

The ABC's of love call for use to weigh our words carefully



America's Heartland
Roger Alford
 RogerAlford1@GMail.Com

I couldn't help but chuckle when I heard the old joke the other day about the wife who, eager for a compliment, asked her husband to describe her.

"You're A, B, C, D, E, F, G, H, I, J, K," he said.

"What does that mean?" she asked.

"Adorable. Beautiful. Cute. Delightful. Elegant. Foxy. Gorgeous. Hot," he said.

"Oh, what a kind thing to say," she said, "but what about the I, J,

K?" He said: "I'm. Just. Kidding."

The last I heard, he was recovering fairly well, and the swelling in his eye has gone down a good bit, though his jaw still hurts.

That man would have been better off if he had stopped talking while he was ahead. But we've all likely been guilty of letting our mouths get us into trouble, despite well-known warnings from the Bible:

"Whoever keeps his mouth and his tongue keeps himself out of trouble" (Proverbs 21:23).

Keeping our tongues is easier said than done, but scripture makes clear the Lord wants that for us. He has much to say on the subject. Listen to these bits of advice recorded for us by King Solomon, who the Lord blessed with great wisdom:

"When words are many, transgression is

not lacking, but whoever retains his lips is prudent" (Proverbs 10:19).

"Even a fool who keeps silent is considered wise; when he closes his lips, he is deemed intelligent" (Proverbs 17:28).

"A fool takes no pleasure in understanding, but only in expressing his opinion" (Proverbs 18:2).

"Do you see a man who is hasty in his words? There is more hope for a fool than for him" (Proverbs 29:20).

We'd all avoid much trouble in our lives if we'd carefully follow Solomon's advice about weighing our words carefully. I'm certain the husband in our opening story would vouch for that ... once his jaw stops hurting.

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

The Spats

by Jeff Pickering



The Estill County Tribune

Estill County	Adj. Counties	Kentucky	Out of State
1 year \$16.04	1 year \$26.42	1 year \$30.19	1 year \$32.00
Sales Tax 0.96	Sales Tax 1.58	Sales Tax 1.81	Sales Tax 0.00
Total \$17.00	Total \$28.00	Total \$32.00	Total \$32.00

**Seniors, 65 and older, may deduct \$2.50 from above totals

Name _____

Address _____

City, State, Zip _____

Send this form with proper payment to:

The Estill County Tribune
 6135 Winchester Road
 Irvine, Kentucky 40336-8517

ESTILL LIBRARY BOOKMOBILE SCHEDULE

246 Main Street Irvine, KY – Call 723-3030

MARCH 18-22, 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	South Irvine Early Learning Center

"Mommie & Me" and Storytime Wednesdays, 10:00 a.m. & Fridays, 10:30 a.m.

ESTILL COUNTY SCHOOLS MENUS

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

MONDAY March 18	TUESDAY March 19	WEDNESDAY March 20	THURSDAY March 21	FRIDAY March 22
--------------------	---------------------	-----------------------	----------------------	--------------------

SOUTH IRVINE EARLY LEARNING CENTER BREAKFASTS

Breakfast Pizza Orange Juice Milk	Pancake Porky Apples Milk	Cinnamon Toast Crunch Cereal Peaches, Milk	Omelet & Toast Oranges Milk	Blueberry Muffin Fruit Grape Juice, Milk
---	---------------------------------	--	-----------------------------------	--

SOUTH IRVINE EARLY LEARNING CENTER LUNCHES

Chicken Nuggets Roll, Green Beans Mashed Potatoes Pineapples, Milk	Turkey Sandwich Tater Tots Strawberry Cups Milk	Chili Grilled Cheese Carrot Sticks Apple, Milk	Pizza Hut pizza Corn Side Kick Milk	Hamburger on Bun French Fries Mandarin Oranges Milk
---	--	---	--	--

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/Graham Snacks or Frosted Flakes, Strawberry Cup, Juice, Milk	Biscuit, Sausage Pattie, Gravy or Lucky Charms Banana Asst. Juice, Milk	Funnel Cakes or Fruit Loops Strawberry Pop Tart Peaches Asst. Juice, Milk
--	---	---	---	---

ESTILL SPRINGS LUNCHES

Chicken Legs, Roll Mashed Potatoes Green Beans Mandarin Oranges Milk	Breadsticks/Mari- nara, Baby Carrots Normandy Blend Sidekicks or pine- apple	Sloppy Joe/Bun French Fries Cole Slaw Applesauce Milk	Pizza Hut Pizza Corn Steamed Broccoli Pears Milk	Corn Dog Potato Smiles Pork 'n Beans Peaches Milk
--	--	---	--	---

WEST IRVINE BREAKFASTS

Pancakes & Syrup or Cereal Strawberry Cup Juice, Milk	Ham & Cheese Slider or Cereal Pineapple Tidbits Juice, Milk	Sausage & Cheese Biscuit or Cereal Orange Juice, Milk	Donut or Cereal Mandarin Oranges Juice Milk	Assorted Muffins or Cereal Apple Juice, Milk
--	--	--	--	---

WEST IRVINE LUNCHES

Chicken Chunks Mashed Potatoes Steamed Broccoli Pear Halves Milk	Walking Taco Taco Meat Shredded Cheese Salsa, Refried Beans Pineapple Tidbits	Chili, Gr. Cheese 3/4 c. carrots Orange Milk Crackers	Hot Dog/Bun French Fries Cucumbers/Dip Mandarin Oranges Milk	Pizza Hut pizza Corn Tomato/Dip Apple Milk
--	---	---	--	--

ESTILL COUNTY MIDDLE SCHOOL BREAKFAST

Pancake Porky/syr- up, Mini Wheats Cereal Bars, Pop Tarts, Mixed Fruit	Oatmeal & Toast Cinn. Toast Crunch Cereal Bars, Pop Tarts, Pears	Cinnamon Roll Lucky Charms Cereal Bars, Pop Tart, Juice, Milk	Bacon, Egg & Ch. Biscuit, Cocoa Puffs, Cereal Bars, Pop Tarts, Peaches	Choc. or Cinn. Muf- fins, Cocoa Puffs Cereal Bars, Pop Tarts, Pineapples
---	---	--	---	---

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 Sand., Baked Beans Potato Wedges Orange Slices Sidekicks	Pizza Hut pizza Corn Carrot Sticks/Dip Grapes Strawberry Cups Milk or Juice	Lasagna, Garlic Bread or Calzone Garden Salsd w/ Grape Tomatoes Green Beans, A- sauce, M. Oranges	Bosc or Chicken Quesadilla Marinara Sauce Carrot Sticks/Dip Pears, M. Oranges Milk or Juice
--	---	--	--	--

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	Chicken Biscuit Pop Tarts, Yogurt Parfait, Donut Holes Oranges or Apples Juice, Milk	Dutch Waffle PopTarts, Cereal Cereal Bars Mini Choc. Donuts Oranges or Apples
---	--	--	--	---

ESTILL COUNTY HIGH SCHOOL LUNCH

Bosco, Calzones Marinara Sauce California Blend Corn Sidekicks Tropical Fruit Juice Assorted Milk	Meatball Marinara on Bun & Chips Pizza Hut pizza Let./Tom./Peppers Mashed Potatoes Green Beans Cantaloupe Applesauce	Burrito BAR Let./Tom./Cheese Refried Beans Corn, Salsa Peaches Pineapples Juice Asst. Milk	Chicken Alfredo w/Breadstick Mr. Rib on Bun Steamed Broccoli Grape Tomatoes Corn, Pears Applesauce Juice/Asst. Milk	Chili w/crackers Grilled Cheese Carrot Sticks Broccoli Bits Mandarin Oranges Strawberry Cup Juice Assorted Milk
--	---	---	--	--

WIGWAM Restaurant

Homemade Desserts **Wednesday and Friday Specials**

Savage Omelet **Country Ham Breakfast**

Catfish Dinner

Mon.-Thur. 7a-9p **Breakfast All Day**
Fri. & Sat. 7a-10p **Eat In/Carry Out**
Sunday, 8a-9p **723-3240** **We Deliver!**

Contact Us Today!
(877) 589-3053

Between home and hope, there's help.

Horizon Health offers elderly care two ways: at an adult day center or in your own home. At **Horizon Adult Health Care Centers**, 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.

For locations and to learn more, visit
www.forhorizon.com

Personal care for independent living