



**Tam's Front Porch Ponderings**  
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## Giving Up Diet Coke

is supposed to satisfy my cravings and if they're covered in chocolate they sure do the trick! Then that lovely number that I'm to keep around 120 creeps up to 250 or 275 and I get sleepy and pass out on the couch and forget to drink my water. Argh!

I thought I was doing myself a favor by drinking Diet Coke instead of regular coke but it turns out the aspartame is harder on me than sugar, who knew? We switched to Diet years ago when Dylan got braces, we figured if he couldn't drink Coke, we wouldn't either. Everyone knows my addiction to Burger Barn and my daily large, Diet Coke with half a cup of ice. During the snow storm they were closed one day and I thought I would have a nervous break down. Diet Coke from a can IS NOT THE SAME! Thankfully, Burger Barn was open Sunday and I drank two Diet Cokes to make up for the day they were closed!

How on earth am I going to wean myself off of my favorite drink? What will Burger Barn do without my

business? Oh what a world, what a world!

I suppose if I'd known I was gonna live this long, I would have taken better care of myself when I was young! I would have exercised, (oh yeah, I'm supposed to be riding an exercise bike thirty minutes a day), made better food choices and steered clear of sugar but never in my wildest dreams did I think I'd see 55! Growing up, that magic number meant you were just about ready to kick the bucket and we vowed as kids, we would never allow ourselves to grow old. Guess what? We got old!

I'd love to chat some more about living healthy but I must go clear the cobwebs off the exercise bike and see if the seat is too high for me to get on. Maybe I can pedal for a minute or two before I black out. If I'm not in the paper next week, somebody check on me ok?

Until next time...



**Times Remembered**  
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## First Major Snow Storm of 2016

we had plus propane for the grill and an extra heater if the power were to go out. We were all set now and ready for the snow.

By 11:00 p.m. we still didn't have any snow; but sometime in the wee hours of Friday morning it began falling. I woke up about daylight and at first the snowflakes were small and icy looking but then in an about an hour they were much bigger like crumbs from a big white cake. They were really beautiful, but the snow sure created a lot of shoveling, scraping and salting for everyone. Snow fell all day Friday, Friday night and Saturday morning. We were blanketed with approximately 14 inches of snow at my house. People were told to stay inside and stay off the roads.

Traffic came to a standstill at various location across the state. The major tie-up was on I-75 in Rockcastle County. Tractor trailers had jack knifed on the snowy, steep hills in Rockcastle and Laurel counties. I-75 was blocked in both the north and south bound lanes.

Thousands of people were stranded in their vehicles; with little heat, no food

or water and many were running out of gas. Some of the people living near the stalled traffic brought water and snacks to the stranded motorists. What a wonderful gesture. Later the Red Cross was able to get to the motorists and help. By late Saturday morning I-75 was re-opened and traffic cleared.

The storm continued through several states and slamming cities like Washington, D.C., Baltimore, Philadelphia, New York and the Jersey shore with record snowfall

Most churches in the county cancelled services. I had cabin fever and just had to get out and go on

Sunday. The main roads were clear and we were able to find a few restaurants open. It was good to eat somebody else's cooking. Three days is enough for me not to get out and go someplace if it is just around the courthouse square.

We traveled to Lexington for doctors' appointments on Monday. The streets and roads were in good shape. Snow is still on our road in spots but with the warm up today it's really melting. Hurray for sunshine.

Clip & Bring In or Mail

# Estill County's Little Sweethearts

Kids ages birth to 17

To Be Published in Color Wednesday, February 10<sup>th</sup>

Just Mail, E-Mail or Bring In a Color Photo & Payment By Monday, February 8th

## \$10<sup>00</sup>

Bring In or Mail to:  
**The Estill County Tribune**  
 6135 Winchester Road  
 Irvine, Kentucky 40336-8517  
 by Monday, February 8th

### top ten Pet Phobias

1. Thunder/lightning
2. The color white
3. Sitting
4. Rabies
5. Needles
6. Medications
7. Crowds
8. Being alone
9. Mirrors
10. Baths

Source: dvm360.com

## School News

### Abshear & Witt Accepted At UCumberlands

University of the Cumberlands has proudly accepted Dustin Abshear and Austin of Irvine, Kentucky for the upcoming academic year. UC welcomes Dustin and Austin, current students at Estill County High School, to the class of 2020.

### Estill Middle School Student of the Week

The Estill County Middle School Youth Services Center Male Student of the Week is Nate Morris! Nate is the son of Latisha and Russell Morris, and is in the 8th grade. Nate said he also enjoys singing, listening to music, and gaming on his Xbox One. Nate was selected doing exceptionally well in his classes and showing great performance!

## Cox Insurance, Inc.

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## Get the Hole Truth

A leak here... A crack there... No big deal, right?

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