



Tam's Front Porch Ponderings
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The opinions of this article are those of Tammy Terry only, not those of the Estill Tribune.

The Presidential debates are wearing me out! On the Democratic side, there's Hillary who desperately needs a new haircut. Her lipstick is the wrong shade for television and her wardrobe could use a little sprucing up.

Debates Wearing Me Out

Somebody PLEASE help this woman dress the part or send her home! Then there's that man, is it Sanders?, who spreads peace and love like an old hippie and the young people are going nuts over him. There's sit ins and sing alongs, there's songs about, 'feel the Bern', yuck it all just makes me sick!

The Republicans are no better. How tacky that there's fist fights going on at the Trump campaign stops? Can you imagine if he were President what it would be like? He shoots off his mouth before he thinks and that's not a good quality for any political figure. All the others are name calling, pointing fingers and although their name isn't Trump they are doing the same things that he is, to win the nomination. This election isn't about who America wants anyway, it's about who the News Media wants.

Who will bring in the most ratings? That's who the Media will get behind and push because it will take the American focus off of what is going on with our Military men and women. Have you seen anything about them on the news lately? Any reports of what is going on about the War against Terror? I didn't think so! The media is a lot like a card trick, they get your attention focused over HERE so you don't see what's going on over THERE. All this campaign business is also keeping your mind off the current President and what kind of nonsense he's having passed while the television cameras aren't looking.

I'm ashamed of the whole mess, ashamed that men and women would get on television and say the things that have been said during this campaign. The world is watching, we the people are watching and most importantly, the Man upstairs is watching! I know that politics has always been just that, politics. I suppose I long for the time when Presidents were real men and encouraged us with strong words like, "My fellow Americans, ask not what your Country can do for you, ask what you can do for your Country". John F. Kennedy. Sure, he had his faults too, but he stood up for the people of the United States, not like the Dog and Pony show that we have going on today.

I suppose it all comes down to the lesson I learned from my Daddy. "When it comes to politics Tam, just try to vote for the lesser of two evils". Well said, Daddy, well said!



ESTILL LIBRARY BOOKMOBILE SCHEDULE

246 Main Street Irvine, KY – Call 723-3030

MARCH 21-25, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
No Bookmobile Service	No Bookmobile Service	Horizon Daycare Ravenna Drip Rock	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 March 21	TUESDAY March 22	WEDNESDAY March 23	THURSDAY March 24	FRIDAY March 25
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ELEMENTARY BREAKFASTS				
Breakfast Pizza Apple	Bacon, Egg, & Cheese Pizza, Pears	Pancake Porky Applesauce	Toast, Cereal Peaches	Muffins, Cereal Mandarin Oranges

SOUTH IRVINE & ESTILL SPRINGS LUNCHES				
Chicken Nuggets Roll Mashed Potatoes Green Beans Apple, Milk	TACO TUESDAY Taco/Wrap Let./Tom./Cheese Salsa, Refried Beans Pineapples	Hot Dog/Bun Tater Tots Broccoli/Dip Applesauce Milk	Pizza Corn Fresh Carrots/Dip Watermelon Milk	Deli Turkey Wrap Shred. Lettuc/Tom. Baby Bakers Cucumber Slices/Dip Sidekicks

WEST IRVINE LUNCHES				
Popcorn Chicken Roll Mashed Potatoes Steamed Broccoli Pears	Individual Cheese Pizza or Bologna Sandwich, Corn Cucumber Slices, Dip, Oranges	Chicken Noodle Soup, Crackers Grilled Cheese Carrots & Celery/Dip Banana	Bosco Cheese Bread Sticks or Calzone, Gr. Beans Marinara Sauce Cauliflower, Fruit	Hamburger/Bun Let./Tom./Pickles Potato Smiles Cole Slaw Apple, Milk

ESTILL COUNTY MIDDLE SCHOOL BREAKFAST				
Breakfast Pizza Cinn. Toast Crunch Cereal, Apple Chocolate Pop Tart Assorted Juices Milk Choices	Sausage & Biscuit Lucky Charms Brown Sugar Cinn. Pop Tart Pineapples Juice & Milk	Pancake Porky w/Syrup, Cocoa Puffs Cereal, Chocolate Pop Tart, Apple- sauce, Assorted Fruit Juices, Milk	Mini Pancakes w/syrup Trix Cereal Strawberry Pop Tart, Oranges Fruit juices, Milk	Chocolate or Cinn. Muffin, Cinn. Toast Cereal Bar, Choco- late Pop Tart Mandarin Oranges Assorted Fruit

ESTILL COUNTY MIDDLE SCHOOL LUNCH				
Chicken Nuggets Texas Toast Mashed Potatoes CA Blend Vegetables Apple Tropical Fruit	Pepperoni Pizza or Calzone, Corn Romaine Salad Corn Pineapple Tidbits Milk or Juice	Cheeseburger or Mr. Rib on Bun Potato Wedges Lettuce & Tomato Diced Peaches Banana	Asian Chicken w/Rice or Fish/Bun Stir Fry Vegetables Glazed Carrots Applesauce Pears, WG Cookie	Taco or Chicken Fajita w/Shell Let./Tom./Cheese Refried Beans Salsa, Pineapples Fresh Oranges

ESTILL COUNTY HIGH SCHOOL BREAKFAST				
Muffins, Cereal Pop Tarts Yogurt Banana or Apple	Bacon, Egg & Chz. Biscuit, Cereal Pop Tart, Yogurt Apple or Banana	Gravy & Biscuit Cereal Pop Tart, Yogurt Apple or Banana	Sausage Biscuit, Cereal, Yogurt Banana or Apple Juice & Milk	Breakfast Pizza Cream Cheese Bagel Cereal Pop Tart, Yogurt Banana or Apple

ESTILL COUNTY HIGH SCHOOL LUNCH				
Asian Chicken w/Rice, Fish/Bun Egg Roll, Cookie Stir Fry Vegetables Glazed Carrots Peaches Variety Milk/OJ	Hot Dog on Bun Hamburger on Bun Potato Wedges Steamed Broccoli Let./Tom./Pickle Pears Mandarin Oranges	Beef Taco/Soft Shell Chicken Fajita/Soft Shell, Salsa Let./Tom./Cheese Corn, Tropical Fruit Applesauce Variety Milk/OJ	BBQ Pork on Bun Pork Chop on Bun Slaw, Cookie Baked Beans Peaches Pineapples Variety Milk/OJ	Chicken Pot Pie Chicken Patty/Bun Mashed Potatoes Green Beans Mandarin Oranges Pears Variety Milk/OJ

Offered Daily: Pizza Line
Sandwich Box, Salad Box

Smith Has Winning Essay

Family Resource and Youth Service Centers are celebrating 25 years of success! The Family Resource and Youth Service Centers of Kentucky (FRYSC) hosted an essay contest to encourage students to share "Why I am a Fan of FRYSC." Abby Smith's essay won the FRYSC Region 8 3rd - 5th grade essay category. She is the daughter of Brandi and Jason Smith and is a 5th grade student at West Irvine Intermediate.



Abby Smith

I'm A Fan of FRYSC!

Does your school have students that come to school without a warm coat? Or kids that want to learn how to cook, but don't know where to begin? What about kids that leave school hungry on Friday afternoons, without anything to eat? My schools' Family Resource Center has programs to give these opportunities to students at my school, West Irvine Elementary.

One of the biggest services that my FRYSC provides is to help the students at our school, in many different ways. The first and most important way is "Backpack Buddies." This program hands out food bags every Friday to the students at West Irvine that are in need of food over the weekend. Backpack Buddies is a big help to the kids at my school that really need it! This also helps with community involvement by having Estill County High School students pack the bags that are given out.

Another way that our FRYSC helps our students is by providing clothing to kids that need them. Some of our students come to school in the winter without a warm coat, and our FRYSC makes sure that our students are warm and cozy all through the year! For example, one of our students had a house fire, and lost everything they had. Our FRYSC helped make sure that they had clothes and food so that their family could get back on their feet.

FRYSC also provides our students with a lot of fun, but they make sure we learn too! We have numerous clubs and activities that the Family Resource Center puts together at West Irvine. "Red Ribbon Week" is a week that we have once a year. During this week we learn about drug use, how it affects our bodies and lives, and how to say no to drugs. We do a lot of fun activities during this week, like pajama day, crazy hair day, mismatched sock day and others!

Another fun thing that FRYSC does is the bookmobile. The Family Resource Center works with the

public library to bring the bookmobile to our school and students can check out a book. This helps because some kids may not have a mode of transportation to take them to the public library and it makes sure that kids always have books to read.

One of my favorite activities to do with FRYSC is our after school clubs! FRYSC has many different clubs, some of which they partner with our local Extension Office and 4-H Programs, including Art Club, Cooking Club, and Robotics Club. In Art Club there is a teacher that comes once a week, after school, who teaches us all about the elements of art, and how to make artwork and crafts. For example, we are making tribal masks out of paper mache.

In "Cooking Club" we have a teacher that comes from our local Extension Office and teaches us how to make healthy recipes. We just made vegetable cheese quesadillas and they were delicious! This helps us learn life skills, teaches us about safety in the kitchen and prepares us to help out at home! Our Family Resource Center also works with our 4-H program to bring us the Robotics Club. In Robotics Club we learn to build robots and other inventions. This teaches us building skills, math skills and helps us to become inventors.

Our FRYSC has a lot of community involvement. They team up with our Estill County High School students for mentoring. The mentoring students come to West Irvine and tutor students that need help with their reading skills. This helps students at my school raise their grades, and it helps the High School students by giving them life skills and training if they want to become a teacher. This also gives kids at my school someone to look up to.

I hope that you have learned something about my schools FRYSC, and why the Family Resource Center is so important to all schools and all students. They provide us so much help, and so much joy, in so many ways.

AUCTION

(ABSOLUTE - RAIN OR SHINE)

Saturday, March 19TH at 10:00^{AM}

REAL ESTATE

Barnes Realty & Auction has been authorized to sell at public auction the surplus real estate for the City of Ravenna known as the Charlie Vanhuss property.

LOCATION: 515 Elm Street, Ravenna, Ky.

DIRECTIONS: From Irvine, take Hwy. #52 (River Drive) 1.7 miles, turn left at Fifth Street, Ravenna, then left on Elm Street. Signs will be posted.

REAL ESTATE

DESCRIPTION: The house consists of 2 bedrooms, living room, dining room, kitchen, bath, utility, small enclosed back porch, partial basement area and an 8' x 20' concrete front porch. The dwelling has gas heater, washer/dryer hookup, concrete block foundation, vinyl siding, storm windows & doors. Nice level lot is approximately 50' x 150'.

TERMS: 10% down day of sale with balance on or before 30 days with delivery of deed. Property is being sold "As Is" condition. Any & all inspections are the responsibility of the buyer to be made prior to day of sale. Announcements day of sale take precedence over printed material. Not responsible for accidents.

AUCTIONEERS' NOTES: Extra nice level lot in good location. Would make a good starter home, retirement home or rental property. Call for more information or inspection of property.



515 Elm Street, Ravenna, Ky.

Barnes Realty & Auction



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Irvine, Kentucky



Donnie Barnes
Jeff Carter
Auctioneers