

Trucker either got stuck or ran out of gas while delivering a bridge



America's Heartland
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A trucker had made a wrong turn onto a small rural road when he got stuck under a low bridge.

With cars backed up for miles, a patrolman finally arrived, got out and walked around the 18-wheeler, put his hands on his hips, and said to the trucker, "Got stuck, huh, sir?"

"No," the exasperated trucker replied, "I was delivering this bridge and ran out of gas."

It's never pleasant to be stuck, whether in a vehicle or in life. But it

happens to the best of us.

As an outdoorsman, I've been stuck in my pickup truck on occasion. Usually, I've been able to get myself unstuck. Of course, there have also been times when I had to call for a tow truck or a tractor. But, with some effort, I've always gotten out.

Sometimes, we can also feel spiritually stuck, and, try as we might, we're unable to get ourselves out of the rut. Take heed, for in such circumstances, we have One we can call on who is much more capable than the best of tow trucker drivers. Even when we feel like we're a thousand miles from the nearest help, He is as close as our next prayer.

"I waited patiently for the Lord; He inclined to me and heard my cry. He drew me up from the pit of destruction, out of the miry bog (Psalm 40:1-2).

So, we learn from that scripture that if we will wait patiently, the Lord

will deliver us. He will lift us from the pit we find ourselves in.

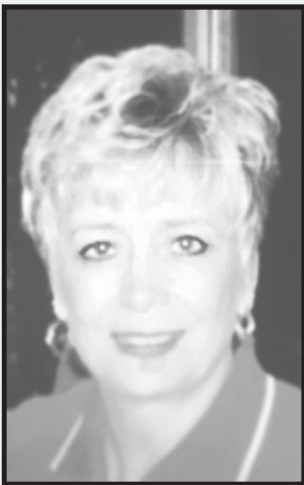
What's especially encouraging is that God's Word tells us He will deliver us in unexpected ways.

"Remember ye not the former things, neither the things of old. Behold I will do a new thing" (Isaiah 43:18-19).

It's not at all unusual for trucks to get stuck beneath low bridges and overpasses. Sometimes, getting unstuck is as simple as backing up. Sometimes letting some air of tires does the trick. Sometimes, it requires calling for help.

In the case of being spiritually stuck, sometimes getting unstuck is as simple as backing up. Sometimes, it means calling for help. And God will always stand ready to give you the push you need.

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



Times Remembered
Betty A. Young

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Most of us know the big day in football is next Sunday; it's "Super Bowl Sunday! With the Super Bowl comes eating. Most of us will probably blow our New Year's resolutions. The United States is probably the eating capital of the world. Seems every occasion we got to have something to eat. Many great appetizers accompany football.

The first Super Bowl was played in 1967 between the Kansas City Chiefs and the Green Bay Packers. The Packers were the winners by a score of 35-10. They were coached by the famous Vince Lombardi and Kansas was coached was Hank Stram.

The 2019 Super Bowl will see Tom Brady's New England Patriots facing the Los Angeles Rams. The Patriots' coach is Bill Belichick, who is 60 and the oldest

Super Bowl Sunday

coach in the Super Bowl and Los Angeles Rams coach is Sean McVay who is 32. Quarterback Tom Brady is 41, one of the oldest quarterbacks, and the young Rams quarterback is Jared Goff who is 24.

I wanted Kansas City to win but that didn't happen so I'm rooting for the Rams; because I am not a Tom Brady fan; sure he's a great quarterback and extremely handsome but I think he cheats every chance he gets. Especially with the deflated football story several years ago. I just don't trust him.

Ace Davis, a 10 year old student at Millcreek Elementary in Lexington did his Science Fair Project entitled, "Is Tom Brady A Cheater?" He concluded that one thing with a new Science Project, Tom Brady is a cheater.

Brady was at the center of the NFL controversy when he allegedly ordered footballs to be deflated during a New England Patriots playoff victory over the Indianapolis Colts. The Patriots were fined \$1 million dollars and lost two draft picks, and Brady was suspended for the first four games of the next season.

To find out if Brady cheated, he conducted

an experiment in which he and family members threw footballs with different inflation levels.

"Through various testing measures of different weights of footballs, we should find that under-inflated footballs provide a competitive advantage in the game," he stated in his hypothesis.

In the alleged "Deflategate" game, Brady threw for 226 yards on 23-of-35 passing with three touchdowns. Ace said he discovered that the deflated balls traveled the farthest distance proving his hypothesis.

While many believe Tom Brady is the greatest quarterback of all time, Ace believes, San Francisco's Joe Montana is. Ace thinks Brady is a cheater and wants him caught. He thinks people are tired of watching Brady win the Super Bowl.

Ace's Super Bowl prediction favors the Rams. He thinks the Rams will win 30-14.

Well, Ace I'm tired of seeing him win too. I'm usually for the underdog.

I will be watching and cheering for Rams while munching on Layered Nacho Dip, barbequed meatballs, little weenies, and jalapeno poppers and maybe some pizza.

GO RAMS!

West Irvine Menus for 1/30 - 2/01

West Irvine Menus 1/30 - 2/01 Wednesday, January 30

Breakfast: Donuts or Cereal, Pears, Juice, and Milk.

Lunch: Deli Turkey Wrap, Stir Fry Vegetables, Cucumbers/Dip, Peaches, and Milk.

Thursday, January 31

Breakfast: Dutch Waffle or Cereal, Peaches, Juice, and Milk.

Lunch: Roast Beef/Gravy & Roll, Mashed Potatoes, Cooked Carrots, Pear Halves, and Milk.

Friday, February 1

Breakfast: Assorted Muffins or Cereal, Apple, Juice, and Milk.

Lunch: Five Cheese Pizza, Corn, Carrots/Dip, Apple, and Milk.

Editor's Note: Menus for the other schools appeared in the January 23 issue of The Estill County Tribune.

ESTILL COUNTY SCHOOLS MENUS

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

MONDAY Feb. 4	TUESDAY Feb. 5	WEDNESDAY Feb. 6	THURSDAY Feb. 7	FRIDAY Feb. 8
SOUTH IRVINE EARLY LEARNING CENTER BREAKFASTS				
Breakfast Pizza Orange Juice Milk	Pancake Porky Apples Milk	Cinnamon Toast Crunch Cereal Peaches, Milk	Omelet & Toast Crunch Cereal Milk	Blueberry Muffin Fruit Grape Juice, Milk
SOUTH IRVINE EARLY LEARNING CENTER LUNCHES				
Grilled Chicken Roll, Green Beans Mac & Cheese Fresh Pears, Milk	Hamburger on Bun French Fries Peaches Milk	Taco w/Shell Salsa, Corn Lettuce, Tomatoes Side Kicks, Milk	Pizza Hut Pizza Garden Salad Pineapples Milk	Corn Dogs California Blend Mandarin Oranges Milk
ESTILL SPRINGS BREAKFASTS				
Cinnamon Poptart Cocoa Puffs Pears Asst. Juice Milk Choices	Pancake Porky/ Syrup or Cinn. Toast Crunch/Graham Snacks, Applesauce Asst. Juice, Milk	Yogurt/Cheese or Frosted Flakes Graham Snacks Strawberry Cup Asst. Juice, Milk	Biscuit & Sausage Pattie Gravy or Lucky Charms, Pineapple Asst. Juice, Milk	Funnel Cake or Fruit Loops, Strawberry Poptart, Peaches Asst. Juice Milk Choices
ESTILL SPRINGS LUNCHES				
Chicken Nuggets, Roll, Green Beans Mashed Potatoes Pineapple Tidbits Milk Choices	Deli Turkey/Cheese/ Bun, Chips Pork 'n Beans Cooked Carrots Peaches	Curly Spaghetti/Garlic Toast CA Blend Veggies Cucumber Slices/ Dip, Pears	Pizza Hut Pizza Corn Steamed Broccoli Mandarin Oranges Milk Choices	Pizza Munchable Pepperoni, Loco Bread, Mozz. Cheese Marinara, Raisins Baby Carrots//Dip
WEST IRVINE BREAKFASTS				
Pop Tarts & Cereal Mandarin Oranges Juice Milk	Dutch Waffle or Cereal Pears Juice, Milk	Bacon, Egg, Cheese Biscuit or Cereal Grapes Juice, Milk	Donut w/Topping or Cereal Peaches Juice, Milk	Assorted Muffins or Cereal Applesauce Milk
WEST IRVINE LUNCHES				
Chicken Pattie/Bun Potato Emojis Baked Beans Strawberry Cup Milk	Rectangle Pizza Corn Steamed Broccoli Applesauce Milk	Chicken Noodle Soup, Grill Cheese 3/4 c. cucumbers Dip, Milk Crackers	Hamburger/Bun French Fries Pork & Beans Lettuce & Tomato Pineapple Tidbits	Pizza Hut Pizza Corn Tomatoes/Dip Apple Milk
ESTILL COUNTY MIDDLE SCHOOL BREAKFAST				
Pancake Porky Mini Wheats Cereal Bars, Pop Tarts, Apple	Oatmeal & Toast Cinn. Toast Crunch Cereal Bars, Pop Tarts, Sidekicks	Cinnamon Roll Lucky Charms Cereal Bars, Pop Tarts, Applesauce	Bacon, Egg, Cheese Biscuit, Cinn. Chex Cereal Bars, Poptarts, Banana	Choc. or Cinn. Muffins, Cocoa Puffs Cereal bars, poptarts Mandarin Oranges
ESTILL COUNTY MIDDLE SCHOOL LUNCH				
Roast Pork w/Gravy Roll, Green Beans Mashed Potatoes Mandarin Oranges Apple Milk or Juice	Sausage Links Biscuit & Gravy Hash Browns Grape Tomatoes Cooked Apples Peaches	Pizza Hut Pizza Broccoli w/Dip Corn, Fudge Bar Mixed Fruit Pineapples Milk or Juice	Chicken Noodle Soup, Grill Cheese Carrot Sticks Cauliflower Bites/Dip Tropical Fruit Oranges, Crackers	Fiestada Mexican Pizza or Taco Snax Garden Salad Cucumber Slices w/Dip, Mandarin Oranges, S-berry Cup
ESTILL COUNTY HIGH SCHOOL BREAKFAST				
Breakfast Honey Bun Pop Tarts, Mini Chocolate Donuts Apples or Oranges	Pancake Porky Pop Tarts Donut Holes 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				
Boscas Calzones Marianara Sauce Green Beans, Corn Sidekicks Tropical Fruit Juice/Assorted Milk	Meatball Marinara on Bun & Chips Pizza Hut Pizza Let./Tom./Peppers Roasted Carrots Green Beans Cantaloupe Applesauce	Cheeseburger/Bun Mini Corn Dogs Let./Tom./Pickles Garden Salad Potato Wedges Baked Beans Pineapples Peaches	Chicken Noodle Let./Tom./Pickles Broccoli & Cheese Baked Potato Bar Pears Applesauce Juice Assorted Milk	Chicken Noodle Soup, Crackers Grilled Cheese Broccoli Bites Carrot Sticks Mandarin Oranges Strawberry Cup Juice/Assorted Milk

WHERE TO GET HELP WITH FOOD IN ESTILL COUNTY

God's Outreach will give out government food each Thursday and Friday at 1041 Winchester Road from 9 – 12. You must sign up so bring a picture ID with you.

Estill County Community Food Bank will give away donated food on the second and fourth Tuesdays of each month at 514 Main Street in Ravenna from 9-11:30ish.

If you need emergency donated food, contact your pastor, Kentucky Foothills, etc who will put you in touch with this program through the Estill County Community Food Bank. You can receive food from this program twice in a calendar year.

YES, you can get food from both programs in the same month. You can receive food once from the government program (God's Outreach) and twice from the donated food program (Estill County Community Food Bank).

ESTILL LIBRARY BOOKMOBILE SCHEDULE

246 Main Street Irvine, KY – Call 723-3030

FEBRUARY 4-8, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mountain Crest Kirkland Ave. Millers Creek Cow Creek	Winston Trotting Ridge Sandhill Rice Station	Horizon Daycare Ravenna Wagersville Drip Rock	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.

Specials
Each Wednesday

New
Menu Items

T-Shirts

Breakfast or
Dinner Anytime

Homemade
Desserts

Bison

WIGWAM

Monday-Thursday, 7 am-9 pm
Friday & Saturday, 7 am-10 pm
Sunday, 8 am-9 pm

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