

Several Estill Students Attend Health Expo

Several Estill County High School students attended the annual HOT (Health Occupations Today) Expo on November 2 at The Center for Rural Development in Somerset, Kentucky.

They were able to spend an hour exploring a variety of health careers and educational opportunities. A big thanks to the Madison Area Technology Center and GEAR UP for making this experience possible!



At the Physical Therapy booth, McKinley Meek watches as Kennedy Horn has electrodes attached to her skin to target muscles to contract. Electric stimulation helps the patient maintain muscle tone and strength that would otherwise waste away due to lack of usage.



Jessica Childers and Mariah Estes stop at the Occupational Therapy booth to create their own stress ball out of a balloon and sugar. They learned how this could be used in therapy.



Jaedyn Webster and Kennedy Horn look on as Olivia Snowden and McKinley Meek test out electric muscle stimulation at the Physical Therapy booth.

The First Thanksgiving



Times Remembered

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Nearly four hundred years ago, a great many of the people in England were very unhappy because their king would not let them worship and pray to God as they liked. The king said they must use the same prayers that he did and if they would not do this; they were thrown into prison or driven from their homes.

People band together and after much talking and planning they called themselves,

Pilgrims and decided to hire vessels to come to America. They boarded the Mayflower with one hundred people on board. They were very crowded; it was cold and uncomfortable; the sea was rough and pitched the Mayflower about, it was a difficult time, and they were two months sailing over the water.

At last, the Mayflower came in sight of land; but there was no grass, nor flowers or birds. They were very disappointed, for the month was November and there was nothing to be seen but rocks and sand and hard bare ground.

In November 1620, the Mayflower arrived; William Bradford and the pilgrims landed on a spot called Plymouth Rock that is now in Massachusetts. It was cold, there wasn't much shelter and people begin to get sick. They suffered so much during that first winter. The weather was bad with snow and the wind was icy.

There wasn't enough food to eat and they began to get sick. One after another became ill and soon half of them

were sick. A man called Brave Myles Standish and others nursed them as best as they knew how; but before spring came half of the people died. Soon the sun shone more brightly, the snow melted and the leaves begin to grow, spring had finally arrived.

Some friendly Indians had visited the Pilgrims during the winter and Captain Miles Standish, with several of his men had returned to visit. One of the kind Indians was called Squanto, and he came to stay with the Pilgrims and taught them how to plant corn, peas, barley and wheat.

When it was autumn, the fathers gathered the grain and vegetables they had planted and found there was enough food to carry them through the long winter ahead.

"Let us thank God for it all," they said. "It is He who has made the sun shine and gave us rain that made the corn grow," and they thanked God for all their blessings.

Then they decided to have a great Thanksgiving party. The men went hunting and brought back wild ducks, geese and turkeys and there

was venison from the deer and the women made corn bread and wheat into bread. There was also plentiful fish and clams from the ocean.

The friendly Indians and their chief, Massasoit came and enjoyed the harvest with the Pilgrims. They gave thanks to God for his goodness and sang and danced and celebrated for several days.

The Pilgrims forgot about their previous troubles and tried to think of all the good things of how God had blessed them. All this happened over four hundred years ago, and ever since that time Thanksgiving has been celebrated in our country.

How will you celebrate Thanksgiving? Whatever or wherever you are, let us not forget who makes all things possible . . . our God, who walks with us and blesses us each and every day. Give thanks to God not only on Thanksgiving, but every day for the freedom to worship and all the blessings he gives us throughout the year.

"Every good and perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning." --James 1:17KJV.

A Goodlier Man Who Turned to Evil

by **BOB CASEY**, preacher
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In the book of **I Samuel 8** there is the record of the nation of Israel rejecting God and putting all their confidence upon a man named Saul. In this book from chapters 9-13 this story is revealed. Because of its length I will try to give you a brief of its contents. Samuel, the prophet of God, had grown old and was dispatching some of his duties unto his sons. But after all of Samuel's teachings to them, they had turned away from his course and was extorting money, taking bribes, and sold judgments. This was repulsive to Israel, so they said unto Samuel, "Now make us a king to judge us like all the nations." This displeased God greatly so He said to Samuel, "Give them what they asked for, for they have not rejected thee, but they have rejected me, that I should not reign over them." So Samuel was told by the Lord to anoint Saul, a Godlier man at the time, to be their king. This he did with a warning to all the people. He will take all the best of the land, both man, best, and lands for himself. Still they said, "No, we still want a king."

But sadly; only after two years had passed by that Saul reveals his true character by invading the religious actions that belonged only to Samuel. He took some authority upon himself that God had not given to him (**Chapter 13:8-14**). Sadly, when Saul did this: God said to Saul, "because you have done this, your kingdom will not continue." And so it was, that Saul, the once godlier man, rejected the counsel of God. His end is in **chapter 31 of first Samuel**.

This is a sad story of days past, but we are now living in the futuristic days. So how can this story be helpful to us today. **I Corinthians 10** tells us that all the Old Testament was written for our admonition, or learning, so that we might not commit the sins of yesteryear.

So what example can we glean from this sad story? **First**, no matter who is our elected leader, God and Christ must have our first allegiance.

Secondly, our trust must first be given to Christ, despite what men may say.

Thirdly, rejection of our Savior will have ever lasting consequence.

Fourthly, our Lord says what He means and means what He says. **II Corinthians 5:10** reveals it.

So next year we begin with a new duly elected leader chosen by the people in the hopes that things will be better for all of us in the future.

But this, I will warn from the Bible, complacency is a dangerous thing, if we put our hopes of security upon government and turn aside from worshipping and obey our Lord, if we do, we are headed for trouble for sure. **Jeremiah 10:23**, "O Lord, I know that the way of the Lord is not in himself; it is not in man that walketh to direct his steps."

Closing, friends, it is truly said: "That the man who attempts to live his life without Christ is doomed to failure." So in the next year, let all of us base our hope upon Jesus. He is our only hope.

Sincerely, Bob Casey 1(859) 369-4165

Pilotless Passenger Planes Could Be Very Bad Idea



America's Heartland

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Just as a plane filled with passengers was accelerating down the runway and started to go airborne, a voice came over the speakers:

"Good morning. This is a recording. There is no pilot or copilot on this plane. This is a new concept in air travel. Every action of this plane is controlled by computers. Every system has been backed up to prevent failure. Please be assured, every possibility of failure has been considered. You are perfectly safe. There is nothing to be concerned about. Nothing can go wrong . . . go wrong . . . go wrong . . . go wrong . . . go wrong . . ."

Thanks to Harold Wainwright of Long Ridge, Ky., for sending that joke my way. I think it makes a very important point – that sometimes, despite our best efforts, things can go very wrong. Something terrible can come crashing into our lives. We're powerless to stop it or make it right. Relationships crumble. Finances collapse. Sickness or injury comes. Suddenly, our lives are topsy-turvy.

But take heart, because we have an all-powerful God who loves us and who is available to us when things go wrong. "The righteous cry, and the Lord hears and delivers them out of their troubles. The Lord is near to the brokenhearted and saves those who are crushed in spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all" (Psalm 34:17-19).

That great poet, Mr. Anonymous, penned what I think is some most encouraging words for when things seem bleak. The title is "When Things Go Wrong."
"When things go wrong

*as they sometimes will,
When the road you're
trudging seems all up hill,
When the funds are low
and the debts are high,
And you want to smile,
but you have to sigh,
When care is pressing you
down a bit,
Rest if you must, but don't
you quit.*

*Life is strange with its
twists and turns,
As everyone of us
sometimes learns,
And many a failure turns
about
When he might have won
had he stuck it out;
So don't give up, though
the pace seems slow—
For you may succeed with
another blow.*

*Often the goal is nearer
than it seems
to a fain and faltering man,
Often the struggler has
given up,
When he might have captured
the victor's cup,
And he learned too late
when the night slipped
down,
How close he was to the
golden crown.*

*Success is failure, turned
inside out,
The silver tint of the clouds
of doubt,
And you never can tell
how close you are,
It may be near when it
seems afar;
So stick to the fight when
you're hardest hit,
It's when things seem
worst that you mustn't quit.*

There are going to be times when all of us will feel like throwing up our hands and quitting. It's in those times when we must call out to the true and living God.

That's what King David did when he faced hardships and heartbreaks. Many of his prayers are recorded in the Book of Psalms. Consider this one the next time things go wrong:

"I call to You when my heart is faint; lead me to the rock that is higher than I. For you have been a refuge for me, a tower of strength against the enemy. Let me dwell in your tent forever; let me take refuge in the shelter of your wings" (Proverbs 61:2-3).

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

King Tut Video, Inc.
has moved to
5191 Richmond Rd., Irvine with
The Real McCoy
Vendor Market
(606) 723-4844

THANK YOU

To the citizens of our wonderful City of Irvine: I thank you for your support in the primary election back in May and for your support in the General election on November 8th. I promise that I will always do my best to represent you to the best of my abilities over the next two years. You have a very good City Council and I will work with them in a professional way to resolve issues. Again, I offer my heartfelt thanks for your support. May you and your families have a great Thanksgiving, a Merry Christmas, and may God be with you during the coming New Year.

O'Brene Richardson
Paid by O'Brene Richardson

A Call to Persevere

(Jude 1:17-19)

(See also Hebrews 10:19-39)

17But, beloved, remember ye the words which were spoken before of the apostles of our Lord Jesus Christ; 18How that they told you there should be mockers in the last time, who should walk after their own ungodly lusts. 19These be they who separate themselves, sensual, having not the Spirit.

Sponsored by Crooked Creek Christian Church Inc.
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