well," the doctor said, "in plain English, you're just lazy."

"OK," the man said, "now give me the medical term, so I can tell my wife."

Hard-to-understand words certainly aren't

helpful in communicating. That's why the Bible warns we are to avoid them in sharing the gospel, so that our conversations about the Lord are fully understandable.

"Except you utter by the tongue words easy to be understood, how shall it be known what is spoken" (1 Corinthians 14:9).

I've heard people talk about conversations with their doctors, lawyers, even repairmen and preachers, saying things like: "That went right over my head," or: "Those big words were impressive, but I have no idea what they meant."

When Moses was called by God to lead the Israelites out of slavery in Egypt, he resisted at first, saying he was a poor communicator.

"Then Moses said to the Lord, 'Please, Lord, I have never been eloquent ... for I am slow of tongue.' The Lord said to him, 'Who has made man's mouth? ... Is it not I, the Lord? Now then go, and I, even I, will be with your mouth and teach you what you are to

say" (Exodus 4:10-12).

People reading this column speak with a wide variety of accents, depending on which part of America's heartland they live in. Even so, all have been perfectly equipped to share the gospel in a clear and compelling way.

You realize, of course, the Gospels have been written in such a way that everyone can understand them. There are no hard-to-understand words. It's written simply and clearly. There are no philosophical phrases, no scientific terms, nothing but simple words that even children can understand.

So, don't feel like you need to learn large theological terms to present the gospel, like the fellow who wanted a large word to confuse his wife about his laziness. Instead, we should put all our efforts into keeping it simple.

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

ESTILL LIBRARY BOOKMOBILE SCHEDULE

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MARCH 19-26, 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 March 19	TUESDAY March 20	WEDNESDAY March 21	THURSDAY March 22	FRIDAY March 23
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SOUTH IRVINE EARLY LEARNING CENTER BREAKFASTS

Toast Cheerios Pears, Milk	Yogurt Animal Crackers Apples, Milk	Maple Waffles Peaches Milk	Biscuit, Gravy Cooked Apples Milk	Muffin Mandarin Oranges Juice, Milk
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SOUTH IRVINE EARLY LEARNING CENTER LUNCHES

Bologna & Cheese Sandwich Potato Wedges Applesauce, Milk	Chicken Pattie on Bun, Baked Beans Mandarin Oranges Milk	Chili w/Crackers Grilled Cheese Cauliflower Bites Apple, Milk	Chicken Tenders Roll, Peaches Mashed Potatoes Milk	Round Pizza Baby Carrots Pears Milk
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ESTILL SPRINGS BREAKFASTS

Toast Cocoa Puffs Pears Asst. Juice Milk	Pancake Porky/Syrup or Cinn. Toast Crunch/Graham Snacks, Apple Snacks, Milk	Yogurt, Cheese Sticks, and Graham Snacks Applesauce Asst. Juice	Biscuit/Gravy or Lucky Charms/Biscuit, Oranges Asst. Juice Milk	Asst. Muffins/ Trix Cereal Peaches Asst. Juice Milk
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ESTILL SPRINGS LUNCHES

Pepperoni Pizza Corn Grape Tomatoes/ Ranch Dip Oranges, Milk	Cheese Breadsticks Marinara Sauce Steamed Broccoli Cucumber Slices/ Ranch Dip, Pears	Hamburger/Bun Potato Rounds Baked Beans Dill Pickle Slices Peaches, Milk	Easter Dinner Ham/Roll Green Beans Mashed Potatoes Ice Cream Cup	Pizza Munchable Pepperoni Baby Carrots/Dip Raisins Milk
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WEST IRVINE BREAKFASTS

Toast & Cereal Applesauce Juice Milk	Mini Waffles/Syrup or Yogurt, Cheese, Crackers or Lucky Charms, Orange	Pancake Porky or Cocoa Puffs Cereal Pears Juice, Milk	Biscuit & Gravy or Cinn. Toast Crunch Cereal/Scooby Snacks Peach Cup, Juice	Assorted Muffins or Cocoa Krispies Cereal Scooby Snacks Apple, Juice
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WEST IRVINE LUNCHES

Chicken Pattie/Bun Potato Smiles Baked Beans Applesauce Milk	Round Cheese Pizza Broccoli/Dip Corn Mandarin Oranges Ice Cream	Hamburger/Bun Pork & Beans Cucumber/Dip Lettuce Leaf, Tomato Chips, Peaches	Chicken Nuggets Roll Mashed Potatoes Green Beans Pears, Milk	Pizza Munchable Pepperoni Mozzarella Cheese Marinara Sauce Carrots, Raisins
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ESTILL COUNTY MIDDLE SCHOOL BREAKFAST

Breakfast Pizza Fruit Loops Pop Tart Apples	Sausage & Biscuit Lucky Charms Pop Tart Pineapples	Pancake Porky Cocoa Puffs Pop Tart Applesauce	Yogurt & Scooby Snacks, Frosted Flakes, Pop Tart Mixed Fruit	Donuts, Cinn. Toast Crunch, Reese Puffs Pop Tart Peaches
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ESTILL COUNTY MIDDLE SCHOOL LUNCH

Oven Roasted Chicken, Roll Mashed Potatoes Steamed Broccoli Apples Tropical Fruit	Pepperoni Pizza Taco Snax Marinara Sauce Garden Salad, Corn Pineapples Sidekicks	Cheeseburger/Bun Mr. Rib on Bun Potato Wedges Let./Tom. Baked Beans, Peaches, Strawberry Cups	Hot Ham & Cheese on Bun, Fish/Bun French Fries Cole Slaw Applesauce Pears	Taco w/Shell Chicken Fajita w/Shell, Salsa Let./Tom./Cheese Refried Beans Fruit
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ESTILL COUNTY HIGH SCHOOL BREAKFAST

Sausage, Egg & Cheese Sliders Cereal, Cereal Bars Pop Tarts, Mini Choc. Donuts	Breakfast Pizza Pop Tarts Donut Holes Yogurt Parfait Oranges or Apples	Bacon, Egg, & Cheese Biscuit Pop Tarts Yogurt Parfait Mini Choc. Donuts	Sausage Biscuit Pop Tarts Yogurt Parfait Donut Holes Apples or Oranges	Dutch Waffle Cereal, Cereal Bars Pop Tarts Mini. Choc. Donuts Oranges or Apples
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ESTILL COUNTY HIGH SCHOOL LUNCH

Bosco or Chicken Quesadilla, Marinara Sauce, Romaine Salad, Grape Tom. CA Blend Veggies Glazed Carrots Sidekicks Applesauce	Chicken Patty/Bun Pork Chop on Bun Romaine Salad Grape Tomatoes Let./Tom./Pickles Carrot Sticks Baby Bakers Grapes, Trop. Fruit	Cheeseburger/Bun Hot Dog on Bun Romaine Salad Grape Tomatoes Let./Tom./Pickles Potato Wedges Baked Beans Fruit	Chicken Rings, Roll Spicy Chicken/Bun Romaine Salad Grape Tomatoes Scalloped Potatoes Steamed Broccoli Strawberry Cups Applesauce	Asian Chicken, Roll Mr. Rib on Bun Egg Roll/Rice Romaine Salad Grape Tomatoes Stir Fry Veggies Sweet Potatoes Orange Slices, Pears
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"Notice how they always follow political speeches with commercials?"

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!

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