



**Tam's Front Porch Ponderings**  
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## Days Are Growing Shorter! Arrgh!

difference if it's dark or not, I don't like getting up at all - but that's beside the point. I'm just not ready to give up my sandals or my tank tops even though I do love Fall. I know, I know, get on one side of the fence or the other so let's just blame my confused frame of mind on old age. That seems to work for everything else. At the Doctor they say, "at your age" or the eye doctor "well when you reach a certain age", I'm sure it could work for me wishing for the beautiful colors of Fall with the warm benefits of Summer.

It's true what they say, the older you get, the faster time flies. Wasn't it wonderful when you were young and your whole life was before you? Lazy afternoons

of nothing to do, climbing Rock House mountain or raking up piles of leaves just so you could jump in them. Yeah, if I'd know how fast time would fly I would have taken better care of myself. No jumping in leaf piles now, oh well I could... I just couldn't get up once I did. I think I should have paid more attention in health class and learned all I could about arthritis, it seems that we have become very close friends, but certainly not by my choice!

And where did all of my energy go? Could have something to do with the fact that I'm overweight, you think? Who has time to exercise? Can't I count doing the dishes and laundry and changing the sheets, feeding the dog,

going to the mailbox, all my daily routine stuff as exercise? I'm up and moving around, not as fast as I used to, but I am moving - why oh why do I still struggle with this "baby fat"? You know, where I had that child thirty one years ago and that other one, twenty four years ago. Just can't seem to get rid of those extra pounds I put on during pregnancy!

Now that I'm finished complaining about the down side of my age, let me look at the positive aspects. I don't have to worry about coloring my hair anymore. In my mind I will always be a blonde but in the mirror I am now silver. No big deal! It's funny when I am shopping, women will stop me and ask what "color" I dye my hair. I want to look at them like they've got three heads and say "do you REALLY think I want my hair this color?" but I'm polite and reply, "I'm not sure, the good Lord gave me this color so I suppose you'd have to ask Him".

I prefer to call the lines

in my face "Laugh Lines" instead of wrinkles. I've spent the majority of my life laughing about something so "laugh lines" suits me just fine. I had the honor of being a cheerleader for a couple of years and also a Marching Band member, if my knees, hips or back hurt I guess I have no one to blame but myself. I wouldn't give up those High School memo-

ries for all the tea in China. Speaking of tea, I think I'll fix myself a big glass of sweet tea and sit on my front porch for awhile and ponder all the joys of growing old. If I'm still sitting there tomorrow, somebody please stop and check to see if I've forgotten how to get back in the house! Could be because I'm a blonde or could be because...I'm old!

### ESTILL COUNTY SCHOOLS MENUS

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

MONDAY September 29	TUESDAY September 30	WEDNESDAY October 1	THURSDAY October 2	FRIDAY October 3
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#### BREAKFASTS - SOUTH IRVINE - ESTILL SPRINGS - WEST IRVINE

Mini Maple Waffles Apple, Juice	Cinnamon Toast Crunch Cereal, Grapes	Scrambled Eggs Toast, Apple, Juice	Strawberry Poptart Fruit Loops, Pears	Blueberry or Banana Muffin, Pineapple
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#### SOUTH IRVINE LUNCHES

Popcorn Chicken w/Roll Mashed Potatoes Green Beans Pineapples	Cheese Pizza Romaine Salad Steamed Broccoli Apple Milk	Hamburger on bun Lettuce & Tomato Fries, Baked Beans Strawberry Cup Milk	Chicken Fajita/Soft Shell, Corn Shredded Lettuce Mandarin Oranges Milk	Hot Dog on bun Carrots w/ dip Potato Wedges Raisins Milk
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#### ESTILL SPRINGS LUNCHES

Popcorn Chicken w/Roll, Milk Mashed Potatoes Green Beans Tropical Fruit	Cheese pizza Romaine Salad Broccoli -Steamed Apple Milk	Hamburger on bun Lettuce & Tomato Fries, Baked Beans Strawberry Cup Milk	Chicken Fajita/Soft Shell, Corn Shredded Lettuce Mandarin Oranges Milk	Hot Dog on bun Carrots w/ dip Potato Wedges Raisins Milk
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#### WEST IRVINE LUNCHES

Chicken Pattie on bun Mashed Potatoes Green Beans Apple, Milk	WG Cheese Pizza Corn Steamed Broccoli Apple Milk	Hamburger or Pork Chop on bun Let., Tom., Cucumber Pork & Beans Strawberry Cup, Milk	Chicken Fajita/Shell or Chicken Quesadilla Refried Beans, Salsa Mandarin Oranges Sour Cream & Sauce	Hot Dog on bun or Mr. Rib on bun Carrots w/ dip Potato Wedges Raisins, Milk
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#### ESTILL COUNTY MIDDLE SCHOOL BREAKFAST

Mini Maple Waffles Lucky Charms Cereal Apple Juice Milk	Toast w/Jelly Cinnamon Toast Crunch Cereal Scooby Doo Cereal Strawberry Pop tart Grapes, Juice, Milk	Biscuit w/ Gravy or Trix Cereal Brown Sugar Cin- namon Pop Tart Banana, Milk Assorted Juice	Reese Puffs Cereal Frosted Flakes Strawberry Pop Tart Fresh Pears Assorted Juice Milk	Blueberry or Banana Muffin or Raisin Bran Cereal, Brown Sugar Cinnamon Pop Tart, Pineapple Juice and Milk
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#### ESTILL COUNTY MIDDLE SCHOOL LUNCH

Chicken Pattie or Mr. Rib on bun Mashed Potatoes Green Beans Mandarin Oranges Apple, Milk or Juice	Pepperoni Pizza or Chili Cheese Wrap Romaine Salad Corn, Grapes Pineapple Tidbits Milk or Juice	Hamburger on bun or Deli Turkey on bun Potatoe Wedges Lettuce & Tomato Peaches, Juice, Milk Strawberry Cup	Chili w/ Peanut Butter Sandwich & Crackers Carrot Sticks Broccoli & Cauli- flower Bits, Oranges Milk	Taco w/ Shell or Chicken Fajita/shell Lettuce, Tomato & Cheese, Salsa Refried Beans, Milk Oranges, Pineapple
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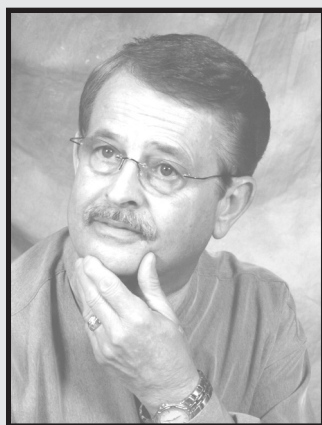
#### ESTILL COUNTY HIGH SCHOOL BREAKFAST

Cereal, Pop Tarts Yogurt Assorted Juices Banana or Apple Milk	Sausage & Biscuit Cereal, Yogurt Assorted Juices Banana or Apple Milk Choice	Chicken Biscuit Cereal, Pop Tarts Yogurt, Asst. Juice Banana or Apple Milk Choices	Egg/Cheese Biscuit Cereal, Pop Tarts Yogurt, Asst. Juice Oranges or Apple Milk Choices	Breakfast Pizza Cereal, Pop Tarts Yogurt, Asst. Juice Banana or Apple Milk Choices
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#### ESTILL COUNTY HIGH SCHOOL LUNCH

Meatball Sub w/Mozz Cheese Chicken Pattie/bun, Lettuce, Tomato, Steamed Broccoli, Glazed Carrots Applesauce, Pineapple	Hot Dog on bun Mr. Rib on bun Baked Beans French Fries Applesauce Peaches Juice, Milk	Taco w/ shell Chicken Fajita/shell Lettuce, Tomato, Cheese, Salsa Refried Beans, Pears, Sidekicks Juice & Milk	Bosco w/ Marinara Chicken Quesadilla w/ Marinara Broccoli Bites, Corn Blueberries Strawberry Cup Juice, Milk Choices	Chili w/ Peanut But- ter & Jelly or Grilled Cheese & Crackers Carrot Sticks Cauliflower Bits Oranges, Milk Fruit Cocktail
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## Adult Ed. News

### Estill County Adult Learning Center

Through October 3rd

#### Take Official GED Ready Practice Test FREE

Through October 3, 2014, you can take the official GED Ready practice test for FREE at your local adult education center.

With GED Ready you'll see:

- If you're ready to pass the GED test
- Skills you need to work on to score higher
- A personalized study plan that gives you the exact pages and chapters to study in your favorite study books

There's never been a better time to see if you're ready for the GED test!

To learn more and to confirm your spot for free GED Ready tests, contact the Estill County Adult Education Center 606-723-7323.

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 their 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.



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## ESTILL LIBRARY BOOKMOBILE SCHEDULE

246 Main Street, Irvine, KY - Call 723-3030

September 29-October 3, 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.

## ALISON LUNDERGAN GRIMES

### THE COAL MINERS' CHAMPION



Alison Lundergan Grimes strongly supports legislation to help miners, retirees and their widows collect black-lung benefits.

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