

# Patient not only had amnesia, he couldn't remember anything either



**America's Heartland**  
**Roger Alford**  
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later, still posing as a patient, hoping to get his money back.

"I have lost my memory," he told the old man. "I can't remember anything."

"Nurse, please bring medicine from Box 19 and put three drops in the patient's mouth."

"Oh, no. That's gasoline," the young fellow protested.

"Congratulations, you got your memory back," the old doctor said. "That will be \$500."

The ability to remember is such a wonderful gift. I was reminded of that the other day. My daughters had gone to an Alan Jackson concert and sent me a short video they had shot of him singing one of his most popular songs. It was about him as a boy getting to drive his father's old pickup on dirt roads.

The lyrics included these lines: "Just a dirt road with trash on each side. But I was Mario Andretti when Daddy let me drive."

The note that popped into my cell phone with the video said: "This song reminded me of you."

It brought tears to my eyes.

I am so pleased all of my kids have memories of sitting behind the steering wheel, driving on backroads of dirt and gravel when they could barely see over the dashboard. I'm also glad they have memories of fishing

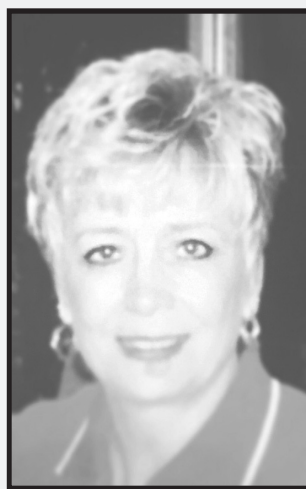
poles, and trotlines and rabbit hounds. I'm glad they have memories of little country churches, of the smooth voices of folks like Ronnie Ramey as he strummed his guitar and belted out gospel tunes, of the powerful preaching of folks like Charlie Banks and Harold Auxier, of hard wooden pews, of worn hymnals, and of the cool mountain streams where they were baptized.

My girls, now grown, brought back many of those happy memories with the video, and I felt at least a little like the Apostle Paul when he told the Philippian Christians: "I thank God in all my remembrance of you" (Philippians 1:3-5).

I know you're like me in that you think back on bygone years with nostalgia and with thankfulness to Almighty God. It's a wonderful thing to get to grow up in America's heartland. I hope you'll take a few minutes right now and think back to happy times in your childhood, and offer thanks to God for those precious memories.

If you have any trouble remembering, there's an old country doctor who may be able to help, if you can handle three drops of gasoline from Box 19.

*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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I don't know about you folks, but I'm becoming extremely tired of this rainy cold weather. It is such an odd winter with this large amount of rain. I like snow every now and then, but I'll take spring anytime and a little sunshine.

I love the change of seasons. The beautiful leaves in the fall and the pure white snow in the winter, but show me the first Crocus heralding spring and I get even more excited. The Daffodils and Snowdrops appear in bloom and the woods are coming alive with Red Buds.

# Tired of Rain

The Lord has given us amazing gifts of resurrection at spring time. The first day of spring is the 21st of March. Just a few more weeks!

When I think about winter I immediately think of all the people who have to work outdoors no matter what the weather brings. Farmers feeding animals, truck drivers delivering medicine, food and supplies to stores, fire fighters, EMTs, construction workers, mail carriers, fuel delivery personnel, and electrical power linesmen who so diligently work in the ice and snow to restore power outages.

My Dad was a farmer and I too experienced winter outdoors while growing up. Animals have to be fed no matter how cold it is. One of the best things to wear outside when it's cold is insulated long underwear, Carhartt coveralls and hoodies. This type of clothing sure comes in handy when driving the tractor to throw out hay to the cattle or checking

water supplies to make sure they aren't frozen.

Even though there aren't crops to tend in the winter, the farmer's work is never done. There is planning and preparing for spring planting and repairing, cleaning and greasing equipment and tools. My Dad kept several grease guns nearby to grease the tools; I told him he kept the grease company in business; he was a firm believer in preventive maintenance of his tools.

My aches and pains increase just thinking about the cold weather when I was young and worked outside on the farm. I didn't marry a farmer; so we don't farm the land, but I love the land, the changing of seasons and working with animals..... and the many memories I have with my parents living on the farm.

We have to take whatever the weather brings; people are always discussing the weather....it is a nice conversation starter! Remember spring is not far away! MARCH 21!!

## Amber Waves

by Dave T. Phipps



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## ESTILL COUNTY SCHOOLS MENUS

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

MONDAY Feb. 25	TUESDAY Feb. 26	WEDNESDAY Feb. 27	THURSDAY Feb. 28	FRIDAY March 1
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### SOUTH IRVINE EARLY LEARNING CENTER BREAKFASTS

Sausage Biscuit Oranges Milk	Oatmeal & Toast Apples Milk	Maple Waffles Peaches Milk	Biscuit & Gravy Hash Browns Milk	Chocolate Muffin Fruit, Apple Juice Milk
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### SOUTH IRVINE EARLY LEARNING CENTER LUNCHES

Chicken Nuggets Roll, Green Beans 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 Asst. Juice Milk Choices	Mini Maple Pancake or Cinn. Toast Crunch/Graham Snacks, Applesauce Asst. Juice, Milk	Donuts or Strawberry Popart/Frosted Flakes, Pears Asst. Juice Milk Choices	Scrambled Eggs or Lucky Charms Bacon/Toast Mandarin Oranges Asst. Juice, Milk	Chocolate or Cinnamon Muffins Fruit Loops Peaches Asst. Juice, Milk
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### ESTILL SPRINGS LUNCHES

Chicken Tenders Roll, Green Beans Mashed Potatoes Pears Milk Choices	Hamburger/Bun Potato Smiles Tomato Slice/Pickle CA Blend Veggies Pineapple Tidbits	Chili/Crackers Grilled Cheese Fresh Broccoli/Dip Cauliflower Mandarin Oranges	Cheese Pizza Corn Grape Tomatoes Peaches Milk Choices	Ham/Bun BBQ Chips Baked Beans Baby Carrots/Dip Applesauce
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### WEST IRVINE BREAKFASTS

Pancake Porky or Cereal Peaches Juice, Milk	Egg Eggstravaganza Toast or Cereal/Toast Applesauce Juice, Milk	Donut or Cereal Pears Juice Milk	Dutch Waffle or Cereal Grapes Juice, Milk	Assorted Muffins or Cereal Applesauce Juice/Milk
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### WEST IRVINE LUNCHES

Chicken Chunks Roll, Green Beans Mashed Potatoes Strawberry Cups Milk	Corn Dog Steamed Broccoli Potato Smiles Applesauce Milk	Deli Turkey/Wrap Stir Fry Vegetables Cucumber Slices/ Dip, Pear Halves Milk, Chips	Hamburger/Bun French Fries Pork & Beans Lettuce & Tomato Pineapple Tidbits	Four Cheese Pizza Corn Tomatoes/Dip Apple Milk
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### ESTILL COUNTY MIDDLE SCHOOL BREAKFAST

Pancake Porky Mini Wheats Cereal Bars, Pop Tarts, Apple	Oatmeal & Toast Cinn. Toast Crunch Cereal Bars, Pop- tarts, Pears	Oatmeal & Toast Cinn. Toast Crunch Cereal Bars, Pop- tarts, Pers	Bacon, Egg, and- Cheese Biscuit Cinn. Chex, Cereal Bars, Poptarts, Fruit	Choc. or Cinn. Muf- fins, Cocoa Puffs Cereal Bars, Pop- tarts, Pineapples
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### ESTILL COUNTY MIDDLE SCHOOL LUNCH

Oven Fried Chicken or Chicken Nuggets Roll, Peas Mashed Potatoes Apples/Strawberry Cup, Milk or Juice	Cheeseburger or Pork Chop on Bun French Fries Let./Tom./Onion Mandarin Oranges Mixed Fruit	Chicken Pattie on Bun or Potato Bar Broccoli & Cheese Baked Beans Pears/Fresh Fruit Milk or Juice	Chicken Alfredo or Ravioli, Garlic Toast Green Beans Glatzeld Carrots Peaches Applesauce
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### ESTILL COUNTY HIGH SCHOOL BREAKFAST

Sausage, Egg & Cheese Sliders Cereal, Cereal Bars Pop Tarts, Mini Chocolate Donuts	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	Dutch Waffle Poptarts, Cereal, Cereal Bars Mini Choc. Donuts Oranges or Apples
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### ESTILL COUNTY HIGH SCHOOL LUNCH

Boscas Calzones Marinara Sauce California Blend Corn, Sidekicks Tropical Fruit Juice Assorted Milk	Meatball Marinara on Bun and Chips Pizza Hut Pizza Let./Tom./Peppers Roasted Carrots Baked Beans Strawberry Cup Applesauce	BBQ Pork Roast w/Gravy, Roll Fish on Bun Mashed Potatoes Green Beans Pineapples Peaches Juice or Milk	Chicken Pattie/Bun Let./Tom./Pickles Broccoli & Cheese Baked Potato Bar Pears Applesauce Juice Assorted Milk	Chicken Noodle Soup, Crackers Grilled Cheese Broccoli Bites Carrot Slices Strawberry Cup Juice Assorted Milk
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