

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

The Super Bowl is this Sunday and that got me to thinking about all the parties we had when our children were growing up. It didn't make any difference who was playing, it just gave us an excuse to make a big pot of chili, every finger food and dip recipe I could get my hands on and enough Ale 8 to keep Stuart Puckett satisfied.

The party that really sticks out in my mind, was the year that it snowed while all the kids were lots of overnight guests. We were so wrapped up in the game, we hadn't paid any attention to the snow

Super Bowl do other than pull out all the 50's, 60's, 70's and the extra pillows and blan- the year of the Olympics. kets and turn our living Dylan's birthday parties

party. weren't big screen televi- drive the tractor way, way sions yet, but since Corky back into the woods and and my Daddy worked pretend the motor had quit. at Sylvania, we of course I would tell the ghost story had a big old floor model, of the Headless Timbercolor, Sylvania TV. Every man of Estill County, that Super Bowl we'd pull our supposedly took place at coffee table over to the the old saw mill that once corner of the living room stood on our property. I still and lift the heavy TV onto run into Dylan's friends it. We lined the floor with that recall those hayrides quilts and throw pillows with great delight! so there was plenty of lounging spots and kids sat playing in the Super Bowl. squished together on the I think the last time I got couch and armchairs. I'd excited over a game was decorate with the colors when Michael Oher's team of the different teams and hang pom poms from every light fixture. It was al- movie "The Blind Side". ways a treat to have Sarah Beth and Dylan's friends Super Bowl weekend with out for parties in the winter Corky and all of his GI months. It was a welcome friends, it seemed we albreak from the cold and ways cheered for the Oakour house always seemed land Raiders. All I know to "feel" better when it is, I hear the words Super was full of young people.

here and we ended up with ties, Marching Band got Dylan, (probably not even second place? Throw a Dylan) but I'm getting out field party! Marching Band the crock pots and serving got Grand Champion . . . trays, looks like we're gonthrow a field party! Build na have ourselves a Super that had fallen until all the a bonfire, grab some hot Bowl weekend! You know kids got ready to go home. dogs and marshmallows us, any excuse to party! We opened the door to a and a bring on the kids. winter wonderland! There Birthdays were sometimes GO TEAMS! wasn't anything we could themed parties. There was

room into one big slumber always concluded with a haunted hay ride where In those days there Corky or Daddy would

> I'm not sure who is played, simply because I liked his life story in the

Years ago when I shared Bowl and I think Party. It We loved to throw par- may only be me, Corky and

Have a safe weekend ...



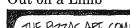


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BODY FITNESS CLASSES The BODY FITNESS EXERCISE CLASSES led by Sister Loretta Spotila, RN began the Winter/Spring Sessions on Monday, January 26, 2014

Classes are on Mondays and Wednesdays, 9:30 a.m. to 10:30 a.m. at the Central Office Building gym For more information.

call 723-8505. Out on a Limb







Wallace Memorial Hospital (MWMH), has announced that Dr. Mark Rukavina will be leaving his practice at the end of March.

He will continue to be a physician in the Emergency Room at MWMH.

"We sincerely appreciate Dr. Rukavina's years of service to the patients of Mercy Primary Care and our community," said Susan Starling, MWMH Presi-I am glad he will remain a the quality team of providpart of our healthcare team and get back to his first love, emergency medicine. Kelley, APRN; Pam Isaacs, He will be missed at Mercy Primary Care."

Mercy Primary Care will APRN). contact Dr. Rukavina's patients to make the transition cruiting a new physician to to a new healthcare pro- fill the vacant position at vider as convenient as pos- Mercy Primary Care.

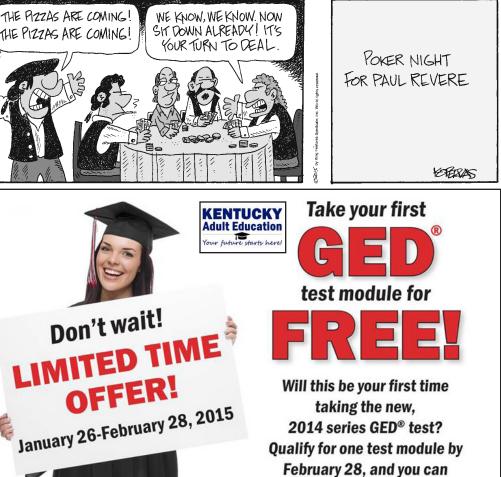


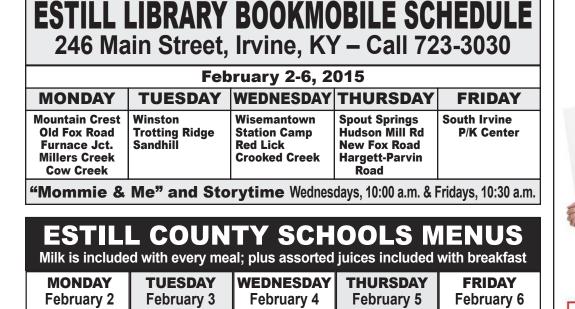
Dr. Mark Rukavina

dent & CEO. "As he tran-sible. They will have the sitions back to working in option to remain a patient of the Emergency Department, the clinic and choose from ers at Mercy Primary Care (Maher Kassis, MD; Billie APRN; Jenni Skorupa, MD; or Dustin Wattenberger,

MWMH is actively re-

by Gary Kopervas





Here are just a few things people like about the new GED® test ...

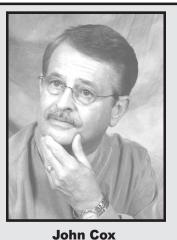
SOUTH IRVIN	IE BREAKFAS1	Γ		-
Mini Maple Waffles	Cin. Toast Crunch	Scrambled Eggs	Fruit Loops, Pears	Muffins, Juice
Syrup, Apple, Juice	Blueberries, Juice	Toast, Blueberries	Strawberry Poptart	Pineapple, Milk
SOUTH IRVIN				
Chicken Nuggets / Roll Mashed Potatoes Green Beans Apple, Milk	Individual Cheese Pizza, Corn Steamed Broccoli Applesauce Milk	Hamburger / Bun Lettuce & Tomato Potato Smiles Pork & Beans Strawberry Cup	Chicken Noodle Soup w/ Grilled Cheese Sandwich Broccoli Bites Cucumber, Side Kicks	Hot Dog w/ Bun Tater Tots Carrots/Dip Raisins Milk
ESTILL SPRIM	NGS BREAKFA	ST		
Mini Maple Waffles Syrup, Apple, Juice	Cin. Toast Crunch Blueberries, Juice	Scrambled Eggs Toast, Blueberries	Fruit Loops, Pears Strawberry Poptart	Muffins, Juice Pineapple, Milk
ESTILL SPRIM	NGS LUNCHES			
Chicken Nuggets / Roll Mashed Potatoes Green Beans Apple, Milk	Individual Cheese Pizza, Corn Steamed Broccoli Applesauce Milk	Hamburger / Bun Lettuce & Tomato Potato Smiles Pork & Beans Strawberry Cup	Chicken Noodle Soup w/ Grilled Cheese Sandwich Broccoli Bites Cucumber, Side Kicks	Hot Dog w/ Bun Tater Tots Carrots/Dip Raisins Milk
WEST IRVINE	BREAKFAST			
Mini Maple Waffles Syrup, Apple, Juice	Cin. Toast Crunch Blueberries, Juice	Scrambled Eggs Toast, Blueberries	Fruit Loops, Pears Strawberry Poptart	Muffins, Juice Pineapple, Milk
WEST IRVINE	LUNCHES			
Chicken Nuggets / Roll Mashed Potatoes Green Beans Apple, Milk	Round Cheese Pizza, Corn Steamed Broccoli Applesauce Milk	Hamburger / Bun Lettuce & Tomato Potato Smiles Pork & Beans Strawberry Cup	Chicken Fajita / Wrap Shredded Cheese or Chicken Quesadilla Refried Beans Stir Fry, M. Oranges	Hot Dog w/ Bun or Mr. Rig w/ Bun Tater Tots Carrots / Dip Blueberries
ESTILL COUN	ITY MIDDLE S	CHOOL BREAM	(FAST	
Breakfast Pizza or Fruit Loops Cereal Strawberry Pop Tart Apple Assorted Juice Milk	Trix Yogurt Strawberry NG Bar Raisin Bran Cereal Brown Sugar Cinnamon Pop Tart Pears, Juice, Milk	Mini Maple Pan- cakes w/ Syrup or Cocoa Puffs Cereal Strawberry Pop Tart Pineapple Ast. Juice, Milk	Toast w/ Jelly Luck Charms Cereal Frosted Flakes Brown Sugar Cinnamon Pop Tart Diced Peaches	Fruit Loops Cereal Reese Puffs Cereal Brown Sugar Cinnamon Pop Tart Strawberry Pop Tart Mandarin Oranges
ESTILL COUN	ITY MIDDLE S	CHOOL LUNCH	1	
Chicken Nuggets Texas Toast Mashed Potatoes California Blend Vegetables Peaches	Bosco w/ Marinara Sauce or Pepperoni Calzone Corn, Pears Glazed Carrots Pineapple	Grilled Chicken or Mr. Rib on Bun Lettuce & Tomato Potato Smiles Tropical Fruit Applesauce	Spaghetti or Ravioli w/ WG Breadstick Slaw Steamed Broccoli Blackberries Side Kicks	Deli Turkey Wrap or Chili Crispito Lettuce, Tomato & Cheese, Salsa Refried Beans Pears & Pineapple
ESTILL COUN	ITY HIGH SCH	OOL BREAKFA	NST	
Honey Nut Cheerios Fruit Loops Frosted Flakes Strawberry Banana Yogurt, Pop Tart Triple Cherry Yogurt Apple & Orange	Cocoa Puffs Lucky Charms Pop Tart Breakfast Pizza Raspberry or Cherry Yogurt Apple & Orange	Cinnamon Toast Cereal, Cereal Bars Apple Cinnamon Cheerios, Pop Tarts Sausage Biscuit SBR Yogurt Apple & Orange	Trix Cereal Fruit Loops Pop Tart Cereal Bars Mini Pancakes Raspberry Yogurt Apple & Orange	Reese Puffs Cocoa Puffs Pop Tart, Cereal Bars Mini French Toast Cheery or Raspberry Yogurt Apple & Orange
ESTILL COUN	ITY HIGH SCH	OOL LUNCH		
Hot Dog on Bun or Mr. Rib on Bun Baked Beans French Fries Applesauce Peaches Juice	Bosco w/ Marinara Sauce Chicken Quesadilla w/ Marinara Sauce Peas, Corn Blackberries Strawberry Cup	Chicken Fajita or Taco w/ Shell Lettuce, Tomato, Cheese, Salsa Refried Beans Pears Side Kicks	Meatball Sub w/ Mozzarella Cheese ChickenPattieonBun Lettuce & Tomato Steamed Broccoli Glazed Carrots Applesauce, Pineapple	Grilled Chicken Pattie o Spicy Chicken on Bun Green Beans Mashed Potatoes Lettuce, Tomato Peaches Mandarin Oranges

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