

I Really Need To Wash These Dishes!



Tam's Front Porch Ponderings
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HEEEELLLLLPPPP! I have a week before my children will be home for Thanksgiving and my house, oh my house, it's... it's...what can I say, it's a MESS! I'm not pulling your leg, probably the worst it has ever, ever been! I'm just flabbergasted! I don't know where to begin and I DARE not ask for help, I'd be too embarrassed for anyone to see it besides me!

Okay, I just need to take a big...deep...breathe. In through the nose, out through the mouth, 'you can do this Tammy', I keep telling myself over and over. The conversation in my

head goes something like this;

"Let's find a starting point and try to stay on task. Hmm, okay, I'll start with the dishes. The sink is full of hot, soapy water but the dryer has kicked off and I don't want the sheets to get wrinkled. I'm gonna fold those first, then I'll get right back to the dishes". I get the sheets finished, start a new load in the washer and fill up the dryer, then I head for the linen closet to put the sheets away. "While I'm in here, I should just go ahead and wipe off the sink", one thing leads to another and before I know it, the water in the sink

is cold, I'm hungry and I've managed to sort everything in the vanity drawers and the medicine cabinet. The dryer has kicked off again so I hang up the next load in the closets and decide while I'm in here, I need to sort through my shoes and toss the ones I don't wear. I'm still hungry but don't want to stop to eat just yet and before long I've abandoned the shoes and have four bags of clothes to drop at Goodwill.

I load the bags in the truck and fix a sandwich, staring at the dishes in the sink full of cold water. "As soon as I eat a bite, I'll get right back in here and wash these dishes".

I make the mistake of sitting down in the living room and turning on the television while I ate. Next thing I know, Corky is waking me up as he comes home from work. Looking about the house, he smiles and says,

"You DO realize, the kids will be home in one week?"

And in my head, that little voice is screaming, "A WEEK? ONE WEEK? Are you kidding? I had no idea it was in ONE WEEK? I need a plan, let me just take a big...deep...breathe. I gotta come up with a plan, but first...I need to wash these dishes!"



Free Program That Provides Boost, Inspiration For Appalachian Women Is Taking Applications

A free program that provides boost, inspiration for Appalachian women taking applications for the February 2016 session.

Since 1987, over 779 women across Appalachia have been learning they have the strength and courage to finish their education and to build the self-esteem they need to find their potential. At no cost to them, women who find themselves in transition and are seeking to be inspired and build their confidence are doing just that through the New Opportunity School for Women (NOSW) in Berea, KY.

"For me, the NOSW was a chance of a lifetime. I wish every woman could attend.

I feel more alive now. I feel like myself again. Before the school, I had gotten so depressed because I felt like my life was over because I couldn't work. Now I feel like I may be able to work again with the education that I'm now getting. Before the NOSW, I felt I was too old to go to college and begin again. Now I know that I'm not - I see a future in my life again," said a NOSW graduate from Norton, Virginia.

Now is the time to submit applications for the February 2016 session. Applicants who are selected and complete the three-week residential program will find themselves to be more self-sufficient, more confident, and will be an inspiration

for their families and community. Additionally, the New Opportunity School staff and alumni provide a strong support system for graduates.

The school's unique program has received national recognition on Oprah and in People magazine. The 2016 NOSW Winter Residential Session is January 31-February 20, 2016.

Requests for applications and/or additional information should be addressed to The New Opportunity School for Women, 204 Chestnut Street, Berea, KY 40403, or by calling 859-985-7200. Our website, www.nosw.org, provides additional information regarding our no-cost program and an online application.

ESTILL COUNTY SCHOOLS MENUS

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

Monday, Nov. 23

Elementary Breakfasts: Breakfast Pizza, Apple, Assorted 100% Fruit Juices, and Milk Choices.

Elementary Lunches: Chicken Patti/Bun, Mashed Potatoes, Green Beans, Apple, and Milk.

ECMS Breakfast: Breakfast Pizza, Cinnamon Toast Crunch Cereal, Chocolate Pop Tart, Apple, Assorted Fruit Juices, and Milk Choices.

ECMS Lunch: Chicken Nuggets, Texas Toast, California Blend Vegetables, Tropical Fruit, Apple, Milk or Juice.

ECMS Breakfast: Muffins, Cereal, Pop Tarts,

Yogurt, Assorted Juices, Oranges, Apples, Milk Choice.

ECHS Lunch: Ravioli/Texas Toast, Gordita Chipotle Chick Wrap, Sweet Potatoes, CA Vegetables, Applesauce, Mandarin Oranges, Variety Milk/OJ.

Tuesday, Nov. 24

Elementary Breakfasts: Bacon, Egg & Cheese Biscuit, Pears, Assorted 100% Fruit Juices, Milk Choices.

Elementary Lunches: Round Cheese Pizza, Corn, Romaine Salad, Mandarin Oranges, and Milk.

ECMS Breakfast: Bacon Egg, and Cheese Biscuit, Lucky Charms, Brown Sugar Cinnamon Pop Tart,

Pineapples, Assorted Fruit Juices, and Milk Choices.

ECMS Lunch: Pepperoni Pizza or Old El Paso Gordita, Romaine Salad, Corn, Pineapple Tidbits, Grapes, Milk or Juice.

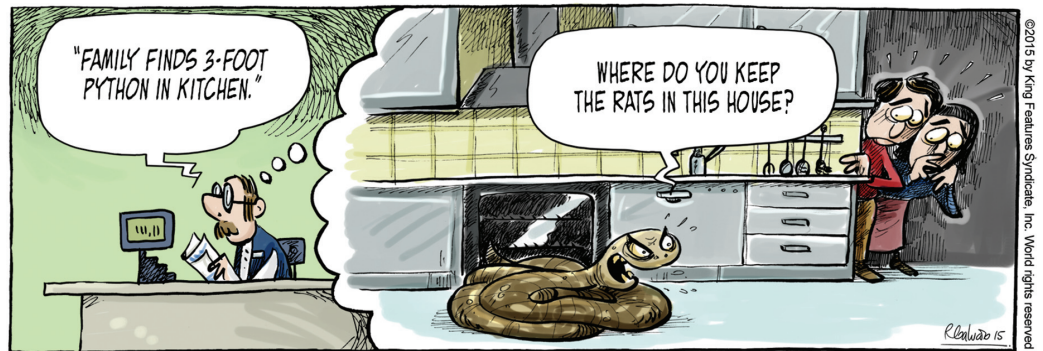
ECHS Breakfast: Sausage and Biscuit, Cereal, Yogurt, Assorted Juices, Oranges and Apples, Variety of Milk Choices.

ECHS Lunch: Cheeseburger on Bun or Spicy Chicken Patti on Bun, Potato Wedges, Normandy Blend Vegetables, Lettuce/Tomato/Pickle/Onion, Peaches, Pears, Variety Milk/OJ.

No School Nov. 25-26-27 Happy Thanksgiving!

THE CASHIER

BY RICARDO GALVÃO



ESTILL LIBRARY BOOKMOBILE SCHEDULE

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

NOVEMBER 23-27, 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Northwood Apts. Winchester Rd. Edgewater Dr. Crestview Ct.	Stacy Lane Rice Station West Irvine Race Track Rd.	Wisemantown Station Camp Red Lick Crooked Creek	Happy Thanksgiving	No Bookmobile Service

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

Get paid to upgrade

REBATE PROGRAM

Purchasing a new, energy efficient appliance for your home?

Let our rebate program help you earn cash back.

Our ENERGY STAR Rebate program offers rebates from \$50 to \$300 for qualifying ENERGY STAR-certified appliances to help offset the cost of a high-efficiency model.

For more information, visit www.jacksonenergy.com/content/appliance-rebates.

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2015 PRIMARY

Basketball & Cheerleading Signups

This year, our season will run thru Mid-February

DATES

Saturday	November 14th	10a-1p
Monday	November 16th	6-8 p
Tuesday	November 17th	6-8 p
Thursday	November 19th	6-8 p
Saturday	November 21st	10a-1p

LOCATION: Estill High School Gym Lobby

BASKETBALL LEAGUES

Boys/Girls	Preschool to 1st Grade
Boys/Girls	2nd & 3rd Grade
Boys/Girls	4th & 5th Grade
Boys/Girls	6th thru 8th Grade

CHEERLEADING

Girls Preschool to 5th Grade

COST: 30.00 per kid (\$5.00 less for each brother or sister)

Payment is due when you come to sign up

Everyone must sign up at one of the designated times.
We will not take sign-ups over the phone.

SATURDAY, November 21st is Last Day to sign up!

Anyone interested in **Coaching** needs to come to one of the sign-ups

We will have **ALL GIRL TEAMS** if we have enough kids to sign up!