



Times Remembered

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There was nothing quite like a summer day growing up Kentucky. Despite being older now the memories of a perfect summer day is still fresh as paint on a finished canvas in my mind.

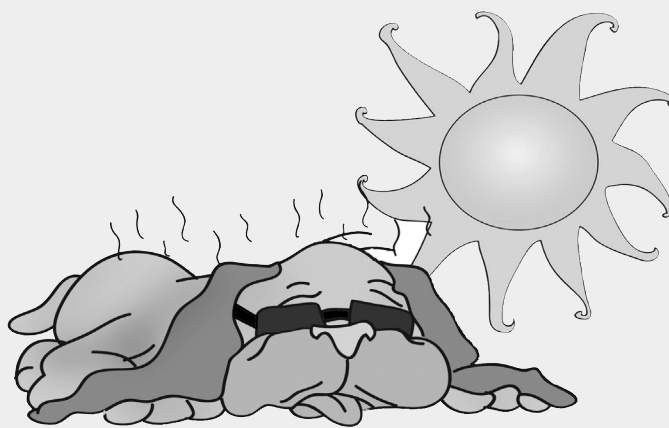
The early morning coolness and fog faded quickly as the powerful sun began its journey across the blue sky. The clouds looked beautiful, like huge cotton balls, so pure and white.

I remember the hot air heavy with humidity packed with the aromas of wild roses and honeysuckles. Now and then a gust of wind brought a little relief from the heat, which often seemed to be bouncing off the ground.

Garden plants thrived, they seemed to grow right in front of your eyes. The heat unleashed the color of vibrant flowers. New roses continually appeared on bushes, daises and Queen Annie's Lace danced in the breeze. I remember beautiful butterflies flitting about, and grasshoppers jumping ahead of my feet as I helped Mom in the garden.

As the setting sun pulled

A Perfect Summer Day



the shades on one of these perfect summer days, the air turned cooler in that gray zone between sunset and moon glow. The first star blinked on and a slice of moon appeared and the sky acquired the texture of lush, black velvet.

The family gathered on the front porch at night to share news and thoughts and to experience the cool breeze. One lone light bulb served as the gathering place for moths and an assortment of bugs. Crickets and locusts provided background music for conversations and fireflies entertained the kids. The evening seemed so much cooler and peaceful just listening to all the night sounds

I ran through the wet dew on the grass and caught "lightening bugs," as I called them and put them in a Mason jar by my bed at night to use for a night light. I wanted to keep them forever, but Mom always made me throw them away the next day, but there was always plenty more to catch every night.

And on some really memorable nights, the air would become engulfed with the scent of rain.

Soon, the clouds opened and the raindrops fell. I would sleep with my older sisters on the screened-in front porch. The pity-pater of the raindrops on the tin roof were music to my ears as I slipped into a restful slumber.

You know, home is a wonderful place and there's was no place else I'd rather be. The memories of home and those summer days are so vivid, sometimes I'm still there.

I think about all the people who lost their homes in Houston from that tragic hurricane and how horrible that your house and belongings are there one day and gone the next. I pray that help will continue to pour into that city and all the surrounding towns that have suffered such tremendous losses.

God is always with us even though we don't understand why bad things happen. The Bible's words are our hope.

"God is our refuge and strength, an ever present help in trouble. Therefore we will not fear, though the earth give away and the mountains fall into the heart of the sea."

(Psalm 46:1-2).

Life is short, like a vapor that vanishes after a little while



America's Heartland

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An old man stomped angrily into a jewelry shop and waved his wristwatch in the face of the owner.

"You said this watch would last me a lifetime," he yelled.

"Yes, I did," the owner acknowledged. "But you looked pretty sickly the day you bought it."

Taking a guess at how long someone might live is risky business. Read the obituary page of any newspaper and you find that people of every age are leaving this side of eternity every day. Some are young. Some are middle-aged. Some are elderly.

The Bible speaks into ev-

ery human issue, including longevity, concluding that even if we live to very old age, life is short.

"What is your life? It is a vapor that appears for a little while and then vanishes" (James 4:14).

People who live into their 80s, 90s and beyond all tell you the same thing, that it seems like just yesterday that they were children, chasing fireflies, catching crawdads, fishing with their fathers, doing all the fun things kids do.

Some people might consider such a discussion as this as morbid, but for followers of Christ, it's anything but, because they have the promise of life after death in a place called Heaven. Scripture tells us what a beautiful and peaceful place it is.

"Eye hath not seen, nor ear heard, neither has entered into the heart of man what God has prepared for those who love Him" (1 Corinthians 2:9).

Jesus has made clear that good things await those who follow Him. My friend Junior Grisham lived his life as a follower of Christ. And, in his final days on this earth, he took great comfort in knowing that he would soon be in Heaven.

Junior died a couple years

ago. As I recall, it was a brutally cold day with a huge snow on the ground. I also remember Junior's sense of anticipation, almost like he was going on an exotic vacation. He believed with all his heart the Bible's promise of eternal life. He believed Heaven to be a real place. And he believed Jesus to be his Redeemer. With those things settled in his heart and mind, he faced death with a sense of sweet anticipation.

The hope he had was in God's word, which says: "Let not your heart be troubled: you believe in God, believe also in me. In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there you may be also" (John 14:1-3).

We may not know whether we'll outlive our wristwatches on this side of eternity. But we can know that we will have everlasting life if we have placed our trust in Jesus.

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

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MONDAY Sept. 11	TUESDAY Sept. 12	WEDNESDAY Sept. 13	THURSDAY Sept. 14	FRIDAY Sept. 15
SOUTH IRVINE EARLY LEARNING CENTER BREAKFASTS				
Toast, Cheerios Pears Milk	Pancake Porky Apples Milk	Maple Waffles Bananas Milk	Biscuit, Gravy Oranges Milk	Muffin Mandarin Oranges Juice, Milk
SOUTH IRVINE EARLY LEARNING CENTER LUNCHES				
Hamburger on Bun Potato Wedges Peaches Milk	Taco w/Wrap Salsa Corn Lettuce, Tomato Grapes, Milk	Popcorn Chicken Roll Mashed Potatoes Watermelon Milk	Pizza Hut Pizza Glazed Carrots Pineapples Milk	Mini Corn Dogs Potato Smiles Apples Milk
ESTILL SPRINGS BREAKFASTS				
Toast & Cereal Pears Juice Milk	Pancake Porky or Cereal/Graham Snacks Apple Juice, Milk	Yogurt, Cheese, Crackers or Maple Waffle or Cereal Applesauce Juice, Milk	Biscuit & Gravy or Cereal/Scooby Snacks Oranges Juice, Milk	Assorted Muffins or Cereal/Graham Snacks Peaches Juice, Milk
ESTILL SPRINGS LUNCHES				
Hamburger/Bun Potato Wedges Cauliflower Bites/ Dip, Peaches Dill Pickle Slices	Taco Wrap Shred. Cheese Refried Beans, Salsa Shred. Let., Tomato Grape, Milk	Popcorn Chicken Roll, Green Beans Mashed Potatoes Watermelon Milk	Pizza Hut Cheese Pizza, Corn Fresh Carrots/Dip Pineapple Tidbits Fudge Bar Ice Cream	Mini Corn Dogs Potato Smiles Steamed Broccoli Apple Milk
WEST IRVINE BREAKFASTS				
Toast & Cereal Fruit Juice, Milk	Pancake Porky or Cereal, Fruit Juice, Milk	Yogurt, Cheese Crackers or Maple Waffle or Cereal	Biscuit & Gravy or Cereal/Scooby Snacks, Fruit	Assorted Muffin or Cereal/Graham Snacks, Fruit
WEST IRVINE LUNCHES				
Hamburger/Bun Potato Wedges Cauliflower Bites/Dip Peaches Dill Pickle Slices	Taco/Wrap Shred. Cheese Refried Beans Salsa, Grapes Shred. Let./Tomato	Popcorn Chicken Roll, Green Beans Mashed Potatoes Watermelon Milk	Mini Corn Dogs Potato Smiles Steamed Broccoli Apple Milk	Pizza Hut Cheese Pizza, Corn Fresh Carrots//Dip Pineapple Tidbits Fudge Bar Ice Cream
ESTILL COUNTY MIDDLE SCHOOL BREAKFAST				
Dutch Waffles Apple Jacks Pop Tart, Apple Juice & Milk Choices	Scr. Eggs & Toast Cocoa Puffs Pop Tart, Pineapples Juice & Milk Choices	Biscuit & Gravy Trix, Pop Tarts Frosted Flakes Mixed Fruit	Pancakes w/Syrup Choc. Bites or Mini Wheats, Pop Tart, Peaches	Choc. or Cinn. Muf- fin, Pop Tart Apple Cinn. Cheerios Mandarin Oranges
ESTILL COUNTY MIDDLE SCHOOL LUNCH				
Chicken Nuggets WG Roll Mashed Potatoes CA Blend Vegetables Tropical Fruit Apple, Milk or Juice	Pepperoni Pizza or Taco Snax Romaine Salad Corn Pineapples Sidekicks	Cheeseburger or Mr. Rib on Bun Potato Wedges Lettuce & Tomato Banana Peaches	BBQ Pork on Bun or Fish on Bun Sweet Potato Fries Slaw Applesauce Pears	Taco w/Shell or Chicken Fajita/Shell Let./Tom./Cheese Refried Beans, Salsa Pineapples Fresh Oranges
ESTILL COUNTY HIGH SCHOOL BREAKFAST				
Cereal Pop Tarts, Yogurt Oranges/Apples Juice, Milk	Dutch Waffles Cereal Pop Tarts, Yogurt Oranges/Apples	Bacon/Egg/Cheese Biscuit, Cereal Pop Tart, Yogurt Orange/Ban./Apple	Chicken Biscuit Cereal, Pop Tart Yogurt, Orange, Banana or Apple	Breakfast Pizza Cereal, Pop Tart Yogurt, Orange, Banana or Apple
ESTILL COUNTY HIGH SCHOOL LUNCH				
Offered Daily: Pizza Line Sandwich Box, Salad Box				
Bosco Pepperoni Calzone Marinara Sauce Garden Salad Normandy Blend Grapes,Trop. Fruit	Deli Turkey on Ciab- atta Bread Fish on Bun Corn,Chips Sidekicks Applesauce	BBQ on Bun, Spicy Chicken on Bun Baked Beans Tater Tots Pineapples Peaches	Chicken Alfredo w/Breadstick Pork Chop on Bun Steamed Broccoli Carrot Sticks Man. Oranges, Pears	Meatloaf w/Roll Pork Chop on Bun Mashed Potatoes Green Beans Peaches Pineapples

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