



Times Remembered Betty A. Young

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Spring.....a time of renewal and cleaning. Mother always started her house cleaning the 1st of May; I also try to get started by the by 1st of May.

The first of March I had bronchitis and my asthma flared up making me twice as sick. I spent three weeks going to the doctor and taking antibiotics, prednisone and using inhalers and my nebulizer. I have been too weak to even attempt to do any house cleaning. It seems I can't get my energy restored; I feel guilty, but I don't have the energy since I've been sick. Hopefully, my energy will increase day by day and I will be ready to jump into cleaning soon.

We have so much to do inside and out. Decks need sealer; winter and rain has taken its toll on them. The yard has accumulated leaves, sticks and moss and there are weeds in my flower beds; they are about to take over. I put landscaping material under the lava rocks, but it doesn't seem to stop the weeds. We also have a huge eighty-foot oak tree beside the barn that blew over just after Christmas that needs cutting up; thank goodness it barely

Spring Cleaning

missed the barn. When you live in the woods there are always trees and branches to be cut and picked up. It is a never-ending job.

When I was growing up, the 1st of May, after the need for heat, we took down the coal stove and virtually turned the house upside. We washed curtains and windows, painted or hung wall paper and washed and painted woodwork. Hardwood floors were scrubbed, waxed and buffed on our hands and knees. No wonder my knees hurt now! I can still hear my Dad fussing when he and Mom were trying to hang the ceiling wallpaper. It was a difficult job to get the first piece hung straight.

I remember every spring Mom would bring out the light colored chintz and cotton curtains, bedspreads, and throws of summer to replace the heavy fabric slipcovers. Well, today we are still using slipcovers. Gone are the days when they were used to hide worn or weathered furniture. (But lots of people still use them for that purpose). Slipcovers are an inexpensive and creative way to liven up your chairs and couches anytime. They are also great to use on porch settees and furniture.

There are quick cover ups that are easy-on, easy-off that fit neatly over existing upholstery like an apron. They hide unsightly stains or tears in an instant, and they coordinate with a season, a holiday or any special event. Quick, easy and very affordable. Slipcovers offer instant gratification for those in search of a décor change. I definitely need new covers for my porch furniture. The cat has

slept on them and got them dirty; he has a bed but likes the cushions much better. Of course!

Here are some ideas to try for sprucing up:

*Customize ready-made dining chair covers by tucking decorative items such as flowers or pine cones in the sash. Embellish the bottom of the slipcover with lace, ribbon, or faux pearls. (I am great with a glue gun!)

*Take old magazines, roll into a tube and secure with rubber bands. Place them down the sides and back of the slipcovered couch or chair. They hold like magic!

*Slipcovering seating saves on upholstery cleaning bills, especially in highly trafficked areas like family rooms that are visited by toddlers, kids and pets.

*Ugly, old and worn furniture can be transformed with slipcovers and a few simple tricks: For holes and rips, duct tape is a wonder drug. Simply tape over torn area, making sure they are totally covered. For unsightly wooden arms, purchase inexpensive polyester batting and wrap each arm, securing with string or tape. Then slipcover!

* Even a lowly footstool can be elevated to a thing of beauty with a multi-patterned slipover. Attractive enough to come out from underfoot. It can serve as an impromptu snack or tea table.

*A covering an ordinary wood or a metal picture frame can become a table-top treasure with a little magic make over.

* So give ugly furniture the slip!

HAPPY SPRING AND HAPPY HOUSE CLEANING!

Redneck caterpillars like low-living, vow to never be caught flying



America's Heartland Roger Alford RogerAlford1@GMail.Com

Two redneck caterpillars were hanging out one afternoon, leisurely chomping on a leaf and chatting when a butterfly flew overhead.

They watched as the butterfly sailed on the breeze into the distance. That's when one said to the other: "You'll never catch me up there in one of them."

Little did they know what the future would hold for them.

My friend Harold Wainscott in Long Ridge, Ky., told me about those caterpillars, making the point that too many people have a fear of flying. I was thinking the other day about people I have known who allow fear to limit their travels and, therefore, their opportunities to share the Gospel.

The world is an amazing place with so much to see. God didn't make it dull or drab. It's beautiful and filled with interesting people, and Harold thinks people should take every opportunity to see it.

It's from a plane that we can see the truth in the old saying: "Every cloud has a silver lining." It can be rainy down here, but, as your plane gains altitude, it breaks through the clouds into brilliant sunshine. While it's dark and dreary down here, it's bright and shining up there.

It's that way in life. Sometimes circumstances can seem altogether gloomy from this side of the clouds. In such times, we need to trust that the silver lining is there, even though it's not visible from our current perspective.

Scripture tells us that God has a purpose - a silver lining - for every storm cloud that comes into our lives. "To everything there is a season and a time to every purpose under heaven" (Ecclesiastes 3:1).

I'm reminded that the Apostle Paul spent the latter years of his life in prison, certainly a dreary place. Yet, God used him during that time to write much of the New Testament and to touch many

lives in the process. That was the silver lining.

I'm also reminded that Jesus himself faced a dark time when He was nailed to a cross by wicked men. He hung there in excruciating pain before He gave up the ghost. Yet, in dying, He offered the ultimate silver lining, eternal life for all who believe in Him.

When we're facing the difficult times, it would serve us well to ask ourselves how our hardships compare to those that Jesus endured.

Jesus allowed himself to be sacrificed on that cross for the redemption of mankind. And He wants us to faithfully endure all the circumstances that come into our lives, using them as opportunities to show the world what it means to trust Christ in the tough times.

Those redneck caterpillars were satisfied with low-living, not knowing that the Lord had a life-changing metamorphosis in store for them. He doesn't want us to be satisfied living as caterpillars. He wants us change us. He wants us to soar.

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

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ESTILL COUNTY SCHOOLS MENUS

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

MONDAY April 15	TUESDAY April 16	WEDNESDAY April 17	THURSDAY April 18	FRIDAY April 19
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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 Rolls, Green Beans Mashed Potatoes Pineapples, Milk	Turkey Sandwich Tater Tots Strawberry Cups Milk	Spaghetti w/Meat Sauce, Breadstick Garden Salad Mandarin Oranges	Pizza Hut Pizza Corn Side Kick Milk	Hamburger on Bun French Fries Mandarin Oranges Milk
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ESTILL SPRINGS BREAKFASTS

Cinnamon Pop Tart Cocoa Puffs Pears Asst. Juice Milk Choices	Pancake Porky/ Syrup or Cinn. Toast Crunch, Graham Snacks, Applesauce Asst. Juice, Milk	Yogurt/Cheese Sticks or Frosted Flakes, Graham Snacks Strawberry Cup	Biscuit/Sausage Pat- tie, Gravy or Lucky Charms Banana Asst. Juice, Milk	Funnel Cakes or Fruit Loops Strawberry Pop Tart Peaches Asst. Juice, Milk
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ESTILL SPRINGS LUNCHES

Chicken Leg/Roll Mashed Potatoes Green Beans Mandarin Oranges Milk	Breadsticks/ Marinara Sauce Normandy Blend Baby Carrots/Dip Sidekicks, Pineapple	Sloppy Joe/Bun French Fries Cole Slaw Applesauce Milk	Pizza Hut Pizza French Fries Cole Slaw Applesauce Milk	Corn Dog Potato Smiles Pork 'n Beans Peaches Milk
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WEST IRVINE BREAKFASTS

Pancakes & Syrup or Cereal Strawberry Cup Juice, Milk	Ham & Cheese Slider or Cereal Pineapple Tidbits Juice, Milk	Sausage, Egg & Cheese Biscuit or Ce- real, Orange Juice, Milk	Donuts or Cereal Mandarin Oranges Juice Milk	Assorted Muffins or Cereal Apple Juice, Milk
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WEST IRVINE LUNCHES

Chicken Bites/Roll Mashed Potatoes Carrots Strawberry Cup Milk	Walking Taco Taco Meat/Chips Shredded Cheese Salsa, Refried Beans Peaches, Milk	Hot Dog/Bun French Fries Cucumber Slices Mandarin Oranges Milk	Ham/Roll Mashed Potatoes Green Beans Apple Crisp Milk	Pizza Hut Pizza Corn Broccoli/Dip Apple Milk
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ESTILL COUNTY MIDDLE SCHOOL BREAKFAST

Breakfast Pizza Frosted Flakes Cereal Bars, Pop Tarts, M. Oranges	Sausage & Biscuit Fruit Loops Cereal Bars, Milk Asst. Fruit Juices	Mini Pancakes w/ syrup, Cocoa Puffs Cereal Bars, Pop Tarts, Applesauce	Breakfast Bun, Trix Cereal Bars Pop Tarts, Peaches Fruit Juices, Milk	Egg Sliders Cinn. Toast Crunch Cereal Bars, Pop Tarts, M. Oranges
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ESTILL COUNTY MIDDLE SCHOOL LUNCH

Popcorn Chicken Roll Cheesy Potatoes Steamed Broccoli Apple/Mixed Fruit Milk or Juice	Hot Dog on Bun or Turkey & Cheese Sandwich, Potato Wedges, Cucumber Slices/Dip, Oranges Sidekicks	Pizza Hut Pizza Corn Carrot Sticks/Dip Grapes/Strawberry Cups Milk or Juice	Lasagna/Texas Toast or Calzone Garden Salad w/ Grape Tomatoes Green Beans Banana, Applesauce	Mini Corn Dogs or Mr. Rib on Bun Baked Beans Slaw, Peaches Pineapples Milk or Juice
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ESTILL COUNTY HIGH SCHOOL BREAKFAST

Breakfast Honey Bun, Cereal, Cereal Bars, Pop Tarts Mini Choc. Donuts Oranges or Apples	Pancake Porky Pop Tarts Donut Holes Yogurt Parfait Apples or Oranges	Bacon, Egg, & Cheese Biscuit Pop Tarts, Yogurt Parfait, Mini 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
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ESTILL COUNTY HIGH SCHOOL LUNCH

Offered Daily: Pizza Line
Sandwich Box, Salad Box

Cheeseburger/Bun Mini Corn Dogs Let./Tom./Pickles Potato Wedges Baked Beans Tropical Fruit Sidekicks Juice, Asst. Milk	Meatball Marinara on Bun & Chips Pizza Hut Pizza Let./Tom./Peppers Peas CA Blend Veggies Strawberry Cup Applesauce	Pork Roast w/Gravy & Roll Fish on Bun Mashed Potatoes Green Beans Pineapples Peaches Juice/Asst. 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 Sticks Mandarin Oranges Strawberry Cup Juice/Asst. Milk
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