

Digging won't get you out of the ground, if you're buried face down



America's Heartland

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I heard a story the other day about a grumpy old man who had spent his entire marriage quarreling with his wife.

The old man often fumed that, when he died, he would dig his way out of the grave and come back to torment the poor woman.

Then came the day that the old fellow kicked the bucket. After the burial, a longtime friend reminded the woman of her husband's threat to dig his way out of the grave.

"Let him dig," the woman said. "I had him buried

face down, and I know he won't stop to ask directions."

This world has more than its share of disagreeable people. It always has. An Old Testament scoundrel name Hanun, who at one time was king of the Ammonites, was one of those.

King David had sent some of his men to offer condolences to Hanun after his father died. But when they arrived, Hanun was suspicious, mistakenly concluding they had come to scout out his kingdom for an attack.

Hanun took David's men into custody, shaved off half their beards, cut their robes off at the hips, and sent them away deeply humiliated. Imagine how those men must have felt to have been forced to walk away half shaved with their behinds showing. One commentator described the treatment as "a vile and abominable affront." I'd have to agree.

Knowing he had angered David, Hanun hired tens of thousands of soldiers from neighboring cities to protect him. But

most of those soldiers fled when David's army came close to avenge the treatment of his men. The remainder was soundly defeated.

Hanun brought trouble upon himself because he didn't exercise the kind of basic human decency that's drilled into folks in America's heartland from their earliest youth. In our part of the country, we're blessed to be surrounded by lots of wise folks.

"Whoever walks with the wise becomes wise, but the companion of fools will come to harm" (Proverbs 13:20).

I wonder if Hanun would have made such an unwise decision if he had wise people around to offer sound advice.

My guess is Hanun was like the old man buried face down in that he would never bother to ask for directions, instead digging himself deeper and deeper.

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

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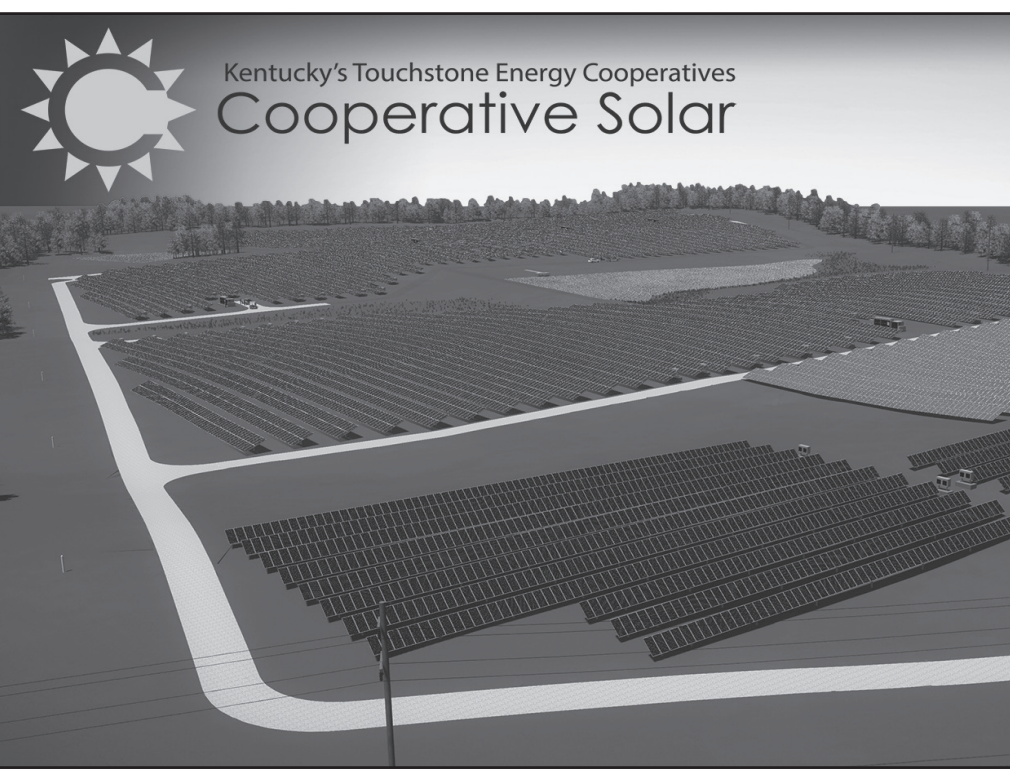
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APRIL 2-6, 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
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| MONDAY April 2 | TUESDAY April 3 | WEDNESDAY April 4 | THURSDAY April 5 | FRIDAY April 6 |
|---|--|---|--|--|
| 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 Rolls, Green Beans Applesauce Milk | Round Cheese Pizza Corn Oranges Milk | Ravioli w/Breadstick Peas Banana Milk | Ham Sandwich Potato Smiles Fruit Milk | Chicken Patty on Bun Potato Rounds Apples, Milk |
| ESTILL SPRINGS BREAKFASTS | | | | |
| Toast/Cocoa Puffs Pears Asst. Juice Milk Choices | Pancake Porky/Syrup or Cinn. Toast Crunch/Graham Snacks, Apple Asst. Juice, Milk | Yogurt/Cheese Sticks or Fruit Loops Graham Snacks Applesauce Asst. Juice, Milk | Biscuit/Gravy Lucky Charms Biscuit Mandarin Oranges Asst. Juice, Milk | Asst. Muffins Trix Cereal Peaches Asst. Juice Milk Choices |
| ESTILL SPRINGS LUNCHES | | | | |
| Chicken Pattie/Bun Potato Smiles Baked Beans Pears Milk | Cheese Breadsticks Marinara Sauce Normandy Blend Fresh Broccoli Sidekicks, Raisins | Chicken Nuggets Roll, Green Beans Mashed Potatoes Apple, BBQ Sauce Milk | Pepperoni Pizza Corn Baby Carrots Oranges Milk | Hot Dog/Bun Potato Rounds Grape Tomatoes Pineapple Milk |
| WEST IRVINE BREAKFASTS | | | | |
| Toast & Cereal Applesauce Juice Milk | Mini Waffles/Syrup or Lucky Charms Orange Juice, Milk | Pancake Porky or Cocoa Puffs Pears Juice, Milk | Biscuit & Gravy or Cinn. Toast Crunch Scooby Snacks Strawberry Cups | Assorted Muffins or Cocoa Krispies Apple Juice, Milk |
| WEST IRVINE LUNCHES | | | | |
| Hamburger/Bun Baked Beans Potato Wedges Lettuce & Tomato Strawberry Cup | Corn Dog Potato Smiles Broccoli/Dip Pineapple Tidbits Milk | Walking Taco Taco Meat, Salsa Cheese/Tom./Let. Refried Beans, Peaches | Cheese Bread Sticks Marinara Sauce Cucumber Slices Mandarin Oranges Milk | Rectangle Pizza Corn Grape Tomatoes Apple Milk |
| ESTILL COUNTY MIDDLE SCHOOL BREAKFAST | | | | |
| Breakfast Pizza Fruit Loops Pop Tart Apples, Juice, Milk | Sausage & Biscuit Lucky Charms Pop Tart, Pineapples Asst. Juice, Milk | 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 Asst. Juice, Milk |
| 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/Bun Spicy Chicken/Bun Potato Smiles Let./Tom./Pickles Mandarin Oranges Strawberry Cup | Meatball Sub w/Cheese Chili Crispitos Garden Salad Asst. Peppers/onion Mixed Fruit, Sidekick | Corn Dogs Deli Turkey Sand. Baked Lay's Chips Potato Wedges Baked Beans Peaches, Pineapples |
| ESTILL COUNTY HIGH SCHOOL BREAKFAST | | | | |
| Sausage, Egg & Cheese Sliders Cereal, Cereal Bars Pop Tarts, Mini Choc. Donuts, Fruit | Breakfast Pizza Pop Tarts, Donut Holes, Yogurt Parfait Oranges or Apples Juice, Milk | Bacon, Egg, & Cheese Biscuit Pop Tarts, Fruit Yogurt Parfait Mini Choc. Donuts | Sausage Biscuit Pop Tarts Yogurt Parfait Donut Holes Oranges or Apples | Dutch Waffles Cereal, Cereal Bars Pop Tarts Mini Choc. Donuts Oranges or Apples |
| ESTILL COUNTY HIGH SCHOOL LUNCH | | | | |
| Hamburger/Bun Mini Corn Dogs Romaine Salad Grape Tomatoes Let./Tom./Pickles Potato Wedges Baked Beans, Sidekicks, Trop. Fruit | Hot Ham & Cheese Grilled Chicken/Bun Let./Tom./Pickles Romaine Salad Grape Tomatoes Grape Tomatoes Carrot Sticks Baby Bakers Grapes, A-sauce | Chicken Patty/Bun Mr. Rib on Bun Romaine Salad Grape Tomatoes Let./Tom./Pickles Roasted Broccoli Roasted Carrots P-apples, Peaches | Spaghetti & Meat Sauce, Breadstick Fish on Bun Romaine Salad Grape Tomatoes Corn, Pears Mandarin Oranges Milk/Juice | BBQ Oven Roasted Chicken w/Roll Pork Chop on Bun Romaine Salad Grape Tomatoes Mashed Potatoes Green Beans Peaches, Pineapples |

The Estill County Tribune

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