



Times Remembered
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The Eagles Concert

We were fortunate enough to receive tickets to see the Eagles concert last week at Rupp Arena. Tara surprised us with tickets for Christmas. They were expensive and I would have never bought them myself, and I made a fuss about her buying them, but I appreciated them.

We were dreading to go to the concert because we weren't 100% well. We had just recuperated from the flu and still a little weak. We didn't have a temperature nor were we contagious, but the flu bug leaves you so tired and weak for a couple of weeks.

We headed to Rupp Arena after we had dinner at Casa Café in Richmond. We arrived early and visited some of the shops . . . those that are still open. So many are closed now . .

it's a shame that so many have closed.

The doors didn't open until 6:00 p.m. so we stood in line for a bit. Then came the search and the required rules: a small purse, no metal in pockets, phones had to be laid on conveyer and then we were scanned for metals. Of course, I buzzed because I have metal in my abdomen from many past surgeries. But I cleared and we were on our way to our seats.

We were in upper arena and they were bench seats, (Oh! our backs), but who could afford lower arena seats? Not me, I'd never pay that much for a concert.

By the time 8:00 p.m. rolled around the arena was packed. We were jammed together like sardines on the bench seats. But no one seemed to mind; every gray-haired person was bopping and singing once the music started. It was our kind of music that we grew with; the 60's and 70's. We were 60 and 70 year old senior citizens having a blast. I don't feel my age mentally but sometimes I feel it physically. Music soothes me.

The Eagles are an American rock band formed in Los Angeles in 1971. The founding members were Glenn Frey, (guitars, vocals), Don Henley, (drums, vocal), Bernie Leadon, (guitars, vocals), and Randy Meisner, (bass guitar, vocals). With five number-one singles, six Grammy Awards, five American Music Awards and six

number-one albums, the Eagles were one of the most successful musical acts of the 1970s.

Their "Greatest Hits Album," and "Hotel California," were their best-selling albums in the 20th Century. My favorites were also their debut album with three top 40 singles: "Take It Easy," "Witchy Women," and "Peaceful Easy Feeling."

The Eagles disbanded in July 1980, but reunited in 1994 for the album, "Hell Freezes Over." In 2007, the Eagles released, "Long Road Out of Eden," their first full studio album in 28 years and their sixth number one album.

Following the death of Glen Frey in January 2016, Henley stated in several interviews that he didn't think the band would perform again. However, the Eagles continued performing in 2017 with great musicians Deacon Frey, (son of Glenn Frey), and Vince Gill. They are awesome!

The current members are: Don Henley, Joe Walsh, Timothy Schmitt, Deacon Frey and Vince Gill.

Talk about great guitar players . . . they are the best . . . especially Joe Walsh. I have never seen a better one. He is great. Three of these guys are 70. But they play guitars like teenagers!

We had a great time; it was the best concert I've ever attended. They played continuously for approximately three hours. I recommend to go see the Eagles if they come to town. They are worth it. They are the best!

Nothing scary can get under the bed if the legs are sawed off



America's Heartland
Roger Alford
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A woman who had a paralyzing fear every night that something was under her bed decided she needed counseling. A psychologist told her he could help her overcome the phobia, but that it would take at least a year of weekly counseling sessions at \$100 for each.

When the woman didn't come back to begin the sessions, the psychologist decided to give her a call to find out why.

"I no longer have the phobia," she told him. "When I came home and

told my husband the cost of the sessions, he came up with a way to save all that money. He sawed the legs off the bed."

I was reading the other day about some of the most common phobias. Acrophobia, the fear of heights, ranks high. So do arachnophobia, the fear of spiders, and ophidiophobia, the fear of snakes. Glossophobia, the fear of speaking in public, is a biggie. So is claustrophobia, the fear of enclosed spaces.

Fear can stand in the way of us doing things God wants us to do. In the Old Testament book of Numbers, Moses 12 spies into the Promised Land to check things out. What they saw was an amazing place.

However, ten of those spies brought back a bad report because they were fearful. They told about seeing giants in the land, men so large that they felt like grasshoppers in comparison to them.

Two of the spies brought back a good report. A man named Caleb, who proved himself

brave and true throughout his lifetime, encouraged Moses and all the people, saying "let us go up at once and take possession, for we are well able to overcome it."

Unfortunately, fear won out that way, causing the children of God to continue wandering in the wilderness for many more years.

God wants us to live by faith, not fear. He wants us to have confidence that He is in control. "Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand" (Isaiah 41:10).

We should keep that scripture in mind each time we face circumstances that cause us to fear. Doing so could perhaps prevent our spouses having to saw the legs off the bed.

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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APRIL 23-27, 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

"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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 23	April 24	April 25	April 26	April 27

SOUTH IRVINE EARLY LEARNING CENTER BREAKFASTS

Breakfast Pizza Pineapple Tidbits Milk	Yogurt & Cheese Stick, Animal Crackers, Apples, Milk	Cinnamon Toast Crunch, Peaches Milk	Scrambled Eggs Toast, Mandarin Oranges, Milk	Muffin Strawberry Cup 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 Breadstick Garden Salad Mandarin Oranges	Pizza Hut Pizza Corn Sidekicks 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 Choices	Mini Maple Pancake/ 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 or Lucky Charms & Biscuit Mandarin Oranges Asst. Juice, Milk	Asst. Muffins Trix Cereal Peaches Asst. Juice Milk Choices
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ESTILL SPRINGS LUNCHES

Popcorn Chicken Roll, Green Beans Mashed Potatoes Apple Milk	Taco/Wrap Shredded Cheese Lettuce/Tomato Refried Beans, Salsa Mandarin Oranges	Grilled Cheese Pork 'n Beans Potato Rounds Pears Milk	Pizza Hut Pizza Corn Baby Carrots/Dip Pineapple Ice Cream Sandwich	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/Syrup or Lucky Charms Applesauce Juice, Milk	Mini Cinni Rolls or Donuts or Cocoa Puffs/Scooby Snacks Pears, Juice, Milk	Scrambled Eggs/Toast or Cinn. Toast Crunch Peaches Juice, Milk	Assorted Muffins or Cocoa Krispies Apple Juice, Milk
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WEST IRVINE LUNCHES

Chicken Nuggets Roll, Green Beans Mashed Potatoes Apple Milk	Deli Turkey Wrap Shred. Cheese Cucumber Slices Lettuce & Tomatoes Mandarin Oranges	Chicken Noodle Soup, Gr. Cheese 3/4 cup carrots Side Kicks Milk	Hotdog on Bun Potato Smiles Baked Beans Peaches Milk	Pizza Hut Pizza Corn Grape Tomatoes Strawberry Cups 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. Muffins, Apple Cinn. Cheetos, Pop Tarts Mandarin Oranges
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ESTILL COUNTY MIDDLE SCHOOL LUNCH

Chicken Tenders Buffalo Chicken Tenders, Gr. Beans Mashed Potatoes Mandarin Oranges Apples, Juice, Milk	Hamburger on Bun Pork Chop on Bun French Fries Let./Tom./Pickle Peaches Applesauce	Pizza Hut Pizza Garden Salad Corn Pineapples Grapes Fudge Bar	Chicken Noodle Soup, Gr. Cheese Broccoli Bites Cauliflower Bites Mandarin Oranges Pineapples	Hot Dog on Bun Turkey & Cheese Sandwich, Doritos Carrot Sticks Baked Beans Trop. Fruit, Oranges
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ESTILL COUNTY HIGH SCHOOL BREAKFAST

Breakfast Honey Bun, Cereal & Cereal Bars, 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	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

Offered Daily: Pizza Line Sandwich Box, Salad Box				
Bosco Pepperoni Calzone Marinara Sauce Romaine Salad Grape Tomatoes Green Beans Corn, Normandy Blend, Sidekicks Trop. Fruit	Deli Turkey on Bun Fish on Bun Romaine Salad Grape Tomatoes Green Beans Glazed Carrots Chips Grapes/Applesauce	Meatball Marinara on Bun, Spicy Chicken on Bun, Romaine Salad, Grape Tom. Baked Beans Tater Tots Strawberry Cups Peaches	Chicken Alfredo w/Breadstick Pork Chop on Bun Garden Salad Grape Tomatoes Steamed Broccoli Mandarin Oranges Pears	Chili w/Crackers Grilled Cheese Romaine Salad Grape Tomatoes Broccoli Bites Carrot Sticks Peaches Pineapples

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