Tam's Front **Porch Ponderings Tammy Terry** TamsFrontPorch@IrvineOnline.Net

events of September 11th, terrorize the world. 2001. So much sorrow is associated with that day in

TUESDAY

MONDAY

lingers on my tongue and not campaigning-nor am I need to do. Much like premy prayers for our troops trying to be political in any paring for a stormy night or has never ceased in the years way, I'm just sharing my snowy forecast, take time to since, but I feel that as a Na- thoughts with you as Sep- THINK this through. Let's tion, our memory of that tember 11th draws near. not let our guard down. Yes, horrific moment has faded. I've always stressed that I continue to live day to day, We don't stand together and am a Patriot and that, my enjoy life and family and rally for our soldiers as we friends, shall never change. work and leisure but . . . be did in the months following My worry is that those in vigilant! the attacks. We've turned power may not be Patriots! a blind eye and deaf ear to the events that are unfolding in Syria. Our new threat am I ready? Could I help you've never prayed before is referred to as ISIS. The protect my family, my and never cease! Come totelevised beheading of two friends, my community, my It is with a heavy heart men by this savage group Freedom if such a tragedy that I put pen to paper this is proof that they will stop happened closer to home? week as I reflect on the at nothing in their efforts to Do I have a plan? At this your room or while driving,

And what can I do?

history. I remember where on the shore of uncertainty. but hear me out. I'm not try-

WEDNESDAY

I was and what I was doing I do not have Faith in the ing to strike fear in the hearts

And what can I do?

point, some of you may turn from this article and mutter I am but a small pebble "crazy" under your breath,

FRIDAY

Thoughts of September 11th, 2001 as vividly as if it were yes- current leader of the Free of men, I only ask that you terday. The taste of fear still World or his associates. I'm think about what you would

And what can I do?

Pray! Pray like you've If we are attacked again, never prayed before, pray if gether and pray for our soldiers, our leaders, our Nation. Be it in the privacy of working, at Church, anywhere and everywhere . . . Pray!

Let us never forget the great sacrifices that have been made for you and for me, that we may enjoy the Freedom of being, "One Nation, Under God, Indivisible, with Liberty and Justice for all".

Foods You Shouldn't

REFRGERATE

1. Peanut Butter

2. Honey

3. Bread

5. Garlic

4. Hot Sauce

6. Tomatoes 7. Stone Fruits

9. Avocado

10. Spices

Source: Review

8. Melon (whole)

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Friday, September 26th

Postsecondary Counseling

Sherrie Chapman, a counselor with the Commonwealth Educational Opportunity Center at Morehead State University, will be at the center during the morning on Friday, September 26th, 2014. She will be available to assist anyone who needs help in continuing his education; this help includes applying for admission, securing financial aid, scheduling COMPASS and ACT tests, etc. To schedule an appointment with Ms. Chapman, please call the center at 723-7323.

Community News Thursday, September 11th @ 5:30pm

Irvine-Ravenna Kiwanis Club

The Kiwanis Club of Irvine-Ravenna will meet the Kiwanis Club in August Thursday, September 11, to the Ministerial Associa-2014, 5:30 p.m., at Michael's tion, Circle K at EKU, and Restaurant. The program scholarships. will be presented by 1 SG program at ECHS

Donations were made by

The Kiwanis Club has over Jim Johnson on the JROTC 90 years of service to our community.

Monday, September 15th @ 6pm **River City Players Christmas Auditions**

River City Players will p.m. Call back is Thursday, Christmas Pageant Ever" in p.m. the basement of Irvine United the side parking lot (next to Central Office).

hold auditions for "The Best September 18th, 6 to 7:30

Children's audition: Sun-Methodist Church on Main day, September 21st, 2 to 5 Street. Please come in the p.m. Call back is Monday, basement door accessed from September 22nd, 6to 7:30 p.m.

Cast includes 4 adult males, 6 adult females, 8 boys, ages Adult audition is Monday, 8 to 13 years; 9 girls, ages 8 to

September 15th, 6 to 7:30 13 years. © 2014 by King Features Syndicate, Inc. World rights reserved. ESTILL LIBRARY BOOKMOBILE SCHEDULE 246 Main Street, Irvine, KY – Call 723-3030

September 15-19, 2014							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
Mountain Crest Old Fox Road Furnace Jct Millers Creek Cow Creek	Winston Trotting Ridge Sandhill	Wisemantown Station Camp Red Lick Crooked Creek	Spout Springs Hudson Mill Rd New Fox Road Hargett-Parvin Road	South Irvine P/K Center			

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

GOVERNOR PAUL PATTON

September 9 September 11 September 8 September 10 September 12 **BREAKFASTS - SOUTH IRVINE - ESTILL SPRINGS - WEST IRVINE** Coco Puffs Cereal Mini Cinni Roll Pancake Porky Mini Blueberry Waffle Chocolate/Cinnamon Syrup, Banana Apple, Juice, Milk Toast, Grapes, Juice Syrup, Orange Muffin, Pineapples **SOUTH IRVINE LUNCHES** Chicken Pattie/ Bun **Cheese Pizza** Taco w/Soft Shell Turkey on Bun Pepperoni Pizza Mashed Potatoes Fresh broccoli w/ dip Salsa, Refried beans Cauliflower/ Munchable, Loco Bread, Shredded Green Beans Corn Lettuce/Tomato/ Cucumbers **Pineapple Tidbits Tropical Fruit** Mandarin Oranges Cheese, Marinara Cheese, Banana Milk Sauce, Baby Carrots Milk Milk Milk **ESTILL SPRINGS LUNCHES Chicken Pattie/Bun Cheese Pizza** Taco/Soft Shell **Turkey Sandwich** Pizza Munchable Lettuce/Tomato/ Cauliflower Carrots/Dip Mashed Potatoes Corn Green Beans **Steamed Broccoli** Cheese Cucumbers Raisons **Tropical Fruit Pineapple Tidbits Refried Beans** Mandarin Oranges Milk Milk Milk Banana, Milk Milk **WEST IRVINE LUNCHES** Chicken Pattie /WG WG Cheese Pizza Taco/WG Shell, Salsa Pepperoni Calzone Pepperoni Pizza Bun, Beans Corn **Refried Beans** Or Meatball /WG Sub Munchable **Broccoli Spears/Dip Mashed Potatoes** Shredded Lettuce & Shredded cheese Marinara Sauce Carrots/Dip, Raisins **Tropical Fruit Pineapple Tidbits** Tomato & Cheese Cauliflower. Cucumbers RanchDip, M. Oranges Mozz.Cheese, Milk Ketchup, Milk Milk Taco Sauce, Banana ESTILL COUNTY MIDDLE SCHOOL BREAKFAST Strawberry Pop tart Scrambled Eggs Pancake Porky Mini Blueberry Chocolate or Cinw/syrup Or Lucky Waffles w/syrup namon Muffins Mini Cinnis. Or Toast Or Cocoa Puffs Cereal **Cinnamon Toast** Charms Cereal **Or Frosted Flakes** Or Apple Cinnamon Crunch Cereal Strawberry Pop tart Brown Sugar Cin-Cereal, Strawberry Cheerios Cereal Pop tart, Fresh Or-Brown Sugar Cinna-Grapes namon Pop tart Brown Sugar Cin-Assorted Juice. Milk mon Pop tart. Apple Banana, Juice, Milk anges, Juice, Milk namon Pop tart **ESTILL COUNTY MIDDLE SCHOOL LUNCH** c on bun

	Chicken Tenders	Stuffed Crust	Hamburger on bun	Deli Turkey on bun	BBQ Pork on bun	
	w/Texas Toast	Cheese Pizza	Or Mr. Rib on bun	Or Hot Dog on bun	Or Fish Sticks	
	Or Buffalo Tenders	Or Taco Snax	Lettuce & Tomato	WG Popped Crisp	Mashed Potatoes	
	w/Texas Toast, Sweet	Romaine Salad	Potato Wedges	Chips, Pork & Beans	Steamed Broccoli	
	Potatoes, Green	Corn, Pineapple	Diced Peaches	Red Pepper Slices	Mandarin Oranges	
	Beans, M. Oranges	Tidbits, Grapes	Banana, Milk or Juice	Oranges, Fruit	Pineapple Tidbits	

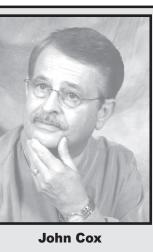
COUNTY LUCH COUCOI

ESTILL COUNTY SCHOOLS MENUS Milk is included with every meal; plus assorted juices included with breakfast

THURSDAY

ESTILL COUNTY HIGH SCHOOL BREAKFAST					
Cereal, Pop Tarts	Sausage & Biscuit	Chicken Biscuit	Egg & Cheese	Breakfast Pizza	
Yogurt	Cereal, Yogurt	Cereal, Pop Tarts	Biscuit, Cereal	Cereal, Pop Tarts	
Assorted Juices	Assorted Juices	Yogurt, Milk	Pop Tarts, Yogurt	Yogurt, Juices	
Banana or Apple	Banana or Apple	Assorted Juices	Assorted Juices	Oranges or Apples	
Milk	Milk	Banana or Apple	Oranges or Apples	Milk	
ESTILL COUN	ITY HIGH SCH	HOOL LUNCH			
Hamburger or	Taco w/Shell	Chicken Tenders	Hot Dog on bun	Pork BBQ on bun	
Chicken Pattie on	Chicken Fajita	or Spicy Chicken	Deli Turkey on bun	Fish on bun	
bun, Lettuce Tomato	w/Shell, Lettuce,	Tenders w/Roll	Baby Bakers	Mashed Potatoes	
Potato Wedges	Tomato, Cheese	Sweet Potatoes	Pork and Beans	Steamed Broccoli	
Peaches	Refried Beans	Green Beans, Milk	Red Peppers Slices	Pineapple	
Tropical Fruit	Salsa, Pineapple	Mandarin oranges	Oranges, Apples	Applesauce	
Juice, Milk	Grapes, Juice, Milk	Bananas, Juice	Juice, Milk	Juice, Milk	

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ENDORSES

ALISON LUNDERGAN GRIMES



"Alison is the strong pro-coal candidate.

She will fight for our coal jobs."

- Gov. Paul Patton

