

Pretending to be lost can earn an old man a ride home from the park



America's Heartland
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A police car rolled into the driveway at Grandma's house with Grandpa grinning ear to ear in the backseat.

"I'm bringing your husband home," the officer said. "He got lost in the park."

"Why, Grandpa," she said. "You've been walking to that park for more than 30 years. How in the world could you get lost?"

Leaning in close to Grandma so the policeman couldn't hear, Grandpa whispered: "I wasn't exactly lost. I was just too tired to walk home."

I love that the marks of age can be a great benefit to us. Most people in this part of the country understand that people who reach advanced years are deserving of respect and special treatment, like a free ride home.

"The glory of young men is their strength, but the splendor of old men is their gray hair" (Proverbs 20:29).

Around here, we tend to take note of gray hair, because we understand that those who have it have experienced things unknown to younger generations. The Bible instructs us to look upon senior citizens with respect, because "gray hair is a crown of glory; it is gained in a righteous life" (Proverbs 16:31).

Around here, we're taught to respect people with gray hair. In fact, let a God-fearing set of parents see one of their kids disrespecting the elderly and you'll see some serious educating take place, immediately.

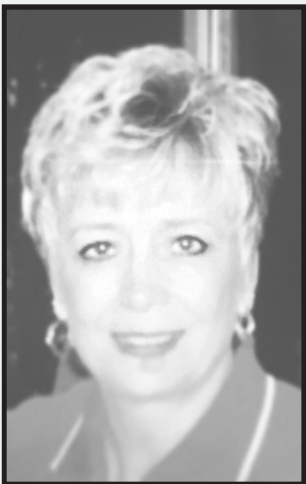
I was reading Psalm 71 the other day, and was struck by a prayer to the Lord, apparently from one

who had the wisdom of years and who knew the frailty of an aged body.

"Deliver me, God, from the hand of the wicked, from the grasp of those who are evil and cruel. For you have been my hope, Sovereign Lord, my confidence since my youth. From birth I have relied on you; you brought me forth from my mother's womb. I will ever praise you. I have become a sign to many; you are my strong refuge. My mouth is filled with your praise, declaring your splendor all day long. Do not cast me away when I am old; do not forsake me when my strength is gone."

We can be assured that God will not cast his people away when they are old, that He will never leave us nor forsake us ... even when we find ourselves in the backseat of a police cruiser, pleased with our ingenuity in securing a free ride home.

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



Times Remembered
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You won't find them in the bible, but many cherished Easter traditions have been around for centuries. The most prominent secular symbol for the Christian holiday, the Easter bunny reportedly was introduced to America by the German immigrants who brought over their stories of an egg-laying hare. The decoration of eggs is believed to date back to at least the 13th century while the rite of the Easter parade has even older roots. Other traditions, such as the consumption of Easter candy, are among the modern additions to the celebrations of this early springtime holiday.

As Christians, we celebrate Easter Sunday as the day of Jesus Christ's resurrection, which is written in the New Testament of the Christian bible. According to the gospel of John in the New Testament, Mary Magdalene came to the tomb where Jesus was buried and found it empty. An angel told her that Jesus had risen. Easter is the most important Christian date; it celebrates Jesus's Christ resurrection from the dead three days after he was executed by crucifixion. He lives!

Easter Symbols and Traditions

The Bible makes no mention of a long-eared, short-tailed creature who delivers decorated eggs to well behaved children on Easter Sunday; nevertheless, the Easter bunny has become a prominent symbol of Christianity's most important holiday. The exact origins of this mythical mammal are unclear, but rabbits known to prolific procreators, are an ancient symbol of fertility and new life. According to some sources, the Easter bunny first arrived in America in the 1700s with German immigrants who settled in Pennsylvania and transported their tradition of an egg-laying hare called "Osterhase" or Osterhase Haws. Their children made nests in which this creature could lay its colored eggs. Eventually, the custom spread across the United States and the fabled rabbit's Easter morning deliveries expanded to include chocolate and other types of candy and gifts, while decorated baskets replaced nests. Additionally, children often left out carrots for the bunny in case he got hungry from all his hopping. (Sort of like Santa Claus, when we leave cookies under the tree).

Did you know? The largest Easter egg ever made was over 25 feet high and weighed over 8,000 pounds. It was built out of chocolate and marshmallows and supported by an internal steel frame.

Easter is the second best-selling candy holiday in America, after Halloween. Among the most popular treats are chocolate eggs, which date back to the early 19th century Europe. Eggs have been associated with Easter as a symbol of new life and Jesus's resurrection. Another egg shaped candy, the jelly bean, became associated with Easter in the 1930s, (although the jelly bean's origins reportedly dates back to a Biblical-era called a "Turkish Delight."

According to the National Confectioners Association, over 16 billion jelly beans are made in the U.S. each year for Easter. For the past decade the top selling non-chocolate Easter candy has been the marsh mellow Peep, a sugary, pastel colored confection. This Pennsylvania based candy manufacture, Just Born (founded by Russian immigrant Sam Born in 1923) began selling Peeps in the 1950s.

No mention of traditions would not give justice if the Easter Parade in New York City wasn't mentioned. The tradition dates back to 1800s when high society people would attend church services and then stroll outside to show off their new spring outfits and hats. The tradition reached its peak in the 40s and the popular film, Easter Parade was released starring Fred Astire and Judy Garland featuring the music of Irving Berlin that included songs like "In your Easter Bonnet." Thus today, the parade goes on every year. The Easter Parade tradition lives on in Manhattan, with Fifth Avenue from 49th Street to 57th Street being shut down during the day to traffic.

ESTILL LIBRARY BOOKMOBILE SCHEDULE
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APRIL 1-5, 2019				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mountain Crest Kirkland Ave. Millers Creek Cow Creek	Winston Trotting Ridge Sandhill Rice Station	No Bookmobile Schedule	Spout Springs Hudson Mill Rd. Old/New Fox Hargett	No Bookmobile Service
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ESTILL COUNTY SCHOOLS MENUS
Milk is included with every meal; plus assorted juices included with breakfast

MONDAY April 1	TUESDAY April 2	WEDNESDAY April 3	THURSDAY April 4	FRIDAY April 5
SOUTH IRVINE EARLY LEARNING CENTER BREAKFASTS				
Sausage Biscuit Oranges Milk	Oatmeal & Toast Apples Milk	Maple Waffles Peaches Milk	Spring Break	Spring Break
SOUTH IRVINE EARLY LEARNING CENTER LUNCHES				
Grilled Chicken Roll, Green Beans Mashed Potatoes Applesauce, Milk	Hamburger on Bun French Fries Peaches Milk	Taco w/Shell Salsa, Corn Lettuce, Tomatoes Side Kicks, Milk	Spring Break	Spring Break
ESTILL SPRINGS BREAKFASTS				
Cinnamon Pop Tart Cocoa Puffs Pears Asst. Juice Milk Choices	Pancake Porky/ syrup or Cinnamon Toast Crunch Applesauce Asst. Juice, Milk	Yogurt/Cheese Sticks or Frosted Flakes Graham Snacks Strawberry Cup	Spring Break	Spring Break
ESTILL SPRINGS LUNCHES				
Chicken Nuggets Roll, French Fries Baked Beans Pears Milk	Turkey/Cheese Bun Chips Streamed Broccoli Grape Tomatoes Peaches, Milk	Open Face Pork Roast Sandwich Mashed Potatoes Green Beans Pineapple	Spring Break	Spring Break
WEST IRVINE BREAKFASTS				
Pop Tart & Cereal Strawberry Cup Juice Milk	Dutch Waffle or Cereal Applesauce Juice, Milk	Surprise Donut or Cereal Peaches Juice, Milk	Spring Break	Spring Break
WEST IRVINE LUNCHES				
Chicken Pattie/Bun Potato Emoji Baked Beans Strawberry Cup Milk	Rectangle Pizza Corn Cucumber Slices/ Dip, Applesauce Milk	Deli Turkey Wrap Carrots/Dip Stir Fry Vegetables Peaches Milk	Spring Break	Spring Break
ESTILL COUNTY MIDDLE SCHOOL BREAKFAST				
Dutch Waffle Choco. Mini Wheats Cereal Bars, Pop Tarts, Mixed Fruit	Breakfast Bosco Frosted Flakes/ Reese Puffs, Sidekick Fruit Juices, Milk	Biscuit & Gravy Lucky Charms Cereal Bars Asst. Pop Tarts	Spring Break	Spring Break
ESTILL COUNTY MIDDLE SCHOOL LUNCH				
Pork Roast w/Gravy or Fish, Roll Mashed Potatoes Baked Beans Apple/Mandarin Oranges	Sausage Links Biscuit & Gravy Hashbrown Grape Tomatoes Cooked Apples Peaches	Pizza Hut pizza Broccoli w/Dip Corn Fudge Bar Mixed Fruit Pineapples	Spring Break	Spring Break
ESTILL COUNTY HIGH SCHOOL BREAKFAST				
Breakfast Honey Bun Cereal, Cereal Bars, Pop Tarts. Donuts Oranges or Apples	Pancake Porky Pop Tarts Powdered Donuts Yogurt Parfait Apples or Oranges	Bacon, Egg, & Cheese Biscuit Pop Tarts, Yogurt Parfait, Donuts Apples or Oranges	Spring Breakf	Spring Break
ESTILL COUNTY HIGH SCHOOL LUNCH				
Hamburger/Bun Chili Dogs Let./Tom./Pickles Potato Wedges Baked Beans Tropical Fruit Sidekicks Juice/Assorted Milk	Meatball Marinara on Bun & Chips Pizza Hut Pizza Let./Tom./Peppers Roasted Carrots Peas Strawberry Cup Applesauce	BBQ Pork on Bun Fish on Bun Mashed Potatoes Green Beans Pears/BR Apple- sauce Juice Assorted Milk	Spring Break	Spring Break

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