



God Bless The Soldier

September 11, 2001. Twelve years ago our world stood still -- it seems like only yesterday. The images of that September morning are fresh in my memory, the knot in my stomach and the fear that gripped my throat are there, always. I never want to forget that our Freedom is a gift, that men and women have fought bravely to defend it and have given it to me wrapped in red, white and blue. I proudly Pledge my Allegiance, each and every morning, to the Flag of the United States of America, and to the Republic for which it stands, One Nation, Under God, Indivisible, with Liberty and Justice for All. Those are very powerful words. Have you looked at them? I mean really, really looked at them? Or do you rattle the words off from memory, without giving them a second thought? In twelve years since the horrible attack on our Country, have you taken these words to heart? Allegiance means 'loyalty owed by a citizen to

Tam's Front Porch Ponderings
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a government, loyalty to a person or cause.' Are you a loyal American?

United, there's a dandy word. Is our Country truly United? Our people MUST stand United, 'to join by a legal or moral bond,' to uphold the laws of our land.

Republic, 'a government in which supreme power is held by the citizens entitled to vote and is exercised by elected officers and representatives governing according to law.' Do you vote? Don't complain about the Country if you don't take the time to vote!

One Nation, 'a community of people.' That means YOU!

Under God, yes our Country was founded on Religious principles and if we relied more on those principles, we'd be a lot better off!

Indivisible means 'impossible to divide.' Remember how Indivisible we were twelve years ago? We stood shoulder to shoulder showing support for this Country. Who are you standing shoulder to shoulder with today, September 11, 2013?

With Liberty, this means 'Freedom' and Justice, this means 'Fairness' for ALL- and this means EVERYBODY. Everybody in the United States of America was affected by the attacks of September 11, 2001. Everybody must educate their children about the events of that day. You can't hide it under a rock and pretend it didn't happen. It happened...and could happen again. Are you ready? Talk with your family about the importance of being a Patriot. A Patriot is 'one who loves his or her country.' Are we teaching our children how to be Patriots? Do you remove your hat, stop what you're doing and place your hand over your heart at the playing of our National Anthem? That, my friends, is called RESPECT! Does America still remember what that is?

I am a Patriot. I am the daughter of a soldier; the wife of a soldier; the mother of a soldier, the mother-in-law of a soldier. I thank God daily for soldiers everywhere and pray for their safety... and ours.

God Bless the Soldier and God Bless America.

Estill Senior Parent Night

Mrs. Neal will be hosting her annual Senior Parent Night on Monday, Sept. 16, in the ECHS Library from 6 - 7:30 p.m. She will give an overview of the senior year, going over what to expect, when to do what and how. This meeting is predominantly geared toward parents of seniors... but other parents are welcome to attend if they want to get a jumpstart and know what to expect. Refreshments will be served.

ESTILL COUNTY SCHOOLS MENUS

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

MONDAY Sept. 16	TUESDAY Sept. 17	WEDNESDAY Sept. 18	THURSDAY Sept. 19	FRIDAY Sept. 20
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SOUTH IRVINE BREAKFASTS

Toast, Cereal, Juice	Strawberry Pop Tart, Cereal	Mini Pancakes Raisins	Yogurt, Cereal Juice	Cinnamon Toast Crunch Bar, Cereal
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SOUTH IRVINE LUNCHES

Chicken Rings Mashed Potatoes Green Beans Oranges Ketchup	Bologna Sandwich, Corn Carrot Sticks Apple Mustard	Hamburger on Bun. LTP Potato Smiles Pork & Beans Strawberry Cup	Pepperoni Pizza Romaine Salad Grape Tomatoes Salad Dressing Pineapples	Chicken Pattie on Bun, Peaches Normandy Blend Vegetables Cucumbers/Dip
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ESTILL SPRINGS & WEST IRVINE BREAKFASTS

Toast, Frosted Flakes, Juice	Strawberry Pop Tart, Cereal, Juice	Pancake Porky Assorted Juice	Mini Waffles, Pears Assorted Juice	Cinnamon Toast Crunch Cereal, Apple Slices
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ESTILL SPRINGS & WEST IRVINE LUNCHES

Chicken Rings Mashed Potatoes Green Beans Oranges Ketchup	Nacho Chips & Cheese Cup or Bologna Sand. Carrot Sticks Salsa, Apple	Hamburger on bun, Strbry Cup Let./Tom./Pickles Potato Smiles Pork "n Beans	Pepperoni Pizza Grape Tomatoes Broccoli, Dressing Corn Pineapples	Chicken Pattie or Deli Turkey on Bun Baby Bakers Cucumber Slices/Dip, Peaches
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ESTILL COUNTY MIDDLE SCHOOL BREAKFAST

Toast, Frosted Flakes, Frosted Mini Wheats, Pop Tarts	Pop Tart, Lucky Charms Cereal, Fruit Cocktail	Frosted Flakes Honey Nut Cheerios, Yogurt	Mini Waffles w/ syrup Pop Tarts Pears	Cinnamon toast Breakfast Bar Pop Tart, Apples
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ESTILL COUNTY MIDDLE SCHOOL LUNCH

Pepperoni Pizza or Burrito Corn Romaine Salad Peaches	Hot Dog or Pulled Pork BBQ on bun Baked Beans Cucumber Slices w/dip Pineapple	Chicken nuggets w/Texas Toast or Fish on Bun Mashed Potatoes Steamed Broccoli Mandarin Oranges	Deli Turkey or Hamburger on Bun Red Peppers French Fries Watermelon	Taco w/Shell or Chicken Fajita w/Shell Refried Beans Let./, Tom./ Cheese Salsa, Pears
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ESTILL COUNTY HIGH SCHOOL BREAKFAST

Cereal Pop Tarts Yogurt	Sausage Biscuit, Cereal, Yogurt Banana or Apple	Chicken Biscuit Cereal, Pop Tart, Yogurt, Fruit	Egg & Cheese Biscuit, Cereal Pop Tart, Yogurt	Cinnamon Roll Orange Slices Assorted Juice
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ESTILL COUNTY HIGH SCHOOL LUNCH

Bosco w/Marinara Sauce or Pork Chop on bun Carrot Sticks Romaine Mix salad Mandarin Oranges	Spicy Chicken or Deli Turkey on bun, Baked Beans Potato Wedges Applesauce Tropical Fruit	Chicken Rings w/Roll or Ham & Cheese on Bun Norm. Vegetables Sweet Potatoes Pears, Apple-	sauce Cheese-burger or Hot Dog on Bun Baby Bakers Let., Tom., Onion Mandarin Oranges	Peaches Chicken Pot Pie or Chicken Sand. Mashed Potatoes Green Beans Pineapples
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top ten

Natural Remedies Against Ants

1. Lemon juice
2. Cinnamon
3. Peppermint
4. Borax, water and sugar
5. Boiling water and dish soap
6. Diatomaceous earth
7. Chalk
8. Baking soda and powdered sugar
9. Coffee grounds
10. Cornmeal

Source: Mother Nature Network

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(Great for Pulled Pork)	
Sausage	\$3 ⁰⁰ Lb.
(Hot, Medium or Mild)	
Cured Ham	\$3 ⁵⁰ Lb.
(Whole or Sliced)	
Ham Steak	\$3 ⁵⁰ Lb.
Ham Cutlets	\$3 ⁵⁰ Lb.
(Similar to cube steak, only ham)	
Bacon	\$4 ⁰⁰ Lb.
Jowl Bacon	\$3 ⁵⁰ Lb.
Pork Tenderloin	\$4 ⁰⁰ Lb.
Pork Chops	\$3 ⁵⁰ Lb.
Spare Ribs	\$3 ⁵⁰ Lb.
Country Style Ribs	\$3 ⁵⁰ Lb.
Baby Back Pork Ribs	\$3 ⁰⁰ Lb.
Pork Burgers	\$3 ⁵⁰ Lb.
(Ground, pattied pork with no seasoning)	
Bratwursts	\$3 ⁵⁰ Lb.

Bundle packages

1/4 processed hog	\$115.
1/2 processed hog	\$210.
Whole processed hog	\$400.

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