



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

I Keep Holding On To ... Summer

There's a song from my youth that goes like this, "I keep holding on...to yesterday" and I suppose that's how I've felt for the past couple of days. Thoughts run through my mind of the warm, summer days that we've spent at the Lake; visiting with our children; taking the dogs to Burger Barn for ice cream, I'm just not ready for fall! Why is it that fall and winter last forever but spring and summer come and go in the blink of an eye? Although

the mornings have been cool, I still emerge from the house wearing sandals and sleeveless tops. I keep holding on...

Fall reminds me of tractor rides to Watermelon Ridge to help Daddy cut wood. I can stand at my kitchen window and see him rounding the edge of the tree line, bush hogging with one of the children riding on the fender. Yeah, I know, kids don't do that anymore because it's too dangerous, but I remember

riding on the old Ford 8N with Daddy lots of times and so did my children. As for Beth's children, I know Taylor rode with him because the picture hangs on my refrigerator still today, but Daddy may have been gone too soon for Scarlett and Jon to ride. Fall reminds me of him, I keep holding on...

It's time to put away the vintage, floral tablecloths that have kept my kitchen bright all summer and the tulip quilt that I love to snuggle under while I watch television on late, summer nights. The night sounds of crickets and katydids,

locusts and whippoorwills will be gone soon and the sounds of howling winds driving snow around the eaves will take their place. I can still snuggle on the couch but it will be under a faded nine patch of fall colors or a Christmas quilt. Somehow it's just not the same. I love walking barefoot and dipping my toes in the waters of Lake Cumberland and warming in the sun like an old cat. As I get older, the snowy days seem to go on forever. Yes, I love a good snow day, my niece and nephews will be the first to tell you I can do a terrific snow dance but the

long, snowy days of Winter seem to drag on, way too far, into Spring lately. So I keep holding on...

I'm holding on to the last warm rays of summer sunshine, the evenings of sweet tea on the porch and ice cream cones at Burger Barn. I'll wear my sandals 'till the snow flies and keep my silk, Hawaiian caftans hanging on the back of the closet door for easy accessibility. I'm just not ready to give up summer yet, so I keep holding on...



13 Graduate from SMARTS Class

It would seem the Irvine area is a hotbed of entrepreneurship, based on the interest and high graduation rate for SKED's Entrepreneurial SMARTS course offered there in August.

Thirteen men and women completed the four-session, 12-hour course designed to provide entrepreneurs with the knowledge and resource materials they need to get a new small business off the ground. This training also provides owners of existing small businesses the skills they need to become more successful and grow their businesses.

Many of the graduates had good things to say about their experience with the training program. Each is in a different stage of the entrepreneurial spectrum.

"This was such a great class for anyone interested in starting a small business," said Irvine resident Hannah Eaton. "I received lots of useful information and resources that will be beneficial if/when I go out on my own. Thank you for your knowledge."

Thyme On Broadway owner Phyllis Dennis said she enjoyed networking with all members of the Irvine class. "The resource material was terrific, and I loved learning from the trainer and participants," she said.

For others, the SMARTS class experience gave them the extra push they needed to get their business jumpstarted.

"I have ideas for a business floating around in my head," explained Lisa Bicknell. "This training grounds me with the necessary footing for when I get ready to launch."

Other graduates of the Irvine course include: Kenny Cole of Blue Flamingo Herbs in Irvine, Francie Snowden with Ravenna Florist and Greenhouse in Ravenna; Josh Rogers of Irvine; Michele Benton from Irvine; Jennifer C. Halsey of Flying Olive ~ Bluegrass in Sadieville; Lindsey Rogers from Irvine; Christine Kite from Lexington; Tonya Noll of Rockhouse Bar & Grill in Irvine; Eric Eaton of Irvine and Sheila Brown of Kentucky Wildflowers, LLC.

To date, a total of 430 aspiring entrepreneurs and small business owners have completed entrepreneurial SMARTS training in 35 sessions held across the 45 counties in SKED's service area.

SMARTS classes are currently being offered in Inez, Ky., through the end of September.

And, registration is now under way for the next course to be offered in Ashland, Ky. in late September and early October.

SKED conducts the entrepreneurial and small business training program - Entrepreneurial SMARTS: Simple Methods And Reality-based Training for Success - which is based on a nationally recognized training program called Core Four® Business Planning Course. The Appalachian Regional Commission (ARC) has provided funding support for these training sessions.

Amanda Kelly, SKED small business training specialist, conducts the Entrepreneurial SMARTS classes. Kelly is a certified Core Four® Business Planning Course instructor and is among more than 200 trainers from over

80 organizations across the country who have been certified as Core Four® Business Planning Course instructors.

At Entrepreneurial SMARTS training sessions, entrepreneurs and small business owners are instructed in how to create a business plan including basic knowledge about starting, financing and operating a business and planning for success. Class participants are also given the tools needed to determine if business ownership is for them.

Existing small business owners receive the support they need to advance the growth of their business and operate a solid, reliable investment. Upon successful completion of this training, participants receive a certificate recognizing their achievements and are eligible to apply for business startup or expansion funding from SKED's loan funds.

This nationally recognized course is valued at \$250 per student. However, due to financial support through a grant from the ARC, combined with financial support from SKED, participants pay a mere \$25 per person. In addition, each participant receives a valuable Core Four® Business Planning Course manual and numerous resource materials.

For information about entrepreneurship training, contact Kelly at (606) 416-2008 or by email at akelly@centertech.com. For more information or to register for SMARTS training in your area visit www.south-eastkentucky.com. Click on the Training link. (See photo on Page 2)

American Cancer Society in Kentucky Launches Statewide "Hope Lives Here"

The American Cancer Society has announced a statewide effort to raise money and awareness in the fight against cancer. Called "Hope Lives Here," the effort includes a donation drive and Night of Hope events in seven locations across the state on September 18, 2015.

The events will strive to turn the Commonwealth purple, and organizers anticipate that more than 1,500 Kentuckians will take part in the events.

A Night of Hope events will take place at Natural Bridge (HOEDOWN ISLAND) for East Kentucky. For Kentucky residents who cannot attend the events, organizers hope that they will join the effort by turning on their porch lights and lighting a luminaria in support of the effort on September 18th.

Residents of the commonwealth can reserve their spot at one of the seven events and make a secure donation on-line

at hopeliveshereky.org. Thank you gifts are offered for each donation level:

- \$12 – Hope Lives Here T-shirt in heather purple
- \$25 – Hope Lives Here purple mason jar luminaria
- \$35 – Hope Lives Here T-shirt in heather purple and Hope Lives Here purple mason jar luminaria
- \$50 – Hope Lives Here Yard Sign and Hope Lives Here T-shirt in heather purple and Hope Lives Here purple mason jar luminaria

ESTILL LIBRARY BOOKMOBILE SCHEDULE

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

SEPTEMBER 21-25, 2015				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mountain Crest Old Fox Road Furnace Jct. Millers Creek Cow Creek	Winston Trotting Ridge Sandhill	Horizon Daycare Ravenna Drip Rock Wagersville	Spout Springs Hudson Mill Rd. New Fox Road Hargett-Parvin Road	West Irvine Intermediate

"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
September 21	September 22	September 23	September 24	September 25

ELEMENTARY BREAKFASTS

Cream Cheese Bagel, Apple	Toast, Cereal Grapes	Biscuit & Gravy Banana	Pop Tarts Cereal, Pears	Muffins Pineapples
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SOUTH IRVINE & ESTILL SPRINGS LUNCHES

Chicken Nuggets Roll Green Beans Mashed Potatoes Peaches	Cheese Pizza Steamed Broccoli Corn Pineapple Milk	Taco w/Shell Let./Tom./Cheese Salsa Refried Beans Banana	Turkey Wrap Doritos Carrot Sticks Cucumber Slices Pears	Hot Dog on Bun French Fries Baked Beans Side Kicks Milk Choices
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WEST IRVINE LUNCHES

Chicken Nuggets Roll Mashed potatoes Green Beans Apple, Milk	TACO TUESDAY Taco/Wrap Let./Tom./Cheese Salsa, Pineapples Refried Beans	Hot Dog/Bun or Mr. Rib on Bun Tater Tots Broccoli/Dip Applesauce, milk	Cheese iPizza Corn Vegetable Blend Watermelon Milk	Chicken Strip/Wrap or Deli Turkey Wrap Let./Tom., Side Kicks Baby Bakers Cooked Carrots
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ESTILL COUNTY MIDDLE SCHOOL BREAKFAST

Dutch Waffle Cinn. Toast Crunch Cereal Chocolate Pop Tart Apple Fruit Juices, Milk	Scrambled Eggs Toast Cocoa Puffs Cereal Strawberry Pop Tart Pineapples Fruit Juices, Milk	Biscuit & Gravy Raisin Bran Cereal Chocolate Pop Tart Peaches Asst. Fruit Juices Milk Choices	Trix Yogurt & Scooby Snacks Frosted Flakes Reese Puffs Cereal Brown Sugar Cinn. Pop Tart, Pears	Chocolate or Cinn. Muffins Apple Cinn. Cheerios Cereal Chocolate Pop Tart Peaches
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ESTILL COUNTY MIDDLE SCHOOL LUNCH

Popcorn Chicken WG Biscuit Mashed Potatoes Tropical Fruit Apple Milk or Juice	Bosco w/Marinara Sauce or Chicken Quesadilla, Corn Broccoli Bites Pears, Cantaloupe Ice Cream Sandwich	Grilled or Spicy Chicken on Bun Let./Tom./Pickle Potato Smiles Applesauce Mandarin Oranges	Mr. Rib on Bun or Corn Dog Baked Beans Red Pepper Slices Diced peaches Pineapple Tidbits	Spaghetti w/Meat Sauce or Ravioli Bread Stick Romaine Salad Cooked Carrots Watermelon
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ESTILL COUNTY HIGH SCHOOL BREAKFAST

Muffins/Cereal/Cereal Bar Pop Tart/Yogurt Apple/Orange	Mini Toast/Cereal, Cereal Bar/Pop Tart, Yogurt Apple/Orange	Breakfast Pizza Cereal, Cereal Bar, Pop Tart/Yogurt Apple/Orange	Bacon/Egg/Cheese/biscuit, Cereal/Cereal Bar, Pop Tart, Yogurt, Apple, Orange	Pancake Porky Cereal, Cereal Bar Pop Tart, Yogurt Apple, Orange
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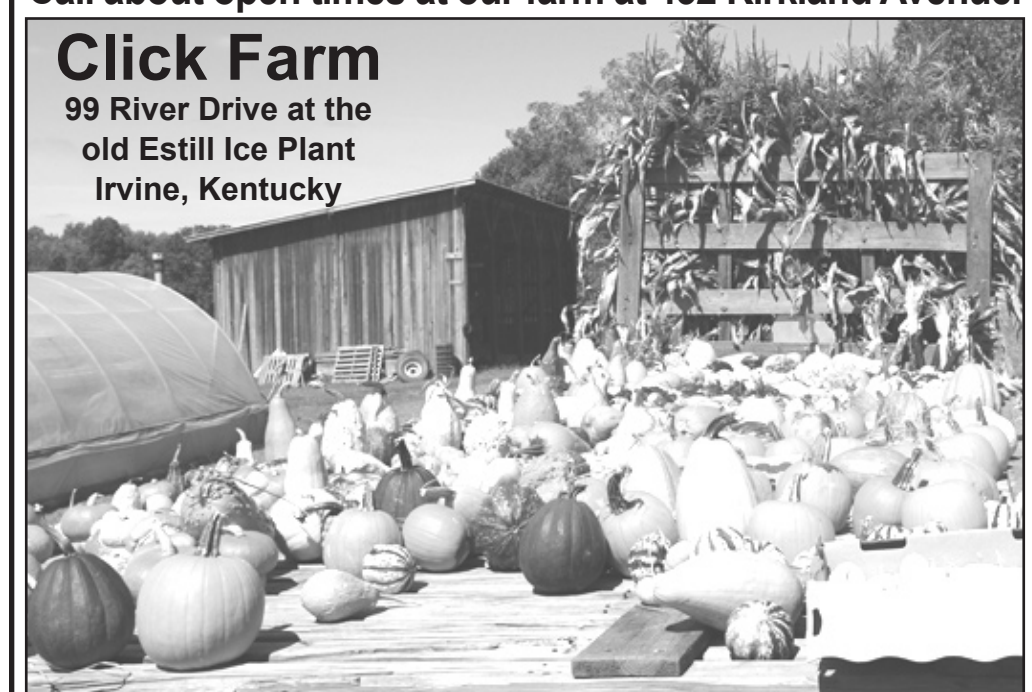
ESTILL COUNTY HIGH SCHOOL LUNCH

Ravioli w/Breadstick or Gordita Chick Wrap CA Blend Veggies Carrot Sticks/Broccoli Bites, Applesauce Mandarin Oranges	Cheeseburger or Spicy Chicken on Bun Potato Wedges Let./Tom./Pickle Normandy Blend Veggies, Watermel-	on, Peaches Spicy Chicken Tenders w/Roll or Chicken Pattie/Bun Scalloped Potatoes Green Beans Side Kicks	Tropical Fruit Mini Corn Dog Grilled Chicken/Bun Baked Beans Glazed Carrots Applesauce Ice Cream Sand.	Spaghetti w/Meat Sauce, Breadstick Fish Fillet/Sub Bun Romaine Salad Grape Tomatoes Peaches/Pineapples Variety Milk/OJ
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Click Farm Fall Festival

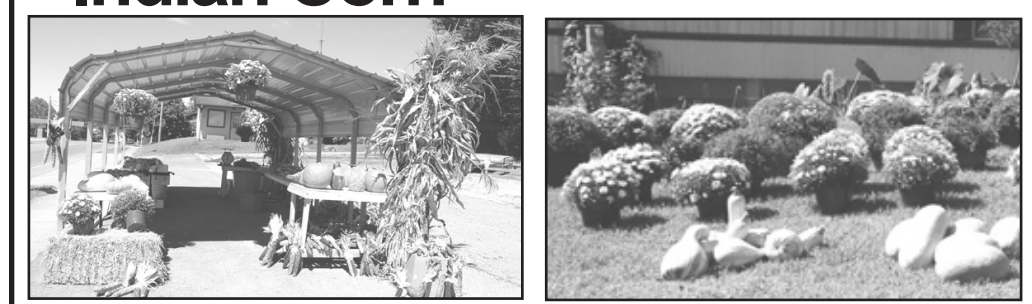
Decorative Items for Sale

Look for set-up at 99 River Drive, just past The Twin, or Call about open times at our farm at 432 Kirkland Avenue.



- Pumpkins Large & Small
- Squash
- Fodder
- Straw
- Mums
- Indian Corn

99 River Drive, Irvine Just past The Twin at the old Estill Ice Plant



We have 700 mums available for your selection. A great selection will be available at our stand at 99 River Drive or call about open times at our farm at 532 Kirkland Avenue. Phone (606) 643-5145 • Set-ups Also Available.