

Americans spend 2 1/2 days each year looking for keys and things



America's Heartland
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You might have heard about the old fellow who was pushing his shopping cart through Walmart when he collided with a younger guy.

"I'm sorry," the old fellow said. "I'm looking for my wife, and I wasn't paying attention to where I was going."

"That's OK," the younger guy said. "I'm looking for my wife, too."

"Well," the old fellow said. "Perhaps I can help. What does your wife look like?"

"She's a gorgeous 25-year-old," the younger guy said. "She has long blonde hair, blue eyes, long legs,

and a great figure. What does your wife look like?"
 "Never mind about mine," the old fellow said. "Let's look for yours."

Did you realize that Americans spend two and a half days on average each year looking for things? Misplaced car keys, a missing shoe, a screwdriver put away in the wrong drawer, and, of course, spouses who wander away in the department or grocery store.

If we live to 75, we will have spent on average about 26 years sleeping, another 11 years watching TV, and eight years shopping.

It amazes me that folks think it's important to track the time we spend on such things. But it does give us perspective on what we consider important, because we'll spend most of our time on the things we consider most important.

The most recent American Time Use Survey shows that Americans spend only between 2 and 17 minutes each day on religious activities such as praying, reading the Bible, going to church, or telling others about Jesus.

Most of us would agree we should spend more time on those activities, regardless of whatever else

is demanding our attention and whatever stage of life we're in.

"To everything there is a season, and a time to every purpose under the heaven. A time to be born, and a time to die, a time to plant, and a time to pluck up that which is planted; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; a time to get, and a time to lose; a time to keep, and a time to cast away; a time to rend, and a time to sew; a time to keep silence, and a time to speak, a time to love, and a time to hate; a time of war, and a time of peace" (Ecclesiastes 3:1-8).

Yes, God has given us ample time for everything. And, although Solomon didn't specifically say so, I suppose there's also a time to help a young guy search for his wife in the Walmart store.

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

ESTILL LIBRARY BOOKMOBILE SCHEDULE

246 Main Street Irvine, KY – Call 723-3030

OCTOBER 22-26, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Richmond Rd. Northwood Crestview Ct. Wall Street	Race Track Rd. Harris Ferry Cressy Stacy Lane	Cedar Grove Wisemantown Station Camp Red Lick	Senior Citizens Doe Creek Buck Creek Barnes Mtn. South Irvine	In House

ESTILL COUNTY SCHOOLS MENUS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oct. 22	Oct. 23	Oct. 24	Oct. 25	Oct. 26

SOUTH IRVINE EARLY LEARNING CENTER BREAKFASTS

Breakfast Pizza Juice Milk	Pancake Porky Apples Milk	Cinnamon Toast Crunch, Cereal Banana, Milk	Eggs & Toast Juice Milk	Muffin Fruit Juice, Milk
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SOUTH IRVINE EARLY LEARNING CENTER LUNCHES

Popcorn Chicken w/Biscuit Green Beans Applesauce, Milk	Beefy Mac & Cheese Texas Toast Peas Mandarin Oranges	Bologna & Cheese Potato Smiles Broccoli Bites Strawberry Cup	Chicken Pattie on Bun Baked Beans Peaches, Milk	Pizza Glazed Carrots Pears Milk
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ESTILL SPRINGS BREAKFASTS

Breakfast Pizza or Toast/Cocoa Puffs Pineapple Tidbits Asst. Juice Milk Choices	Mini Maple Pan- cakes/syrup or Cinn. Toast Crunch/ Graham Snacks Apples	Donuts or Strawber- ry Poptart/Trix Pears Asst. Juice Milk Choices	Scrambled Eggs/ Bacon/Toast or Lucky Charms/Toast Bacon Juice, Milk	Asst. Muffins Fruit Loops Peaches Asst. Juice Milk Choices
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ESTILL SPRINGS LUNCHES

Chicken Tenders, Roll Macaroni & Cheese Baked Beans Fresh Broccoli/Dip Mandarin Oranges	Hamburger/Bun Chips Lettuce/Tomato CA Blend Veggies Pineapple Tidbits	Chili/Crackers Grilled Cheese Cucumber Slices Cauliflower Dip, Peaches	Cheese Pizza Corn Steamed Broccoli Pears, Milk Ice Cream	Pizza Munchable Pepperoni/ Loco Bread, Mozz. Cheese Marinara, Raisins Baby Carrots/Dip
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WEST IRVINE BREAKFASTS

Toast and Cereal Applesauce Juice Milk	Pancake Porky or Cereal Mandarin Oranges Juice, Milk	Pancakes or Cereal Pineapple Juice, Milk	Biscuit & Sausage or Cereal Peaches Juice, Milk	Assorted Muffins or Cereal Apple Juice, Milk
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WEST IRVINE LUNCHES

Chicken Nuggets Roll, Green Beans Mashed Potatoes Apple Milk	Walking Taco Taco/Chips, Salsa Shredded Cheese Refried Beans Pineapple Tidbits	Baked Rotini Texas Toast Garden Salad Corn, Side Kick or Apple, Milk	Bosco Bread Stick Marinara Sauce Cucumber Slices Peaches Milk	Pizza Munchable Pepperoni Loco Bread, Mozz. Cheese Marinara, Raisins Carrots, Cookie
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ESTILL COUNTY MIDDLE SCHOOL BREAKFAST

Dutch Waffle Choc. Mini Wheats Cereal Bars, Poptart Mixed Fruit	Breakfast Bosco Frosted Flakes Reese Puffs, Cereal Bars, Poptarts	Biscuit & Gravy Lucky Charms Cereal Bars, Poptart Applesauce	Scrambled Eggs & Toast, Cocoa Puffs Cereal Bars, Pop tarts, Banana	Donut, Apple Cinn. Cheerios, Cereal Bars, Pop Tarts Peaches
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ESTILL COUNTY MIDDLE SCHOOL LUNCH

Oven Roast BBQ Chicken or Chicken Nuggets, Roll Mashed Potatoes Peas, Apple or Strawberry Cup	Cheeseburger/Bun or Pork Chop/Bun French Fries Let./Tom./Onion Mandarin Oranges Mixed Fruit	Chicken Pattie/Bun or Potato Bar Steamed Broccoli & Cheese Baked Beans Peaches/Pear	Chicken Alfredo or Ravioli, Garlic Toast Green Beans Glazed Carrots Banana Applesauce	Big Daddy Pizza or Buffalo Chicken Pizza, Garden Salad w/Grape Tomatoes Corn, Pineapple Side Kicks
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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 Oranges or Apples Juice, Milk	Bacon, Egg & Cheese Biscuit, Pop Tarts, Yogurt Parfait Mini. Choc. Donuts Oranges or Apples	Chicken Biscuit Pop Tart Yogurt Parfait Donut Holes Oranges or Apples	Dutch Waffles Pop Tarts 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

Bosco, Calzone Marinara Sauce Green Beans Corn Side Kicks Tropical Fruit Juice Assorted Milk	Chicken Pattie/Bun Pizza Hut Pizza Let./Tom/Pickles Mashed Potatoes California Blend Watermelon Blueberry Apple- sauce	Hamburger on Bun Mini Corn Dogs Let./Tom/Pickles Garden Salad Potato Wedges Baked Beans Pineapples Peaches	BBQ Roasted Chicken, Roll Let./Tom/Pickles Broccoli & Cheese Baked Potato Bar Pears Applesauce Juice, Asst. Milk	Chili, Crackers Grilled Cheese Broccoli Bites Carrot Sticks Mandarin Oranges Strawberry Cup Juice Asst. Milk
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Horizon Health offers elderly care two ways: at an adult day center or in your own home. At the **Horizon Adult Health Care Center** nearest you, you or your elderly loved one gets attention and activities every weekday. Or choose **Horizon Home Care**, for in-home personal care services, companionship and light housekeeping in your own home.

Contact Us Today!
(877) 589-3053

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Personal care for independent living

Ladies Night Out for Breast Cancer Awareness

Join us for a free dinner and presentation by:
 Billie Kelley, APRN, and Sharon Whitaker, Director of Radiology

Tuesday, October 23rd at 5:30 p.m.
Calvary Baptist Church
 (21 Glory Street in Irvine)

Please sign up by Friday, October 19th by calling 606-726-2106 (option 2).

All women who attend will receive a free dinner, gift and door prize chance.

Sponsored by Mercy Health - Marcum and Wallace Hospital and Irvine Primary Care

October is Breast Cancer Awareness Month