



**Times Remembered**  
**Betty A. Young**

BYoung505@Outlook.com

**The Flu**

For the past two weeks I have been battling bronchitis and the type B Flu. Starting out, I thought it was just my asthma and bronchitis but I became very ill; I was having difficulty breathing even using my nebulizer, so I went to the Emergency room and got swabbed and sure enough I had the flu and so did Bob. He had been sick too and had been to the doctor because his blood pressure was high. He had tested negative earlier.

I was given Tamiflu and took enough Tylenol to pickle my liver. It sure is no fun when both of you are

sick with no one to help. This is the first time in my life that I can remember missing church on Easter Sunday. I had prepared to cook Easter dinner for my family; but so much for that ideal.

Tara, Margaret and Phyllis all brought us food and left it on the front porch table. I appreciated their help. We had a delicious Easter dinner after all. There was enough leftovers for two days.

By the 4th day I was feeling better but so tired and weak. I'm still recovering but was able to go to church yesterday. That made me happy; it lifts me up to go to church.

I sure wish they could find a better vaccine for flu. More like a universal shot and someday they probably will. Meanwhile, we have to take the shot every year and hope for the best.

There are so many signs of spring: the grass is growing and is much greener, red buds are barely appearing, fruit trees are blooming and the yellow forsythia bushes are blooming along the wooded hillsides. Dogwoods will soon be in bloom to brighten up the dullness of the past winter.

Bob says, all of this means one thing: the fish should be moving shallow

and on the nest, especially, pan fish such as blue gill, red ear and sunfish, (shell crackers).

I remember exactly when I caught my first bluegill. I was 5 years old, and caught it on a cane pole. I was fishing with my Grandpa, Rice Garrett on the river bank just below the old Carhart's while Dad was plowing corn on the river bottom. We fished nearly all day and we caught several blue gill that day; enough for supper.

Those were the good old days, fishing leisurely, eating crackers and Vienna's and drinking coke. I loved spending time with my Grandpa Rice. I miss him so much, I lost him when I was 13 but he sure made an impression on my life; he taught me so many things. He was the first person to read me Bible stories and tell me about Jesus, how to tie my shoes, how to tell time, and to read before I started to school.

Grandparents should do these things. Bob and I try to do things like this with Colton. He goes to church and Sunday school and his Mom and Dad read the bible to him every night. But, we as grandparents need to make good impressions on our grandchildren and be examples for them.

**Trustworthy mechanics don't sell turn signal fluid to cusomters**



**America's Heartland**

**Roger Alford**  
RogerAlford1@GMail.Com

After an appointment at the auto service center, a woman told her husband she had been worried the mechanic might try to rip her off.

"I was so relieved," she said, "when he told me all I needed was turn signal fluid."

It sure is easy to be taken advantage of in this day and time. It seems there are always bad people on the lookout for folks to swindle. It really can be difficult to know who to trust.

That's why I appreciate Jesus so much. He is altogether trustworthy, all the time, day in and day out, in good times and bad. Those who place their trust in Jesus are never disappointed.

Even when we're facing circumstances that we have trouble under-

standing or accepting, we can trust that Jesus has it under control.

"Blessed is the person who trusts in the Lord. He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit" (Jeremiah 17:7-8).

That verse, of course, is about a person, not a tree. More specifically, it's about a person who trusts in the Lord. The person who is rooted in Christ, the verse assures us, will always have his or her most important needs met. They will be given peace that passes all understanding even in the hard times, courtesy of being rooted in Christ. They will be given the assurance of eternal life in a place more beautiful than anywhere we have ever seen, courtesy of being rooted in Christ.

"Eye has not seen, nor ear heard, neither have entered into the heart of man, the things that God has prepared for those who love him" - (1 Corinthians 2:9)

Heaven is going to be an awesome place based on the descriptions the Apostle John provided in the book

of Revelation. Imagine walking on streets of gold. Better than that, imagine a place where there is no more sorrow, no more pain, and no more death. A place where, as the old hymn says, all is peace for evermore.

To get to Heaven, all we have to do is trust in Jesus, repent of our sins, and accept His forgiveness. Some people have trouble believing it can be that simple. In fact, some people teach wrongly that we need to do enough good deeds to earn their way into Heaven, that we need to do enough good to counteract the bad in our lives. That kind of thinking may make sense in our human minds, but the Bible tell us to "trust in the Lord with all you heart and lean not to you own understanding" (Proverbs 3:5).

Based on the Bible, anyone who teaches anything other than Jesus as the way, the truth and the life is far worse than the untrustworthy mechanic who sold the woman turn signal fluid.

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

**ESTILL LIBRARY BOOKMOBILE SCHEDULE**  
**246 Main Street Irvine, KY – Call 723-3030**

**APRIL 16-20, 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 April 16	TUESDAY April 17	WEDNESDAY April 18	THURSDAY April 19	FRIDAY April 20
--------------------	---------------------	-----------------------	----------------------	--------------------

**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**

Bologna Sandwich Potato Wedges Applesauce Milk	Chicken Pattie on Bun, Baked Beans Mandarin Oranges Milk	Chili w.Grilled Cheese Cauliflower Bites Apple, Milk	Chicken Tenders w/Roll Mashed Potatoes Peaches, Milk	Hot Dog on Bun Potato Smiles 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	Gravy or Lucky Charms Biscuit Mandarin Oranges Asst. Juice, Milk	Asst. Muffins Trix Cereal Peaches Asst. Juice Milk Choices
--	--	--	--	--

**ESTILL SPRINGS LUNCHES**

Chicken Nuggets Roll, Green Beans Mashed Potatoes Apple Milk	Cheese Breadsticks, Marinara Sauce, Steamed Broccoli, Pears Cucumber Slices	Hamburger/Bun Potato Rounds Baked Beans Dill Pickle Slices Peaches, Milk	Pepperoni Pizza Corn Grape Tomatoes Oranges Milk	Pizza Munchable Marinara Sauce Baby Carrots Raisins Milk
--	---	--	--	--

**WEST IRVINE BREAKFASTS**

Toast & Cereal Applesauce Juice Milk	Mini Waffles/Syrup or Yogurt, Cheese, Crackers or Lucky Charms, Orange	Pancake Porky or Cocoa Puffs Pear Juice, Milk	Biscuit & Gravy or Cinn. Toast Crunch Peaches Juice, Milk	Assorted Muffins or Cocoa Krispies Apple Juice
---	---	--	--	---

**WEST IRVINE LUNCHES**

Chicken Pattie/Bun Potato Smiles Baked Beans Applesauce Milk	Round Cheese Pizza Broccoli/Dip Corn Mandarin Oranges Milk	Hamburger/Bun Pork & Beans Cucumber/Dip Let./Tom/Pickle Peaches, Milk	Chicken Nuggets/ Roll, Baked Potato Green Beans Pears Milk	Pizza Munchable Pepperoni Mozz. Cheese Carrots, Raisins Milk, Cookie
--	--	---	--	--

**ESTILL COUNTY MIDDLE SCHOOL BREAKFAST**

Breakfast Pizza Fruit Loops Pop Tart, Apple Juice, Milk	Sausage & Biscuit Lucky Charms Pop Tart Pineapples, Milk	Pancake Porky Cocoa Puffs Pop Tart Applesauce, Milk	Yogurt & Scooby Snacks, Pop Tart Frosted Flakes Mixed Fruit	Donuts, Cinnamon Toast Crunch Reese Puffs, Pop Tart, Peaches
--	---	--	--	---

**ESTILL COUNTY MIDDLE SCHOOL LUNCH**

BBQ Oven Roasted Chicken, Roll Mashed Potatoes Steamed Broccoli Apples, Milk, Juice Tropical Fruit	Pepperoni Pizza Taco Snax, Corn Marinara Cup Garden Salad Pineapples Sidekicks, Milk	Cheeseburger/Bun Mr. Rib on Bun Potato Wedges, Let/ Tom., Baked Beans Peaches Strawberry Cup	Hot Ham & Cheese Fish on Bun French Fries Cole Slaw Applesauce Pears	Walking Taco Chicken Fajita w/Shell Let./Tom./Cheese Salsa, Refried Beans P-apples, Oranges
---	---	---	---	--

**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 Oranges or Apples	Bacon, Egg & Cheese Biscuit Pop Tarts, Fruit Yogurt Parfait Mini Choc. Donuts	Sausage Biscuit Pop Tarts Yogurt Parfait Donut Holes Oranges or Apples	Dutch Waffle Cereal, Cereal Bars Pop Tarts Mini Choc. Donuts Oranges or Apples
--	--	---	--	--

**ESTILL COUNTY HIGH SCHOOL LUNCH**

Offered Daily: Pizza Line Sandwich Box, Salad Box				
Bosco Pepperoni Calzone Marinara Sauce Romaine Salad Grape Tomatoes Grape Tomatoes Corn, CA Blend Glazed Carrots Sidekicks, A-sauce	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 P-apples, Peaches	Chicken Rings, Roll Spicy Chicken/Bun Romaine Salad Grape Tomatoes Scalloped Potatoes Steamed Broccoli Strawberry Cups Applesauce	Chili w/Crackers Grilled Cheese Romaine Salad Grape Tomatoes Broccoli Bites Carrot Sticks Peaches Pineapples

**ESTILL COUNTY FAIR ASSOCIATION**  
DEDICATED TO OUR COMMUNITY

1st Annual  
**Estill County Swap Days**  
Saturday, April 14<sup>th</sup> &  
Sunday, April 15<sup>th</sup>, 2018  
Flea Market Environment

**Booth Space Fee:**

- **28 Indoor Spaces with Electric** (1st Come, 1st Serve)  
**\$30.00 for Both Days**
- **Unlimited Spaces Outside** (1st Come, 1st Serve)  
**\$20.00 for Both Days**

**For More Information Contact:**  
Michele Benton (859) 230-3407  
<webebenton@yahoo.com>  
or Eidy Hall (859) 582-7090  
<eidyhall@gmail.com>