

Times Remembered **Betty A. Young**

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The last two weeks, I've been out of town attending basketball tournaments in West Palm Beach, Florida and Bris-Scott County Girls Basketball team, where my daughter and son-in-law state and have a 16-0 re- was returning home. cord. Right now they are they play.

Doc Maples Classic Tour-Virginia for the score of heads hit the pillow. 69-37. This was a nice win but I think everyone awoke to beautiful sun-tournament games. was looking ahead to the shine with a temperature Florida Tournament.

cember 26, at 5:00 a.m. trees, tropical flowers and year. Keep the good work we boarded the big blue green plants everywhere up girls!

Basketball Tournaments

the 2018 National Invi-the team. tational Holiday Baskettournament.

to play ball and experience some sunshine. After all, it had rained nearly all past few weeks.

5:00 a.m. as planned and Beach; they were ranked everything was going #4 in the state of Florida. great; we expected to be in Scott County defeated West Palm Beach by 9:00 them by a score 84-60. p.m. When we crossed Maleah Owens, a 5'6 setol, Tennessee with the into South Carolina things nior guard and a Middle begin to change; traffic slowed: there was just 30 points in that game two lanes of interstate inhave coached for the past stead of three and holiday 20 years. Scott County is traffic was heavy. The day She has verbally commitcurrently rated #1 in the after Christmas, everyone ted to Morehead. Also,

We were stalled in trafrolling; and Bob and I love fic about three hours due watching them play. We to a wreck and heavy traf-ship game saw Scott support them wherever fic. We traveled 41 miles County facing a much bigin three hours. It really On December 20-22 was tiring, sitting on the they participated in the bus that long. When we Alabama. The game was got to Savannah, Georgia nament in Bristol, Virgin- the road widened and ia. They defeated Sullivan we were able to go faster. let loose scoring and wore East Tennessee by a score We arrived at West Palm the bigger girls out with of 94-40, then Spring Val- Beach about midnight, their fast break play and ley West Virginia, by a tired and weary, and I for pressure defense. They score of 92-53 and won one was ready to go to my won the championship of the championship game room. We checked in and the National Invitational by defeating Lebanon, fell asleep as soon as our Holiday Classic by a score

On the morning of De-motel was beautiful; palm make it to state again this

charter bus for West welcomed us to the buffet Palm Beach, Florida for breakfast bar set up for

The girls were schedball Classic presented by uled to play on December BSN Sports. Thirty-two 27, at 2:00 p.m. Everyone high schools from eleven was fired up and ready states competed in the to battle. Scott County played Game 1 and de-Everyone was excited feated the Dr. Michael M. to be headed to the beach Krop Senior High School team, from Miami, Florida by a score of 79-60.

In the second game on month here at home the December 28, at 6:00 p.m. they faced Palm Lakes We left Georgetown at High School from Palm Tennessee signee, scored and Morgan DeFoor, a 5'7 junior scored 24 points. the girls scored 20 threepoint shots in this game.

The final championger Ramsay High School team from Birmingham, pretty close until second half then the Lady Cards of 69-51. Scott County The next morning we never trailed in any of the

The girls really are playof about 80 degrees. The ing well and I hope they

Political leaders need our prayers more than our criticisms



America's Heartland **Roger Alford** RogerAlford1@GMail.Com

A busload of politisuddenly careened into a pasture and crashed into an old farmer's said we are to "show barn.

big hole and buried the ilv of believes, fear God, politicians. A few days honor the emperor" (1 later, the sheriff passed by, saw the crashed bus, and asked the farmer Timothy spoke of kings

he had buried them.

'You mean to tell me," the sheriff said, "every they dealt with in their one of them was dead?"

know how those politi- the titles they hold. cians lie."

but there's really noth- munities and across our **ford1@gmail.com**.

to pray for their governthem.

called on Christians to pray for kings and all government leaders so "that we may live peace-(1 Timothy 2:1-2).

proper respect to ev-The farmer dug a eryone, love the fam-Peter 2:17).

Of course, Paul and kinds of political rulers we criticize them. "Well, some of them respecting and praying said they weren't," the for our political leaders farmer said, "but you still holds, regardless of they're alive.

ing new in that. Down country deliver hateful, through world history, scornful personal critipeople have scorned cism at all our political their government lead- leaders. Now, as a good ers. Long before the American, I'm a defendtypical official is elected, er of our constitutional scathing personal at-right to free speech, so tacks begin, oftentimes I wholly support everyeven from churchgoers one's right to say what who should know bet- they will regarding the issues of the day. But Christians are called I've found that much of what is said doesn't adment leaders, not scorn dress issues but instead is, instead, personal The Apostle Paul attacks meant to stir strife.

As a journalist for more than three decades, I've had the pleacians were traveling a ful and quiet lives in all sure to know lots of polcountry road when they godliness and holiness iticians at various levels of government. I have The Apostle Peter the greatest of respect for many of them, who opt to go into public service despite the harsh, often unwarranted criticism they face from the moment they step into the spotlight.

As God's word comwhere the politicians and emperors, instead mands, we really should of presidents and prime commit to praying for The old farmer said ministers, because that our government leadhappened to be the ers at least as much as

And, if ever a busload day. But the notion of of them crashes into our barn, let's commit not to bury the ones who say

Roger Alford offers You don't have to be words of encourage-Politicians certainly on Facebook or Twitter **ment to residents of** seem to be unpopular long to find that many **America's heartland**. in our day and time, people in our local com- Reach him at rogeral-

ESTILL COUNTY SCHOOLS MENUS

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

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY Jan. 18 Jan. 14 Jan. 15 Jan. 16 Jan. 17

Oatmeal & Toast Maple Waffles **Biscuit & Gravy Chocolate Muffin**

Oranges Apples Milk **Hash Browns Peaches** Milk Milk Milk

SOUTH IRVINE EARLY LEARNING CENTER LUNCHES Popcorn Chicken Beefy Mac & Cheese Bologna & Cheese Chicken Pattie/Bun Pizza **Texas Toast** French Fries Biscuit Potato Smiles Corn **Green Beans** Peas

ESTILL SPRINGS BREAKFASTS

Breakfast Pizza or Toast/Cocoa Puffs Pineapple Tidbits Asst. Juice Milk Choices

Applesauce, Milk

Min Maple Pancakes/ Syrup or Cinn. Toast Crunch/Graham Snacks, Applesauce

Mandarin Oranges

Broccoli Bites Strawberry Cups Donuts or Strawber

ry Poptart/Trix

Pears

Peaches Milk Scrambled Eggs

Toast/Lucky Charms

Pears Milk

Juice, Milk

Chicken Pattie/Bun

TACO TUESDAY Taco/Wrap Let../Tom./Cheese

Milk Choices Chicken Noodle Soup/Crackers

Asst. Juice

Bacon **Mandarin Oranges** Asst. Juice, Milk

Blueberry or Banana Muffin, Fruit Loops Peaches Asst. Juice Milk Choices

Apple Juice, Milk

ESTILL SPRINGS LUNCHES

Mashed Potatoes **Green Beans** Pears Milk Choices

Refried Beans, Salsa Peaches

Grilleld Cheese Fresh Broccoli

Pepperoni Pizza Corn Milk Choices

Hot Dog/Bun French Fries Baby Carrots/Dip Appleseauce Milk Choices

WEST IRVINE BREAKFASTS

Breakfast Pizza or Cereal, Apple Juice, Milk

Biscuit & Gravy or Cereal

Mandarin Oranges

Mini Cinni Rolls

or Cereal

Pears Juice, Milk

Grape Tomatoes/Dip Pineapple Tidbits

Scrambled Eggs

Toast, Peaches

or Cereal

Juice, Milk

Assorted Muffins

or Cereal

Juice, Milk

Apple

Grapes Juice. Milk

Baked Rotini/Texas Toast Romaine Salad

Corn, Pears

WEST IRVINE LUNCHES Rectangle Pizza Cucumber/Dip Cooked Carrots Pineapple Tidbits

Chili//Grilled Cheese Sandwich Vegetable Cup/Dip **Fresh Oranges**

Bosco Sticks Marinara Sauce **Baked Beans** Fresh Broccoli/Dip

Round Pizza Corn Tomatoes/Dip Apple Milk

Milk Milk, Crackers Peaches, Milk **ESTILL COUNTY MIDDLE SCHOOL BREAKFAST**

Pancake Porky w/ Syrup, I Mini Wheats Cereal Bars, Pop Tarts, Apple

Oatmeal & Toast Cinn. Toast Crunch Cereal Bars, Pop Tarts, Pears

Cream Cheese Bagel, Lucky Charms Cereal Bars, Pop Tarts. M. Oranges

Bacon, Egg & Cheese Biscuit Cinn. Chex, Pop Tarts, Banna

Choc. or Cinn. Muffins, Cocoa Puffs Cereal Bars, Pop Tarts, Pineapples

ESTILL COUNTY MIDDLE SCHOOL LUNCH

Asian Chicken, Roll Stir Fry Vegetables **Asian Rice Carrot Sticks** Apples, Pears

Milk or Juice

Hamburger/Bun or Spicy Chicken/Bun French Fries, Baked Beans, Applesauce Let./Tom./Pickles Strawberry Cup

Corn Dog or Walking Taco Bar Baked Beans Carrot Sticks w/dip Peaches/Pineapples Milk or Juice

Chili w/Grilled Cheese, Cauliflower Bites, Carrot Sticks Mandarin Oranges Sidekicks Milk or Juice

Boscos or Chicken Quesadilla Marinara Sauce Broccoli & Cauliflower w/Dip, Corn Pears, M. Oranges

ESTILL COUNTY HIGH SCHOOL BREAKFAST

Meatball Marinara on

Bun, Chips

Pizza Hut Pizza

Let//Tom./Peppers

Green Beans, Canta

loupe, Applesauce

Juice/Asst. Milk

Roasted Carrots

Sausage, Egg, Ch. Sliders, Cereal, Cereal Bars, Pop Tart, Mini Choc. Donuts Oranges or Apples

Boscos, Calzones

Marinara Sauce

Corn. Sidekicks

Assorted Juice

Green Beans

Tropical Fruit

Juice

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

Eggstravaganza Wrap, Poptarts. Cereal, Cereal Bars Mini Choc. Donuts Oranges or Apples Offered Daily: Pizza Line

Sandwich Box, Salad Box

ESTILL COUNTY HIGH SCHOOL LUNCH

Cheeseburger/Bun Mini Corn Dogs Let./Tom./Pickles Garden Salad **Potato Wedges Baked Beans** Pineapples, Peaches

Juice/Asst. Milk

Chicken Pattie/Bun Roll Let./Tom./Pickles **Broccoli & Cheese** Baked Potato Bar Pears, Applesauce Juice Asst. Milk

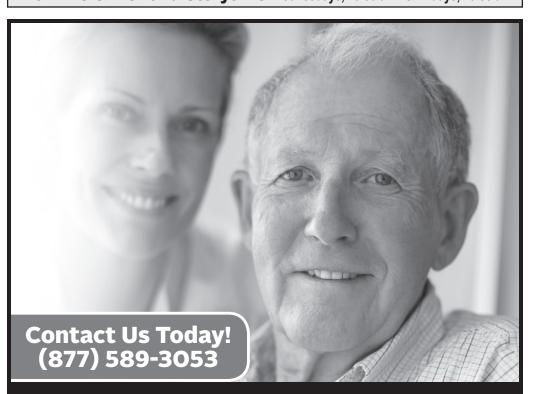
Chicken Noodle Soup, Crackers **Grilled Cheese Broccoli Bites** Carrot Sticks Mandarin Oranges Strawberry Cup Juice/ Asst. Milk

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

JANUARY 14-18, 2019

FRIDAY TUESDAY WEDNESDAY MONDAY THURSDAY Wallace Circle **West Irvine Senior Citizens Harris Ferry** No Bookmobile **Nursing Home** Cressy **Crooked Creek Doe Creek Service Hood Avenue Stacy Lane Station Camp Buck Creek Broadway Red Lick South Irvine**

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



Between home and hope, there's help.

Horizon Health offers elderly care two ways: at an adult day center or in your own home. At Horizon Adult Health Care **Centers**, you or your elderly loved one gets attention and activities every weekday. Or choose Horizon Home Care, for in-home personal care services, companionship and light housekeeping in your own home.

For locations and to learn more, visit

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