## The Estill County Tribune, September 4, 2013, Page 3



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

everyone, constantly pushing themselves to go more — do more. Our children are learning from us this vicious cycle of go, go, go. more games, sometimes it was exhausted! becomes too much!

Relax and just be. pay close attention to the waiting to be hung in barns. porch with squirrels plaving warning signs. I know I'm I felt my shoulders begin to in the Oaks across the lane, pushing myself too hard relax as the tension melted no phone, no television, just when I begin forgetting away. We stopped by a yard things. I snap at the people sale, and while we looked I love, not even realizing it; around, I heard a soft, slapmy shoulders will get tight ping sound overhead. I and Corky says I crinkle my glanced up just in time to forehead, even in my sleep. see a beautiful V of geese,

for some time and Corky reached up and touched sensed it too, so he sug- their bellies! It was beaugested we get away for the tiful, the only sound that last weekend of summer. I could be heard on that sunjumped at the opportunity ny afternoon in the counand "rushed" to get packed. try, was the sound of their I didn't want to return to a wings. They weren't honkmessy house, so I "hurried" It seems I'm constantly to wash a few dishes; next, air. I stood watching them, in a hurry. Not just me but I "quickly" grabbed a few things from the pantry for ing the effortless way they cooking at the campground. moved together in perfect Then I "hastily" stripped V formation and then they the bed and put clean sheets were gone, silently over the on. I'd already worked up a tree tops. I felt my eyebrows Hurry and take a shower, sweat as I loaded the cooler relax, the crinkle in my forehurry and get in bed. Eat with water, pop and lunch head disappear. I smiled to your breakfast, you'll be late meat, and by the time I'd myself, glad that Corky had for school. Soccer, band, settled in my seat for the suggested the trip. After we football, more practice, two hour drive to the lake, I arrived at the campground

When that happens to tried to focus on the scen- lively game of cards. That me, I try to get away, try to ery. Tractors were mow- night I drifted into peaceful make myself relax. Stress ing hay, fields stood with sleep and dreamed of flying and worry can do horrible tobacco that had been cut with the geese. things to your body and and speared, making little

I had felt it coming on flying so low I could have ing, just gliding through the feeling their freedom, feeland unloaded the truck, we As we drove along, I joined Corky's family for a

The weekend was wonspirit, so it's important to teepees all in a row, just derful. Coffee on the front

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.

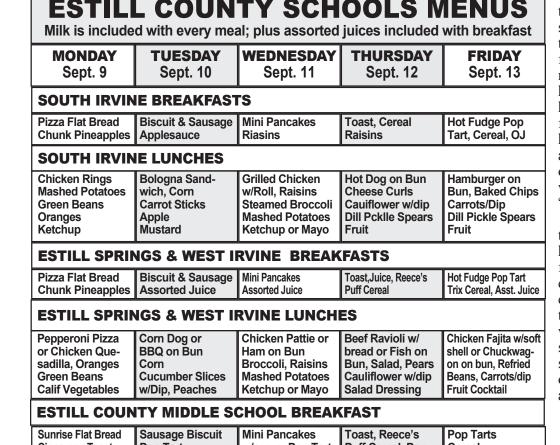
We drove down to the dock and found a place to park in the crowded lot. Families were pulling boats out of the water and loading vehicles for home and we steered clear of all the hustle and bustle as we walked along the dock to the Ship's Store. With ice cream in hand, we took a seat on the pier and 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 sudden me of an ice c had taped to my home. I don't ki felt compelled t had a Dove ic and after the de olate was gone. was revealed c "Relax and just

Sitting on th the breeze dan hair, I thought four, simple wo cided that whe crinkle in my turning, I would wisdom of an stick. Perhaps should slow do ourselves time and just be.



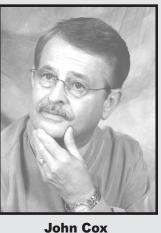


ection suddenly reminded	
ne of an ice cream stick I	
ad taped to my calendar at	BROWN FARM MEATS
ome. I don't know why I'd	
elt compelled to save it. I'd	(606) 643-5107 or (606) 643-5758
ad a Dove ice cream bar	Kentucky Proud Certified
nd after the delicious choc-	
late was gone, a message	Home-Grown • Corn Fed • USDA Inspected
vas revealed on the stick.	At Farmer's Market on Tuesdays 3-7 PM and
Relax and just be." Sitting on the dock with	Fridays 8 AM - 12 Noon
breeze dancing in my	Call for pickup or delivery. We sell any size quantities
air, I thought about those	Products
our, simple words and de-	Boston Butt Pork Roast \$300 Lb.
ded that when I felt the	(Great for Pulled Pork)
rinkle in my forehead re-	Sausage
Irning, I would follow the	(Hot, Medium or Mild)
risdom of an ice cream	Cured Ham\$3 <sup>50</sup> Lb.
ick. Perhaps we ALL	(Whole or Sliced) Ham Steak <sup>\$</sup> 3 <sup>50</sup> Lb.
nould slow down and give	Ham Steak
urselves time to Relax	(Similar to cube steak, only ham)
nd just be.	Bacon <sup>\$400</sup> Lb.
104-01	Jowl Bacon \$350Lb.
	Pork Tenderloin \$400Lb.
Natural Remedies	<b>Pork Chops \$350</b> Lb.
AgainstAnts	Spare Ribs 33°Lb.
1. Lemon juice	Country Style Ribs \$350Lb.
2. Cinnamon	Baby Back Pork Ribs \$300Lb. Pork Burgers \$350Lb.
3. Peppermint 4. Borax, water and	
sugar 5. Boiling water and	(Ground, pattied pork with no seasoning) Bratwursts
dish soap 6. Diatomaceous earth	
7. Chalk 8. Baking soda and	Bundle packages 1/4 processed hog \$115.
powdered sugar	1/2 processed hog \$210.
9. Coffee grounds 10. Cornmeal	Whole processed hog
Source: Mother Nature Network	
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Cinnamon Toast Pop Tart, Pineapple	Pop Tart Applesauce	w/syrup, Pop Tart Raisins, Juice	Puff Cereal, Pop Tart, Juice	Cereal Juice	
ESTILL COUNTY MIDDLE SCHOOL LUNCH					
Bosco w/Marinara sauce or Pep- peroni Sub Romaine Salad Carrot Sticks Applesauce	Corn Dog or Stromboili on Bun Baby Bakers Cauliflower Grapes	Chicken rings w/roll lor 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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