

## Even well-armed country boys need the Lord's protection



### America's Heartland

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I heard the tale the other day about the patrolman who pulled over the country boy as he travelled through the big city.

As the country boy got his driver's license from his wallet, the patrolman noticed his concealed carry permit.

"Do you have a gun with you?" the patrolman asked.

"Yep," the country boy said. "I have a .45 right here on my side."

"Do you have any other guns with you? The patrolman asked.

"Yep. I have my 12-gauge Remington 1100 under the backseat," he said.

The big city officer, thinking surely that was all, asked if he had anything else?

"Why, yes," the country boy said. "I have a .357 in my console. And a .44 magnum in my glovebox."

The patrolman, unable to understand why anyone would feel the need to be so well armed, looked that country boy in the eye and asked: "Mister, you have so many guns. What are you afraid of?"

To which the country boy replied: "Not a thing, sir. Not one thing."

The Bible makes clear that folks can have far more confidence than that country boy when they put their trust in the Lord. David, the great warrior of the Old Testament, understood that. When still a boy, David confidently faced Goliath, the giant of the Philistine army, and defeated him. Later in life, while in grave danger from an overthrow attempt, David wrote:

"O Lord, how many are my foes! Many are rising

against me; many are saying of my soul, 'there is no salvation for him in God.' But you, O Lord, are a shield about me, my glory, and the lifter of my head. I cried aloud to the Lord, and He heard me from his holy hill. I lay down and slept; I woke again, for the Lord sustained me. I will not be afraid of many thousands of people who have set themselves against me all around" (Psalm 3:1-8).

In David's day, an army was measured by its horses and chariots. David, however, understood that it was far more important to have the Lord's favour than to have a huge arsenal.

"Some trust in chariots and some in horses, but we will trust in the name of the Lord our God" (Psalm 20:7).

If we trust in the Lord the way David did, a patrolman could ask us what we're afraid of, and we could honestly reply: "Not a thing, sir. Not one thing."

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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SEPTEMBER 24-28, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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## ESTILL COUNTY SCHOOLS MENUS

Milk is included with every meal; plus assorted juices included with breakfast

MONDAY Sept. 24	TUESDAY Sept. 25	WEDNESDAY Sept. 26	THURSDAY Sept. 27	FRIDAY Sept. 28
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### SOUTH IRVINE EARLY LEARNING CENTER BREAKFASTS

Sausage Biscuit Juice Milk	Yogurt, Animal Crackers, Cheese Stack, Apples, Milk	Maple Waffles Peaches Milk	Biscuit & Gravy Hashbrowns Milk	Blueberry Muffin Fruit Juice, Milk
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### SOUTH IRVINE EARLY LEARNING CENTER LUNCHES

Chicken Nuggets Rolls, Green Beans Mashed Potatoes Pineapples, Milk	Turkey Sandwich Cauliflower Bites Strawberry Cups Milk	Spaghetti w//Meat Sauce, Breadstick Garden Salad Mandarin Oranges	Pizza Hut Corn Side Kick Milk	Hamburger on Bun French Fries Peach Cups Milk
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### ESTILL SPRINGS BREAKFASTS

Toast/Cocoa Puffs or Toast Cinn. Poptart Pears Asst. Juice Milk Choices	Pancake Porky/Syrup or Cinn. Toast Crunch, Graham Snacks, Applesauce Asst. Juice, Milk	Yogurt/Cheese Sticks, Graham Snacks or Trix/Pop-tart, Mandarin Oranges, Juice, Milk	Biscuit, Gravy, Sausage Pattie or Biscuit, Lucky Charms Pineapple Asst. Juice, Milk	Asst. Muffin Fruit Loops Peaches Asst. Juice Milk
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### ESTILL SPRINGS LUNCHES

Chicken Nuggets Roll, Green Beans Mashed Potatoes Apple Milk	Deli Turkey & Cheese on Bun, Chips Pork 'n Beans Grape Tomatoes/Dip Peaches, Milk	Beef 'n Mac Texas Toast Steamed Broccoli Fresh Cauliflower/Dip Pears, Milk	Pizza Hut Pizza Corn Romaine Salad, Ranch Orange Milk	Pizza Munchable Pepperoni/Loce Bread Mozz. Cheese Marinara, Raisins Baby Carrots/Dip
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### WEST IRVINE BREAKFASTS

Breakfast Pizza or Cinn. Toast Crunch Pineapple Tidbits Juice, Milk	Biscuit & Gravy or Lucky Charms Grapes Juice, Milk	Mini Cinni Rolls or Donuts or Cocoa Puffs Strawberry Cup Juice, Milk	Bacon, Egg & Cheese Biscuit or Cinn. Toast Crunch, Peach Cup Juice, Milk	Assorted Muffins or Cocoa Krispies Apple Juice, Milk
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### WEST IRVINE LUNCHES

Fried Chicken, Roll Mashed Potatoes Green Beans Apple Milk	Deli Turkey Wrap Cheese/Let./Tom. Stir Fry Veggies Carrot & Cucumber/Dip, Applesauce	Baked Rotini w/Bread, Corn Garden Salad Side Kick or Apple Milk	Hot Dog//Bun Potato Smiles Baked Beans Peaches Milk	Pizza Hut Pizza Corn Grape Tomatoes/Dip Strawberry Cup Milk, Ice Cream
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### ESTILL COUNTY MIDDLE SCHOOL BREAKFAST

Dutch Waffles, Choc. Mini Wheats, Pop arts, Cereal Bars Mandarin Oranges	Bosco, Frosted Flakes/Reese Puffs, Cereal Bars, Pop Tarts, Pineapples	Biscuit & Gravy Lucky Charms Cereal Bars, Pop Tarts, A-sauce	Scr. Eggs, Toast, Cocoa Puffs, Cereal Bars, , Pop Tarts, Banana	Egg Sliders, Cinn. Toast Crunch Cereal Bars, Pop Tarts, M. Oranges
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### ESTILL COUNTY MIDDLE SCHOOL LUNCH

Chicken Tenders or Buffalo Tenders Mashed Potatoes Green Beans Mandarin Oranges Apples	Sausage Link Biscuit & Gravy Hash Brown Grape Tomatoes Cooked Apples Peaches	Pizza Hut Pizza Broccoli w/Dip Corn Fudge Bar Mixed Fruit Pineapples	Chicken Pot Pie or Grilled Chicken/Bun Roasted Broccoli Baked Beans Bananas/Side Kicks Juice, Milk	Fiestada Mexican Pizza or Taco Snax Garden Salad Carrots Sticks/Dip Mandarin Oranges Strawberry Cup
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### ESTILL COUNTY HIGH SCHOOL BREAKFAST

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

Pepperoni Calzone Chicken Quesadilla Marinara Sauce Glazed Carrots Normandy Blend Tropical Fruit Sidekicks Juice/Asst. Milk	Hot Ham & Cheese Pizza Hut Pizza Tater Tots Baked Beans Strawberries Blueberry Applesauce, Juice Assorted Milk	Chicken Tenders w/ Roll, Spicy Chicken on Bun Mashed Potatoes Green Beans Pineapples Peaches Juice, Asst. Milk	Chef Bradley's Spaghetti, Bread-stick, Mr. Rib/Bun Garden Salad Corn Pears Applesauce Juice, Assorted Milk	Asian Chicken, Roll Fish on Bun Egg Roll & Rice Stir Fry Vegetables Glazed Carrots Mandarin Oranges Strawberry Cup Juice, Asst. Milk
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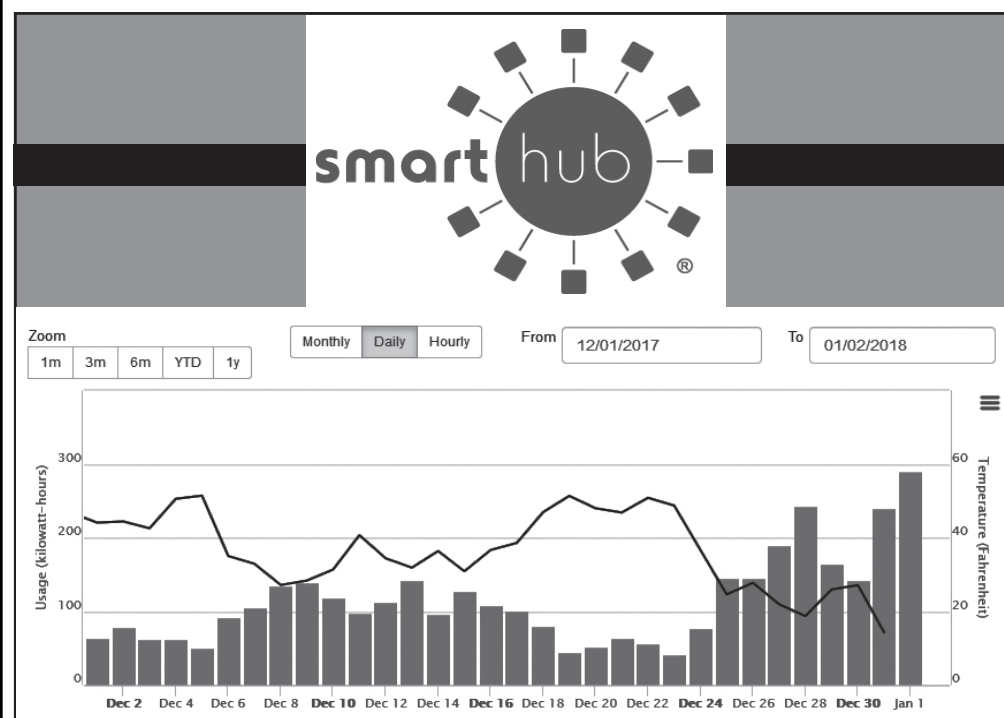
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