

# A Big Touch-a-Truck Entry and a donation to GPS

With a grin to rival a child opening birthday presents, Scott Fleming is very happy to announce that the Idaho Potato Truck will make its appearance at the Hoisington Labor Day Celebration.

He explained, "I have been working for three years to get it to Hoisington. I figured I would have to apply again this year when I got an email in February telling me they would be here." The

Big Idaho Potato Truck is on its seventh cross-country journey. It began in 2012 as a one-year campaign to celebrate the 75th Anniversary of the Idaho Potato Commission and became quickly appar-

ent with its success that it would be more than a one-year occurrence, it literally became a big piece of pop-culture. It travels the country promoting the certified heart-healthy Idaho Potato and its mission to help small charities in towns and cities with it's A Big Helping program. They will have a sign for signatures. Once they get 500 signatures, they will donate \$500 to GPS.

They will arrive about noon on Friday, August 30, and leave Tuesday Morning. Because they are an oversized load, they cannot travel over the weekend. The Truck and the Tater Team



will be present at the Touch-a-Truck event then move the rig to the downtown area for the rest of the weekend.

The Tater Team is made up of three people who love to travel. Kaylee, a Boise State University Alum, is on board for her very first tour and is excited to travel alongside her best friend. Jessica, the best

friend and University of Idaho Alum is an outgoing Boise native who brings fun to this #TaterTwin duo. "Larry the Driver" (#LarBear) was the Truck's very first driver and has hundreds of tales from the road to share.

The only other time the truck will be in Kansas on this tour is August 11-12 for the Kansas Taco Festival in Topeka.

## How to create more time for leisure time

Few working professionals would likely say they could not use more leisure time. People spend their leisure time in various ways, and many would prefer more time to pursue their passions away from the workplace. While they may not be able to create more time in the day, men and women can take various steps to create more time for leisure.

- Spend free time more wisely. According to the 2015 American Time Use Survey from the U.S. Bureau of Labor Statistics, persons age 15 and over averaged four hours and 59 minutes of leisure time per day. That figure may come as a surprise to working professionals who feel they never have enough time to pursue their passions. But such people may just be spending their leisure time in ways that don't incorporate their passions. For instance, the American Time Use Survey found that more than half of the nearly five hours of leisure time persons 15 and over enjoyed each day was spent watching television. Men and women who want to make the most of their free time can note the amount of time they spend watching television, ultimately skipping their binge watching sessions in favor of pursuing their passions.
- Consider downsizing. Empty nesters, working professionals with no children or even parents

whose kids still live at home may benefit by downsizing their homes. The American Time Use Survey found that men spend an average of 22 minutes per day doing housework, while women

women spend 70 minutes per day on such activities. Meal delivery services can cut down on the time it takes to prepare meals, opening up more leisure time for people who want to spend less time



Finding ways to spend less time in the kitchen can free up leisure time for people who do not have a passion for cooking.

spend 50 minutes per day doing housework. Downsizing to smaller homes that don't require as much daily maintenance can provide men and women with more leisure time.

- Get out of the kitchen. Cooking is a favorite leisure activity for many people. But for those who prefer to be out and about rather than preparing meals in the kitchen, cooking can be more of a time-consuming chore than a rewarding passion. The American Time Use Survey found that men spend 43 minutes per day on food preparation and cleanup, while

in the kitchen each day.

- Make an effort to split chores down the middle. As evidenced by the time men and women spend on housework and cooking, the American Time Use Survey found that household chores are not always divided equitably among men and women. Adults who feel they do not have enough leisure time in their day can work with their spouses or significant others to ensure both partners are doing an equal amount of work around the house.

Leisure time that's spent well can contribute to a higher quality of

life. Many people may be surprised to learn just how much leisure time they can enjoy each day by making a few simple tweaks to their daily routines.

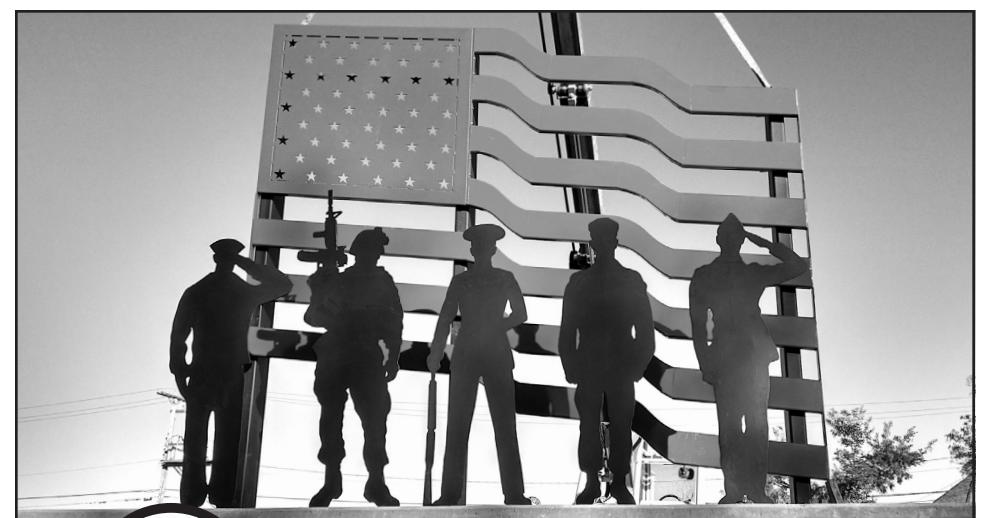
## Did you know?

Though many people lament their lack of leisure time, the 2016 American Time Use Survey from the U.S. Bureau of Labor Statistics found that nearly everyone age 15 and over engaged in some form of leisure activity every day. Men spent an average of 5.5 hours each day engaging in leisure activities, while women spent 4.8 hours. Watching television dominated most people's leisure time, as the average person age 15 and over spent 2.7 hours per day watching television. The survey found that the amount of time people spent watching television varied by age. Some may be surprised to learn that those ages 65 and over, who averaged more than four hours of television viewing per day, watched more television on average than any other demographic. At two hours per day, people between the ages of 15 and 44 spent the least amount of time watching television. The second most common leisure activity was socializing and communicating with friends. However, the average person spent just 39 minutes per day socializing and communicating with friends.

### The 10 fastest growing job markets in the United States

Working professionals relocate for exciting career opportunities every day. In 2017, in an effort to determine where the most exciting opportunities may be, researchers at ConsumersAdvocate.org studied data from the Bureau of Labor Statistics, focusing on metro areas that employed at least 250,000 people. The following are the metro areas that exhibited the greatest employment growth rate from January to June of 2017.

1. Jacksonville, FL
2. Des Moines-West Des Moines, Iowa
3. Chattanooga, Tennessee-Georgia (Note: The Chattanooga metro area consists of six countries, three in south-east Tennessee and three in northwest Georgia)
4. Ft. Lauderdale-Pompano Beach-Deerfield Beach, FL
5. Oxnard-Thousand Oaks-Ventura, CA
6. Fayetteville-Springdale-Rogers, AK
7. Durham-Chapel Hill, NC
8. Harrisburg-Carlisle, PA
9. Minneapolis-St. Paul-Bloomington, Minnesota-Wisconsin (Note: 16 counties in both Minnesota and Wisconsin make up this metro area)
10. North Port-Sarasota-Bradenton, FL



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