



Tam's Front Porch Ponderings
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Relax and just be . . .

pay close attention to the warning signs. I know I'm pushing myself too hard when I begin forgetting things. I snap at the people I love, not even realizing it; my shoulders will get tight and Corky says I crinkle my forehead, even in my sleep.

I had felt it coming on for some time and Corky sensed it too, so he suggested we get away for the last weekend of summer. I jumped at the opportunity and "rushed" to get packed. I didn't want to return to a messy house, so I "hurried" to wash a few dishes; next, I "quickly" grabbed a few things from the pantry for cooking at the campground. Then I "hastily" stripped the bed and put clean sheets on. I'd already worked up a sweat as I loaded the cooler with water, pop and lunch meat, and by the time I'd settled in my seat for the two hour drive to the lake, I was exhausted!

As we drove along, I tried to focus on the scenery. Tractors were mowing hay, fields stood with tobacco that had been cut and speared, making little teepees all in a row, just

waiting to be hung in barns. I felt my shoulders begin to relax as the tension melted away. We stopped by a yard sale, and while we looked around, I heard a soft, slapping sound overhead. I glanced up just in time to see a beautiful V of geese, flying so low I could have reached up and touched their bellies! It was beautiful, the only sound that could be heard on that sunny afternoon in the country, was the sound of their wings. They weren't honking, just gliding through the air. I stood watching them, feeling their freedom, feeling the effortless way they moved together in perfect V formation and then they were gone, silently over the tree tops. I felt my eyebrows relax, the crinkle in my forehead disappear. I smiled to myself, glad that Corky had suggested the trip. After we arrived at the campground and unloaded the truck, we joined Corky's family for a lively game of cards. That night I drifted into peaceful sleep and dreamed of flying with the geese.

The weekend was wonderful. Coffee on the front

porch with squirrels playing in the Oaks across the lane, no phone, no television, just the quiet and restful feeling of doing nothing, absolutely nothing! But, by Sunday afternoon, I could feel the tension creeping back into my shoulders. There were bags to load in the truck and a fridge to clean out. The usual chores that go along with shutting down the place before we left, and leaving meant . . . going home. Returning to work and responsibilities and facing the fact that my summer was over.

Corky noticed the return of the crinkle in my forehead. "Hey, let's go get an ice cream. We can do this stuff later," he said, as he shooed me out the door.

We drove down to the dock and found a place to park in the crowded lot. Families were pulling boats out of the water and loading vehicles for home and we steered clear of all the hustle and bustle as we walked along the dock to the Ship's Store. With ice cream in hand, we took a seat on the pier and watched the boats come in. A cool breeze blew across the lake as the western sky turned from blue to pink, then orange as the sun seemed to slip beneath the water. The cool confection suddenly reminded me of an ice cream stick I had taped to my calendar at home. I don't know why I'd felt compelled to save it. I'd had a Dove ice cream bar and after the delicious chocolate was gone, a message was revealed on the stick. "Relax and just be."

Sitting on the dock with the breeze dancing in my hair, I thought about those four, simple words and decided that when I felt the crinkle in my forehead returning, I would follow the wisdom of an ice cream stick. Perhaps we ALL should slow down and give ourselves time to . . . Relax and just be.

top ten

Natural Remedies Against Ants

1. Lemon juice
2. Cinnamon
3. Peppermint
4. Borax, water and sugar
5. Boiling water and dish soap
6. Diatomaceous earth
7. Chalk
8. Baking soda and powdered sugar
9. Coffee grounds
10. Cornmeal

Source: Mother Nature Network

Estill Senior Parent Night

Mrs. Neal will be hosting her annual Senior Parent Night on Monday, Sept. 16, in the ECHS Library from 6 - 7:30 p.m. She will give an overview of the senior year, going over what to expect, when to do what and how. This meeting is predominantly geared toward parents of seniors . . . but other parents are welcome to attend if they want to get a jumpstart and know what to expect. Refreshments will be served.

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ESTILL COUNTY SCHOOLS MENUS				
Milk is included with every meal; plus assorted juices included with breakfast				
MONDAY Sept. 9	TUESDAY Sept. 10	WEDNESDAY Sept. 11	THURSDAY Sept. 12	FRIDAY Sept. 13
SOUTH IRVINE BREAKFASTS				
Pizza Flat Bread Chunk Pineapples	Biscuit & Sausage Applesauce	Mini Pancakes Raisins	Toast, Cereal Raisins	Hot Fudge Pop Tart, Cereal, OJ
SOUTH IRVINE LUNCHES				
Chicken Rings Mashed Potatoes Green Beans Oranges Ketchup	Bologna Sand- wich, Corn Carrot Sticks Apple Mustard	Grilled Chicken w/Roll, Raisins Steamed Broccoli Mashed Potatoes Ketchup or Mayo	Hot Dog on Bun Cheese Curds Cauliflower w/dip Dill Pickle Spears Fruit	Hamburger on Bun, Baked Chips Carrots/Dip Dill Pickle Spears Fruit
ESTILL SPRINGS & WEST IRVINE BREAKFASTS				
Pizza Flat Bread Chunk Pineapples	Biscuit & Sausage Assorted Juice	Mini Pancakes Assorted Juice	Toast, Juice, Reece's Puff Cereal	Hot Fudge Pop Tart Trix Cereal, Asst. Juice
ESTILL SPRINGS & WEST IRVINE LUNCHES				
Pepperoni Pizza or Chicken Que- sadilla, Oranges Green Beans Calif Vegetables	Corn Dog or BBQ on Bun Corn Cucumber Slices w/Dip, Peaches	Chicken Pattie or Ham on Bun Broccoli, Raisins Mashed Potatoes Ketchup or Mayo	Beef Ravioli w/ bread or Fish on Bun, Salad, Pears Cauliflower w/dip Salad Dressing	Chicken Fajita w/soft shell or Chuckwag- on on bun, Refried Beans, Carrots/dip Fruit Cocktail
ESTILL COUNTY MIDDLE SCHOOL BREAKFAST				
Sunrise Flat Bread Cinnamon Toast Pop Tart, Pineapple	Sausage Biscuit Pop Tart Applesauce	Mini Pancakes w/syrup, Pop Tart Raisins, Juice	Toast, Reece's Puff Cereal, Pop Tart, Juice	Pop Tarts Cereal Juice
ESTILL COUNTY MIDDLE SCHOOL LUNCH				
Bosco w/Marinara sauce or Pep- peroni Sub Romaine Salad Carrot Sticks Applesauce	Corn Dog or Stromboli on Bun Baby Bakers Cauliflower Grapes	Chicken rings w/roll or Bologna Sandwich Vegetable Medley Sweet Potatoes Peaches	Hamburger or Deli Turkey on Bun Let./Tom./Pickles Potato Wedges Baked Beans Apples	Chicken Pot Pie or Chicken on Bun Mashed Potatoes Green Beans Tropical Fruit
ESTILL COUNTY HIGH SCHOOL BREAKFAST				
Cereal Pop Tarts Yogurt	Sausage Biscuit, Cereal, Yogurt Banana or Apple	Chicken Biscuit Cereal, Pop Tart, Yogurt, Fruit	Egg & Cheese Biscuit, Cereal Pop Tart, Yogurt	Breakfast Pizza Cereal, Yogurt Pop Tart, Fruit
ESTILL COUNTY HIGH SCHOOL LUNCH				
Chicken Pattie on Bun or Burrito w/cheese Sauce Norm. Vegetables Sweet Potatoes Peaches, Oranges	Spaghetti w/meat sauce, breadstick or Fish on bun Romaine Mix Salad, Grape Tomatoes, Fruit	Chicken Tenders w/roll or Mr. Rib on Bun, Scalloped Potatoes Glazed Carrots Fruit	Wiener Winks or BBQ on Bun Baby Bakers Baked Beans Honey Dew Cantaloupe	Meat loaf w/roll or Grilled Cheese Mashed Potatoes Green Beans Pineapples Apple

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