



Tam's Front Porch Ponderings
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There seems to be this new fangled fad going around that's meant to relieve stress in adults, seems it's called 'coloring'! Yep, you heard me right, coloring. The simple act of picking up a crayon or colored pencil and filling in special designed pictures so you can "Color me Stress-Free". How ridiculous! Have you seen the prices of these Zen coloring books? They range in price from \$10.00 (the cheapest one I've seen) to \$55.00 (the most expensive I found). How crazy is this?

Listen, my Daddy taught me about coloring years ago and it wasn't in a ten dollar coloring book! Mine probably came from the Ben Franklin store and we'd lay on the floor in front of the fireplace and talk and color, me on one page and him on the other. Same book, using the same worn out box of crayons. When the point wore off, he'd take out his pocket knife and sharpen it over the trash can, then hand it back to me and we'd color some more. Daddy didn't care if I strayed outside the lines, he'd just continue to color his page, being careful to outline his figure with a darker color to give it contrast. He'd shade areas to add depth and fuss because there wasn't a good color for the faces. We never gave a thought about stress, as far as I knew we didn't have any, or if Momma and Daddy had stress they never let it show in front of me and Beth. It was just coloring!

I picked up one of the NEW and improved coloring books and checked out the designs. They looked

Adults Coloring

like pictures we made as kids with our Spirograph. That was a fun toy too! We'd make loopy designs with all sizes of wheels and colored ink pens, then color them in. I don't believe it cost ten dollars though. Again, we never thought about that being a stress reliever. You took Exederin for headaches and stress, not a coloring book.

Looking back, I have fond memories of coloring. At my Granny Muncie's house, there was a round tin with flowers on it that held crayons for me and my cousin Matthew Hall. We'd sit in the floor in front of her fireplace and color. I recall peeling the paper down on the crayons and trying to sharpen them with the sharpener torn from the back of the box of 100 Crayola crayons and when they wouldn't sharpen good, we'd flip the crayon upside down and use the edge of the other end to outline our artwork. When I moved into my Granny's house in 1984, the tin of crayons was still there. I keep it in the toy chest in my living room for when my niece and nephews come out, just in case they need to relieve any stress!

At Christmas time, the coloring books back then had great Christmas pictures and there were word games, puzzles and hidden pictures to color and reveal. We always tried to color all the pages before Valentine's day because you felt silly coloring a reindeer with Spring just around the corner. My room was pink and in it was my Granny Muncie's desk that she had as a little girl. The desk sloped which made it perfect for coloring and I could sit for hours there, listening to The Jackson Five on my record player and coloring. No stress, just fun.

Kids today don't do that though. It's a hand held game or some kind of warfare or driving fast on a DVD plugged into a big screen TV. Maybe this new fangled idea of coloring will get them away from electronics and back to some true fun, back to when you would lay in a field for what seemed like hours, gazing up at the clouds, back to a time where you wandered the woods, learning about flowers, mint, trees, bugs and...snakes! Perhaps coloring will eventually lead to playing games like hop scotch, jacks, pick-up sticks and riding bicycles again. Who knows, the hoola-hoop might even make a comeback!

I know I sound like an old fogey when I go on and on about 'way back then' but gosh, didn't we have fun? We played all day long without a Snap Chat or Cell Phone. We didn't check up on our buddies by looking on Face Book, we checked on them face to face, usually on our bicycles and when Momma wanted me home for supper, she rang the big, black, dinner bell in our front yard, (much to my embarrassment) but I wouldn't trade those memories for all the Smart Phones in the world! Yes, we've come a long way baby (old cigarette ad from the '70's) but sometimes more technology leads to, dare I say it...STRESS! And then look what happens, you dig around in your kids old bedrooms for a box of crayons and a good ol' coloring book. The more things change, the more they stay the same! You'll have to excuse me now, I've finished coloring Scooby-Doo and I'm ready to start on Cinderella. Happy Coloring!!!



Prayer meeting starts at 6 at Panola Baptist Church

Prayer Meeting at Panola Baptist Church has a new starting time. Effective January 20, prayer meeting at Panola Baptist will start at 6 p.m. and will start at 6 p.m. each Wednesday thereafter. Pastor Marvin Neal and congregation invite everyone to attend prayer meeting at Panola Baptist.

Estill County School Closing Information

January 7th, 2016 - As the seasons finally begin to change, colder weather is upon us, which means that it is time to review our Inclement Weather Plan. As with any decision made, student safety has been and will continue to be our top priority. I believe that by being proactive and having a strong plan in place, we can ensure student safety and approach the winter season and colder temperatures with confidence. Please take some time to familiarize yourself with our procedures and communication options so that when the time comes, you too are prepared.

"SNOW ALERT" Inclement Weather Plan -- To Close or Not to Close -- That is the Question

Any Superintendent or Transportation Director will tell you that one of his/her most difficult decisions is whether to close, delay, or open school on days of inclement weather. It is a difficult decision because it is based upon the probability of safely transporting our students. The process begins at 4:00 a.m. with several district personnel and weather spotters strategically located throughout the county traveling the roads to check on conditions. During this time, district officials are in consistent contact with law enforcement agencies, weather stations and other area superintendents and transportation directors for the latest update on the weather. We strive to make our decision no later than 5:30 a.m. in order to inform our district parents, students, and employees in a timely manner.

Because this decision is made rather early, there may be a need to make a revision later in the morning due to rapidly changing weather conditions. It is important for parents to continue checking television and radio stations after the initial announcement, in the event weather conditions dictate a change. Although we realize these decisions are subject to second-guessing, I ask that you remember all decisions are based solely upon the safety of our children, and we will always err on the side of caution.

What Factors Go Into Making the Decision to Close/Delay/Early Dismiss School?

- Weather forecasts from radio and television stations
- Time when snow, ice or freezing rain is expected to start and end
- Predicted amount of snow, ice or freezing rain accumulation
- Weather conditions expected after the snow, ice or freezing rain
- Assessments from multiple local, state and law enforcement agencies
- School district's assessment of school parking lot safety and accessibility of buildings
- Anticipated impact on traffic

What Happens if the Weather Becomes Severe During the School Day?

Every effort is made to keep students in school through regular dismissal; however, it may become necessary to dismiss students earlier than normal to ensure their safe transport. School officials monitor weather conditions throughout the day in consultation with local weather officials, the Kentucky Department of Transportation, and various law enforcement officials.

How Can Parents be Ready?

Parents should always be prepared for an early dismissal by having an identified procedure for their child to follow in these situations.

Emergency Closing/Delay Information Sources

- Television - WKYT-TV (27), WLEX-TV (18), WTVQ-TV (36), WDKY-TV (56)
- Radio - WSKV (104.9 FM), WCYO (100.7 FM)
- One Call Now Phone Messaging
- District Web Site

We ask that parents and students do not telephone the schools or the district office for information pertaining to the operation of schools on days of inclement weather. Due to limited staffing in our offices, these calls may delay our ability to notify school staff and the public of important information in a timely manner. The announcement of school closing and/or delay is made on most of the local television and radio stations as soon as possible. I trust this communication provides you with relevant information and allows you to better understand our process to ensure your child's safety during inclement weather.

Sincerely, Arthur Ballard, Director of Transportation, Estill County Schools

ESTILL LIBRARY BOOKMOBILE SCHEDULE

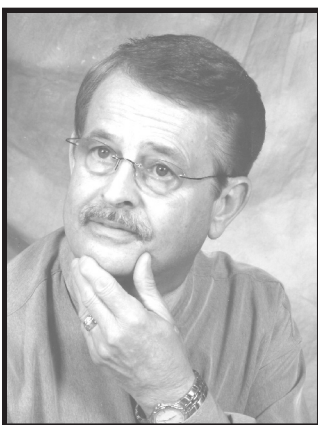
246 Main Street, Irvine, KY – Call 723-3030

JANUARY 18-22, 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	Sugar Hollow Road Buck Creek Doe Creek Barnes Mtn.	South Irvine Pre-K

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

Cox Insurance, Inc.
606-723-4013
407 Richmond Road
Irvine, Kentucky



John Cox

Insurance Check Up

We understand that life is often unpredictable. That's why we offer insurance that keeps you one step ahead. It's our job to anticipate potential risks and make sure you're ready for whatever life brings your way. So whether it's a fallen tree, a fender-bender or a baseball through the window, you can rest assured knowing you're completely covered. **Auto and/or homeowner**, please take a moment to call **606-723-4013, Cox Insurance**, to make sure you're receiving not just insurance, but peace of mind as well.

ESTILL COUNTY SCHOOLS MENUS				
Milk is included with every meal; plus assorted juices included with breakfast				
MONDAY January 18	TUESDAY January 19	WEDNESDAY January 20	THURSDAY January 21	FRIDAY January 22
ELEMENTARY BREAKFASTS				
NO SCHOOL	Bacon, Egg & Cheese Biscuit, Pears	Pancake Porky Applesauce	Dutch Waffle Orange Slices	Muffins Pineapples
SOUTH IRVINE LUNCHES				
NO SCHOOL	Round Cheese Pizza Corn Romaine Salad Mandarin Oranges Milk	Chili, Crackers Grilled Cheese Carrots/Dip Oranges Milk	Chinese Chicken Stir Fry Vegetables Celery Sticks/Dip Rice, Pineapple Milk	Pizza Munchable Pepperoni, Loco Bread, Mozz. Cheese Marinara Sauce Raisins, Milk
WEST IRVINE LUNCHES				
NO SCHOOL	Round Cheese Pizza Corn Romaine Salad Mandarin Oranges Milk	Chili, Crackers Grilled Cheese Carrots/Dip Oranges Milk	Chinese Chicken or Turkey Wrap Stir Fry Vegetables Celery Sticks/Dip Rice, Pineapple	Pizza Munchable Pepperoni, Loco Bread, Mozz. Cheese Marinara Sauce Raisins, Milk
ESTILL COUNTY MIDDLE SCHOOL BREAKFAST				
NO SCHOOL	Sausage & Biscuit Cocoa Puffs Cereal Brown Sugar Cinn. Pop Tart, Pineapples Assorted Fruit Juices, Milk Choices	Pancake Porky w/Syrup Cocoa Puffs Cereal Chocolate Pop Tart Applesauce Juices & Milk	Mini Strawberry Pancakes w/syrup Trix Cereal Strawberry Pop Tarts, Oranges Juices & Milk	Chocolate or Cinn. Muffins, Cinn. Toast Crunch Cereal Bar Reese Puffs Cereal Chocolate Pop Tart Peaches
ESTILL COUNTY MIDDLE SCHOOL LUNCH				
NO SCHOOL	Pepperoni Pizza or Calzone Romaine Salad Corn Pineapple Tidbits Grapes	Cheeseburger/Bun or Mr. Rib on Bun Potato Wedges Lettuce & Tomato Diced Peaches Tropical Fruit	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				
NO SCHOOL	Bacon, Egg & Chz. Biscuit, Cereal Pop Tart, Yogurt Apple, Orange	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				
Offered Daily: Pizza Line Sandwich Box, Salad Box				
NO SCHOOL	Hot Dog or Hamburger on Bun Potato Wedges Steamed Broccoli Let./Tom./Pickles Pears Mandarin Oranges	Beef Taco or Chicken Fajita Soft Shell, Salsa Corn Let./Tom./Cheese Tropical Fruit Applesauce	BBQ Pork or Pork Chop on Bun Slaw Baked Beans Cookie Peaches Pineapples	Chicken Noodle Soup, Crackers Grilled Cheese Carrot Sticks Broccoli Bits Mandarin Oranges Applesauce