



Times Remembered
Betty A. Young

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Grocery Shopping

Grocery shopping today has become a pain. It is really crowded the 1st of the month; I sure don't go to Wal-Mart, Kroger or Save-A-Lot on that day. I like smaller stores instead of the big box stores if the prices are right. My pet peeve is stores that place merchandise on displays in the middle of aisles, thus blocking the lane and creating the inability to pass another customer.

Today, we have massive warehouses, electronic and digital cash registers, self-scanners and impersonal employees. Kroger now has the "Click It." A new convenient service where you place your order online and employees select your items. You give them the time you are coming to pick up your groceries with a handwritten signature online. My daughter uses it and really likes "Click It." It is great for very busy people.

As a kid, I often accompanied Mom or Dad to the A&P in Irvine; that is where they always shopped. It was located

next to the old Chevrolet Garage, otherwise known as Estill Motors. The store only had two aisles but I thought it was Wal-Mart in those days.

Inside, the cashier, either Sue Hardy or Hazel Muncie and the store manager, Ralph Cundiff, greeted us by name and gave us friendly smiles.

I can still see those yummy Jane Parker cakes and pies located on the left side of the aisle when I walked in. There was a spice bar cake with white icing that I loved, and a yellow cake with caramel icing, that had whipped cream under the icing in the center of the cake with a pecan on top. Delicious!

I pushed the big metal buggy; that usually had a squeaky wheel, through the produce department where Dad sniffed and squeezed to his heart's content. No one seemed to mind if he sampled a few grapes before they were weighed.

At the back of the store was the meat department where Mr. Cundiff and other butchers proudly wore their starched, white aprons and boat-shaped paper hats as they greeted us at the meat counter. They gave us all their weekly specials; whether hamburger, pork chops, cube steak or whole chickens were on sale that week. After selecting our purchases, they neatly wrapped our purchases in white butcher paper, sealed them and marked the price with a black wax crayon.

Then we turned left and headed down the second and last aisle where the toilet paper and soaps were located. Remember the colored toilet paper? Pink, mint green and blue. Mom al-

ways wanted the mint green to match our bath fixtures that were green. My how things have changed. I hated that green sink and bath tub. But it was the color then.

The canned goods were located on the left and we always purchased tuna and mackerel; mackerel being something like salmon but a lot cheaper. We grew a large garden with vegetables, therefore we didn't buy many canned vegetables. We had most of our meat since Dad always butchered hogs and beef for the freezer.

The only impulse item that Dad would allow was a pack of Juicy Fruit gum or maybe a 5 cent candy bar. I usually got one of them.

Finally we are ready to check out, there are no crowds, no one pushing you to hurry. We are relaxed and sharing news with the cashier. Sue, the cashier is pushing lots of buttons on the big brass cash register. The big brass register they used would probably be antique now. The cashiers would always talk and joke with us and smile and broadly say, "Thank ya now . . . y'all come back!" after handing Dad the sales receipt. A&P had bag boys who double-bagged the groceries and carried them to the truck for you too. That service was very helpful.

Today when I shop a huge grocery chain . . . where it sometimes feels like I need a GPS to find my way out of the parking lot . . . I still occasionally get a cart with a squeaky wheel . . . It takes me back to the days when a trip to the grocery store was a sweet adventure with my Dad.

Rice Krispies aren't the only things that snap, crackle, and pop



America's Heartland

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My coon hunting buddy Barry Bishop sent me a tongue-in-cheek warning the other day about eating Rice Krispies.

Barry said they apparently store up in the body and the effects become very apparent when you get older.

"I used to eat Rice Krispies every morning," he said, "and, now that I am older, when I wake up and drag myself out of bed, my body snaps, crackles and pops."

No doubt, many of us have reached the point in life where we deal with

noisy joints. The wear and tear of years catch up with us whether we eat Rice Krispies or not. So, pray over that puffed rice and eat up, "for everything created by God is good, and nothing should be refused if it is received with thanksgiving" (1 Timothy 4:4).

People are making much ado these days about food, what we should eat and what we should drink. And rightfully so, because we know there are foods that are good for us and others that are bad.

Some foods clog our arteries. Some don't. Some cause us to gain weight. Some don't.

I always appreciated the directive God gave the Apostle Peter in Acts 10:9-15. Peter was on the rooftop praying. He became hungry and while he was waiting on the food to be made, he "fell into a trance, and saw heaven opened, and a certain vessel descending upon him, as it had been a great sheet knit at the four corners, and let down to the earth:

Wherein were all manner of four-footed beasts of the earth, and wild beasts, and creeping things, and fowls of the air. And there came a voice to him, Rise, Peter; kill, and eat. But Peter said, Not so, Lord; for I have never eaten anything that is common or unclean. And the voice spake unto him again the second time, What God hath cleansed, that call not thou common."

Excluding foods high in cholesterol, sugars, fats, chemical preservatives and such, I'm pretty much convinced that it's not so much what we eat but how much we eat that causes our problems.

I'm also pretty much convinced that, regardless of what we eat, if we live long enough, we will realize that Rice Krispies aren't the only things that snap, crackle and pop.

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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AUGUST 20 - AUGUST 24, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mountain Crest Kirkland Ave. Millers Creek Cow Creek Furnace Jct.	Winston Trotting Ridge Sandhill Rice Station Blackburn Rd.	Nursing Home Horizon Daycare Ravenna Wagersville Drip Rock	Spout Springs Hudson Mill Rd. Old/New Fox Hargett	No Bookmobile Service

"Mommie & Me" and Storytime Wednesdays, 10:00 a.m. & Fridays, 10:30 a.m.

Civil War in the Bluegrass!!

Hundreds of re-enactors and living historians from several states will be in Richmond on Saturday and Sunday, August 25-26, 2018 at Richmond's Battlefield Park for the annual Battle of Richmond re-enactment.

The battle was the second largest Civil War battle in the Commonwealth and is considered by most Civil War historians as one of, if not the most complete victory one side had over the other during the entire war.

Confederate forces under Major General Edmund Kirby Smith thor-

oughly defeated an inexperienced Union army under the command of Major General William "Bull" Nelson, a Kentuckian from Maysville. Nearly the entire Union force were either killed, wounded or captured.

Visitors will have the entire day filled with demonstrations, and concessions will be available with many period food vendors. Other vendors, called sutlers, will be in attendance selling various Civil War wares.

Camps will open at 10:00 a.m. and close at 4:00 p.m. with battles at 2 p.m.

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I WANT TO MEET YOU!

I'm inviting you to come out to talk with me and tell me what you're looking for in your next Estill County Judge.

Where: Parking area at the Hargett Volunteer Fire Dept.
When: Tuesday, August 21st, 4:30 - 7:00



I'll be passing out cold drinks and grilling hot dogs. Stop by, bring your questions, your suggestions and your ideas.

I want to talk with you about my plans to take Estill County in a New Direction!

Paid by Rhonda Childers for Estill County Judge/Executive

Little Mountains
13TH ANNUAL
COIN & KNIFE SHOW

Buy, Sell or Trade

SATURDAY, OCT 6TH

8:00AM to 5:00PM

Estill Co. Fairgrounds Event Building
38 S. Irvine Road, Irvine, KY

Free Admission and Free Parking

Call (606) 723-6682 to reserve tables.
40-table show -- \$15.00 per table
(There will be concessions sold)