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,

Kidding."

The last I heard, he 10:19). was recovering fairly jaw still hurts.

That man would have (Proverbs 17:28). been better off if he had letting our mouths get 18:2). us into trouble, despite from the Bible:

mouth and his tongue him" (Proverbs 29:20). keeps himself out of

subject. Listen to these stops hurting. bits of advice recorded for us by King Solomon, words of encouragewith great wisdom:

not lacking, but who-He said: "I'm. Just. ever retains his lips is prudent" (Proverbs

"Even a fool who well, and the swelling in keeps silent is considhis eye has gone down ered wise; when he a good bit, though his closes his lips, he is deemed intelligent"

"A fool takes no pleastopped talking while sure in understanding, he was ahead. But we've but only in expressing all likely been guilty of his opinion" (Proverbs

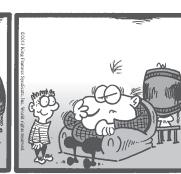
"Do you see a man well-known warnings who is hasty in his words? There is more "Whoever keeps his hope for a fool than for

We'd all avoid much trouble" (Proverbs trouble in our lives if we'd carefully follow Keeping our tongues Solomon's advice about is easier said than weighing our words done, but scripture carefully. I'm certain the makes clear the Lord husband in our openwants that for us. He ing story would vouch has much to say on the for that ... once his jaw

Roger Alford offers who the Lord blessed ment to residents of America's heartland. "When words are *Reach him at rogeral*many, transgression is *ford1@gmail.com*.

The Spats

GRANDPA, WHAT RACE ARE YOU?





The Estill County Tribune

Estill County Adj. Counties

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

Kentucky **Out of State**

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	e, 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 WEDNESDAY THURSDAY TUESDAY FRIDAY** March 18 March 19 March 20 March 21 March 22

	/ L E A BAUALO OFAITE	ID DDEAL/EAGTO
SUITH IBNINE EARLY	/ LEARNING CENTE	ER KREAKEASTS
JOOIII IIXVIIIL LAILL	ELAMINO OLIVI	IN DIVERNIAGIO
SOUTH IRVINE EARLY	LEAKNING CENTE	K RKEAKLADID

				Blueberry Muffin
Orange Juice	Apples	Crunch Cereal	Oranges	Fruit
Milk	Milk	Peaches Milk	Milk	Grape Juice, Milk

Milk	Milk	Peaches Milk	Milk	Grape Juice, Milk
SOUTH IRVIN	E EARLY LEA	RNING CENTE	R LUNCHES	
	Turkey Sandwich Tater Tots	Chili Grilled Cheese		Hamburger on Bun French Fries

Carrot Sticks

Pineapples, Milk Apple, Milk

Strawberry Cups

nara. Baby Carrots

Ham & Cheese Slider

Pineapple Tidbits

or Cereal

Mashed Potatoes

Mashed Potatoes

Pancakes & Syrup

Strawberry Cup

or Cereal

ESTILL SPRINGS BREAKFASTS				
Cinnmon 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 Snakcs or Frosted Flakes, Strawberry Cup, Juice, Milk	Pattie, Gravy or Lucky Charms Banana	Funnel Cakes or Fruit Loops Strawberry Pop Tart Peaches Asst. Juice, Milk
ESTILL SPRINGS LUNCHES				

Sloppy Joe/Bun

French Fries

Juice, Milk

Chicken Legs, Roll Breadsticks/Mari-

WEST IRVINE BREAKFASTS					
			Steamed Brocco Pears Milk		

Sausage & Cheese **Donut or Cereal** Assorted Muffins or **Biscuit or Cereal** Mandarin Oranges Cereal Orange Apple

Pizza Hut Pizza

Corn

Juice

Side Kick

Juice, Milk Juice, Milk **WEST IRVINE LUNCHES**

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

ESTILL COUNTY MIDDLE SCHOOL BREAKFAST

ı					
	up, Mini Wheats Cereal Bars, Pop	Cinn. Toast Crunch Cereal Bars, Pop	Lucky Charms Cereal Bars, Pop	Biscuit, Cocoa Puffs, Cereal Bars,	Choc. or Cinn. Muf fins, Cocoa Puffs Cereal Bars, Pop Tarts, Pineapples
	FOTH LOOUNTY MIDDLE COLLOCAL LUNCH				

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, Asauce, M. Oranges **Boscos or Chicken** Quesadilla Marinara Sauce Carrot Sticks/Dip Pears, M. Oranges Milk or Juice

Mandarin Oranges

Corn Dog

Juice, Milk

Potato Smiles

Pork 'n Beans Peaches Milk

ESTILL COUNTY HIGH SCHOOL BREAKFAST Bacon, Egg, &

Breakfast Honey Bun, Cereal, Cereal Bars, Pop Tarts. **Donuts** Oranges or Apples Pancake Porky Pop Tarts Powdered Donuts Yogurt Parfait **Apples or Oranges**

Chicken Biscuit Cheese Biscuit Pop Tarts, Yogurt Pop Tarts, Yogurt Parfait. Donut Holes Parfait, Donuts Oranges or Apples Apples or Oranges Juice, Milk

Cereal Bars Mini Choc. Donuts Oranges or Apples Offered Daily: Pizza Line Sandwich Box, Salad Box

Dutch Waffle

Poptarts, Cereal

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 Wednesday **Desserts** Savage **Omelet Catfish Dinner**

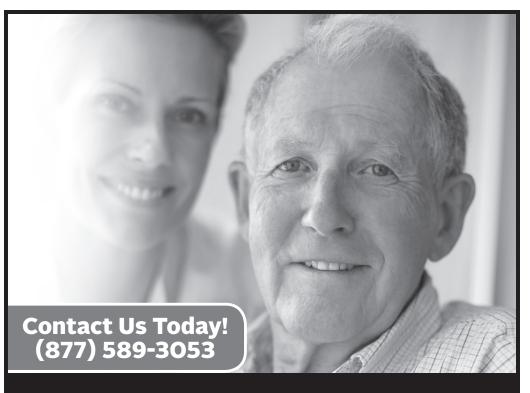
and Friday **Specials**

Country

Breakfast

Ham

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



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



