

# Always best to land feet first when jumping into mudholes



**America's Heartland**  
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Two good ol' boys in need of work landed a job replacing shingles on a farmer's barn roof when a gust of wind blew their aluminum ladder down.

With no one else around, they began looking for some other way to get off the roof. On one end of the barn, there was a mudhole but no way to know how deep it was.

After much debate, one of the fellows decided the mud might provide a soft landing, so he jumped while his reluctant friend looked for another way down.

A minute later, the fel-

low yelled back to his friend on the roof. "It's OK. The mud is only ankle deep."

So the second fellow jumped. But he sunk up to his neck. As he waded out, he fussed at his friend: "I thought you said it was only ankle deep."

"Well, it is if you land head first like I did," came the reply.

Jesus once used mud to change a man's life. You may remember the passage from the Gospel of John when Jesus encountered a young man who had been blind since birth. The disciples asked Jesus who had sinned, the young man or his parents, that caused him to be blind. Jesus told the disciples that the young man's blindness was an opportunity for God to be glorified.

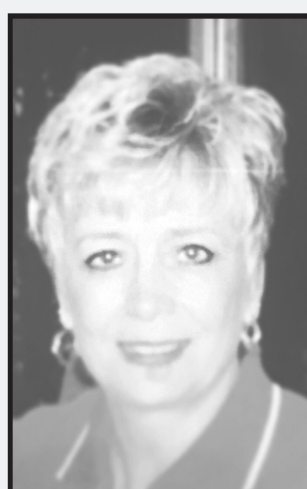
"When Jesus had thus spoken, he spat on the ground, and made clay of the spittle, and he anointed the eyes of the blind man with the clay, and said unto him, Go, wash in the pool of Siloam. He went his way therefore, and washed, and came seeing" (John 9:7).

I love reading about the miracles of Christ. He did such amazing things. Unexpected things. Take for example, the young man who had been blind since birth. In the day in which he lived, he was totally dependent on the goodwill of others to survive. He couldn't perform most jobs available in New Testament times. What Jesus did for the young man truly changed his life.

The mud those good ol' boys jumped into that day did nothing more than make for an easier landing. But the mud Jesus applied to the young man's eyes made for an easier life for a man who had faced his share of difficulties.

Jesus has always been there for people in difficult circumstances. Whether we're stuck on a barn roof with no place to go but down, or whether we're dealing with life's ups and downs, Jesus is our deliverer.

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



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

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Most old-timers in Kentucky will remember that one of the sure signs that winter was coming soon was the honking of a flight of Canadian geese on their way south.

Well, I believe winter is definitely here with temperatures plunging the past few days accompanied by snow and some ice. It is 4 degrees at the house this morning. Tomorrow promises to be in the 40s; it will feel like a heat wave. Then by the weekend, it sounds like a repeat of the same weather is in store.

Growing up in the 50s and 60s, another sign of winter's imminent arrival was bringing in the winter's fuel.

By early October my Dad would have purchased a ton of coal and cut wood for our winter heat. I remember that Dad bought coal from the Estill Ice Plant and other times he and my uncle went some-

# Staying Warm in Winter

where in Lee County and picked up the coal at a mine. I can't remember the exact place.

We used a Warm Morning stove to heat our house. It was located in what Mom called the Sitting Room. It was connected by a metal stovepipe to a brick flue. During cold winter days and evenings, the fire burned so hot that sometimes the stovepipe would be red hot. The damper was closed and it returned to normal color. You had to be very careful because it could be so hot it would really damage things on the mantel. That was too hot and dangerous.

One of my after school chores was carrying in kindling, coal and wood to keep the fire burning all night. The coal was supplemented by an ample supply of firewood cut from our farm. Coal was used in the evening each winter night to bank the fire in the stove so that live coals would survive until morning. But I always remember my Mom getting up in the middle of the night and putting coal in the stove too.

We are so lucky now days that we have natural gas and electric for heat. We installed Geo-Thermal heat in our house when it was built and a big fireplace. We did burn wood in the fireplace when we first built the house, but it wasn't very efficient and

we installed gas logs for extreme cold weather for back-up.

We have smoke detectors today that helps prevent house fires and they save many lives; if people have them. We have one in every room of our house. They are free from most fire departments.

Today, most of us heat our homes with a minimum of manual effort. The cost of the convenience is not insignificant, of course, but Geo-Thermal is economical.

During the winter months there can be power outages and you can be left without any heat unless you have a backup heat like a fireplace or gas logs. Without electricity, the automatic furnace, (Geo-Thermal) is inoperable as well as our hot water heater, cooking stove, refrigerator, and electric lights, television, and so forth. With ice storms, we have been without electricity a week or more. We used our fireplace, gas logs and cooked on the grill. Of course if you have a compressor, that will run you electric appliances.

When the electric goes off, kids think it is fun at first, because it seems like camping. Then they grow tired of doing without the precious electric that we so depend on.

Thank You Kentucky Utilities and Jackson Energy!

**WHERE TO GET HELP WITH FOOD IN ESTILL COUNTY**  
**God's Outreach** will give out government food each Thursday and Friday at 1041 Winchester Road from 9 - 12. You must sign up so bring a picture ID with you.  
**Estill County Community Food Bank** will give away donated food on the second and fourth Tuesdays of each month at 514 Main Street in Ravenna from 9-11:30ish. If you need emergency donated food, contact your pastor, Kentucky Foothills, etc who will put you in touch with this program through the Estill County Community Food Bank. You can receive food from this program twice in a calendar year. YES, you can get food from both programs in the same month. You can receive food once from the government program (God's Outreach) and twice from the donated food program (Estill County Community Food Bank).

## ESTILL COUNTY SCHOOLS MENUS

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

MONDAY Jan. 28	TUESDAY Jan. 29	WEDNESDAY Jan. 30	THURSDAY Jan. 31	FRIDAY Feb. 1
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### SOUTH IRVINE EARLY LEARNING CENTER BREAKFASTS

Sausage Biscuit Oranges Milk	Yogurt, Animal Crackers, Cheese Stick, Apples, Milk	Pancakes Peaches Milk	Biscuit & Gravy Hash Browns Milk	Banana Muffin Fruit Apple Juice, Milk
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### SOUTH IRVINE EARLY LEARNING CENTER LUNCHES

Chicken Nuggets Roll, Green Beans Mashed Potatoes Pineapples, Milk	Ham Sandwich French Fries Cucumbers Strawberry Cups	Chicken Noodle Soup, Gr. Cheese Carrot Sticks Peaches, Milk	Pizza Corn Apples Milk	Hot Dogs on Bun Tater Tots Mandarin Oranges Milk
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### ESTILL SPRINGS BREAKFASTS

Breakfast Pizza or Toast/Cocoa Puffs Pineapple Tidbits Asst. Juice Milk Choices	Mini Maple Pan- cakes or Cinnamon Toast Crunch/ Graham Snacks Applesauce	Donuts or Straw- berry Poptart/Trix Pears Asst. Juice Milk Choices	Scrambled Eggs or Bacon/Lucky Charms, Toast Mandarin Oranges Juice, Milk	Cinnamon or Choco- late Muffin Fruit Loops Peaches Juice, Milk
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### ESTILL SPRINGS LUNCHES

Chicken Tenders Roll, French Fries Baked Beans Pears Milk Choices	Hamburger/Bun BBQ Chips Lettuce/Tomato CA Blend Pineapple Tidbits	Chili/Crackers Grilled Cheese French Broccoli/Dip Cauliflower Mandarin Oranges	Cheese Pizza Corn Grape Tomato Peaches Milk Choices	Bologna Sandwich Potato Smiles Baby Carrots/Dip Applesauce Milk Choices
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### WEST IRVINE BREAKFASTS

Pancake Porky or Cereal Strawberry Cup Juice, Milk	Egg Extravaganza or Cereal, Toast Applesauce Juice, Milk			
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### WEST IRVINE LUNCHES

Chicken Nuggets Roll, Green Beans Potato Smiles Mandarin Oranges Milk	Corn Dog French Fries Steamed Broccoli Applesauce Milk	Deli Turkey Wrap Stir Fry Vegetables Cucumbers/Dip Peaches Milk	Roast Beef/Gravy Roll, Cooked Carrots Mashed Potatoes Pear Halves Milk	
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### ESTILL COUNTY MIDDLE SCHOOL BREAKFAST

Dutch Waffle Choc. Mini Wheats Cereal Bars, Pop Tarts, Mixed Fruit	Breakfast Bosco Fr. Flakes/Reese Puffs, Cereal Bars, Pop Tarts, Sidekicks	Biscuit & Gravy Lucky Charms Cereal Bars, Pop Tarts, Applesauce	Scr. Eggs & Toast Cocoa Puffs Cereal Bars, Pop- tarts, Banana	Donut, Apple Cinn. Cheerios Cereal bars, poptarts Mandarin Oranges
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### ESTILL COUNTY MIDDLE SCHOOL LUNCH

Oven Roast BBQ Chicken or Chicken Nuggets, Roll Mashed Potatoes Peas, Apple Strawberry Cup	Cheeseburger or Pork Chop on Bun French Fries Let./Tom./Onion Mandarin Oranges Mixed Fruit	Chicken Pattie/Bun or Potato Bar Steamed Broccoli/ Cheese Baked Beans Peaches/Pear	Chicken Alfredo or Ravioli Garlic Toast Green Beans Glazed Carrots Banana/Applesauce	Big Daddy of Buffalo Chicken Pizza Garden Salad w/ Grape Tomatoes Corn, Pineapples Sidekicks
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### ESTILL COUNTY HIGH SCHOOL BREAKFAST

Bacon, Egg, & Cheese Sliders Pop Tarts, Mini Chocolate Donuts Apples or Oranges	Breakfast Pizza Pop Tarts Donut Holes Yogurt Parfait Apples or Oranges	Bacon, Egg, & Cheese Biscuit Pop Tarts, Yogurt Parfait, Donuts Apples or Oranges	Sausage Biscuit Pop Tarts, Yogurt Parfait, Donut Holes Oranges or Apples Juice, Milk	Eggstravanza Wrap Poptarts, 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 Apple- sauce, Juice Assorted Milk	Chicken Tenders, Rol Spicy Chicken/Bun, Green Beans Mashed Potatoes Pineapples Peaches Juice, Asst. Milk	Chef Bradley's Spa- ghetti, Breadstick Mr. Rib on 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 Pineapples Juice, Asst. Milk
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## ESTILL LIBRARY BOOKMOBILE SCHEDULE

246 Main Street Irvine, KY - Call 723-3030

JANUARY 28 - FEBRUARY 1, 2019				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wallace Circle Nursing Home Hood Avenue Broadway	Harris Ferry Cressy Stacy Lane	West Irvine Crooked Creek Station Camp Red Lick	No Bookmobile Service	No Bookmobile Service

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

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