



Tam's Front Porch Ponderings
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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 here and we ended up with lots of overnight guests. We were so wrapped up in the game, we hadn't paid any attention to the snow that had fallen until all the kids got ready to go home. We opened the door to a winter wonderland! There wasn't anything we could

Super Bowl

do other than pull out all the extra pillows and blankets and turn our living room into one big slumber party.

In those days there weren't big screen televisions yet, but since Corky and my Daddy worked at Sylvania, we of course had a big old floor model, color, Sylvania TV. Every Super Bowl we'd pull our coffee table over to the corner of the living room and lift the heavy TV onto it. We lined the floor with quilts and throw pillows so there was plenty of lounging spots and kids sat squished together on the couch and armchairs. I'd decorate with the colors of the different teams and hang pom poms from every light fixture. It was always a treat to have Sarah Beth and Dylan's friends out for parties in the winter months. It was a welcome break from the cold and our house always seemed to "feel" better when it was full of young people.

We loved to throw parties, Marching Band got second place? Throw a field party! Marching Band got Grand Champion . . . throw a field party! Build a bonfire, grab some hot dogs and marshmallows and a bring on the kids. Birthdays were sometimes themed parties. There was

the 50's, 60's, 70's and the year of the Olympics. Dylan's birthday parties always concluded with a haunted hay ride where Corky or Daddy would drive the tractor way, way back into the woods and pretend the motor had quit. I would tell the ghost story of the Headless Timberman of Estill County, that supposedly took place at the old saw mill that once stood on our property. I still run into Dylan's friends that recall those hayrides with great delight!

I'm not sure who is playing in the Super Bowl. I think the last time I got excited over a game was when Michael Oher's team played, simply because I liked his life story in the movie "The Blind Side".

Years ago when I shared Super Bowl weekend with Corky and all of his GI friends, it seemed we always cheered for the Oakland Raiders. All I know is, I hear the words Super Bowl and I think Party. It may only be me, Corky and Dylan, (probably not even Dylan) but I'm getting out the crock pots and serving trays, looks like we're gonna have ourselves a Super Bowl weekend! You know us, any excuse to party! Have a safe weekend... GO TEAMS!

top ten

SNOWIEST UNIVERSITIES

1. Syracuse
2. Northern Arizona
3. Montana State
4. Colorado
5. Binghamton
6. Vermont
7. Colgate
8. Cleveland State
9. Notre Dame
10. Maine



Source: The Weather Channel

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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



POKER NIGHT FOR PAUL REVERE

by Gary Kopervas

ESTILL LIBRARY BOOKMOBILE SCHEDULE

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February 2-6, 2015

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.

ESTILL COUNTY SCHOOLS MENUS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February 2	February 3	February 4	February 5	February 6

SOUTH 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
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SOUTH IRVINE 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
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ESTILL SPRINGS 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
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ESTILL SPRINGS 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
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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
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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
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ESTILL COUNTY MIDDLE SCHOOL BREAKFAST

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 Pancakes 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
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ESTILL COUNTY MIDDLE SCHOOL LUNCH

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
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ESTILL COUNTY HIGH SCHOOL BREAKFAST

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
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ESTILL COUNTY HIGH SCHOOL 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 or Spicy Chicken on Bun Green Beans Mashed Potatoes Lettuce, Tomato Peaches Mandarin Oranges
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Changes announced at Mercy Primary Care

Mercy Primary Care in Irvine, a service of Marcum & 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 President & CEO. "As he transitions back to working in the Emergency Department, I am glad he will remain a part of our healthcare team and get back to his first love, emergency medicine. He will be missed at Mercy Primary Care."

Mercy Primary Care will contact Dr. Rukavina's patients to make the transition to a new healthcare provider as convenient as possible.



Dr. Mark Rukavina

They will have the option to remain a patient of the clinic and choose from the quality team of providers at Mercy Primary Care (Maher Kassis, MD; Billie Kelley, APRN; Pam Isaacs, APRN; Jenni Skorupa, MD; or Dustin Wattenberger, APRN).

MWMH is actively recruiting a new physician to fill the vacant position at Mercy Primary Care.

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