

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

Coke. You might as well have told me to give up sugar, oh wait a minute...I It's not working!!!

oreo. A handful of almonds Burger Barn do without my

Clip & Bring In or Mail

Giving Up Diet Coke

cravings and if they're what a world! covered in chocolate they my water. Argh!

Recently I was told that figured if he couldn't drink vowed as kids, we would I needed to give up Diet Coke, we wouldn't either. never allow ourselves to diction to Burger Barn and got old! my daily large, Diet Coke was told that too! Diabetes with half a cup of ice. Dur- more about living healthy runs in my family, on both ing the snow storm they but I must go clear the cobsides woohoo, and I'm sup- were closed one day and webs off the exercise bike posed to be giving it my I thought I would have a and see if the seat is too best effort to stay away nervous break down. Diet high for me to get on. Mayfrom sugar and carbs, po- Coke from a can IS NOT be I can pedal for a minute tatoes and bread, Diet Coke THE SAME! Thankfully, or two before I black out. because of the Aspertame, Burger Barn was open If I'm not in the paper next and everything else that I Sunday and I drank two week, somebody check on dearly love. News Flash! Diet Cokes to make up for me ok? the day they were closed! I get out of bed with the How on earth am I going best of intentions but by to wean myself off of my 3:00 p.m. I'm craving an favorite drink? What will

is supposed to satisfy my business? Oh what a world,

I suppose if I'd known sure do the trick! Then that I was gonna live this long, lovely number that I'm to I would have taken better keep around 120 creeps care of myself when I was up to 250 or 275 and I get young! I would have exersleepy and pass out on the cised, (oh yeah, I'm supcouch and forget to drink posed to be riding an exercise bike thirty minutes I thought I was doing a day), made better food myself a favor by drinking choices and steered clear Diet Coke instead of regu- of sugar but never in my lar coke but it turns out the wildest dreams did I think aspertame is harder on me I'd see 55! Growing up, than sugar, who knew? We that magic number meant switched to Diet years ago you were just about ready when Dylan got braces, we to kick the bucket and we Everyone knows my ad- grow old. Guess what? We

I'd love to chat some

Until next time...





Times Remembered **Betty A. Young** BYoung505@Windstream.Net

winter ... our first major salting for everyone. Snow snow storm began in the fell all day Friday, Friday early morning hours of last night and Saturday morn-Friday morning. Meteorolo- ing. We were blanketed with to get out and go on gists were predicting mea- approximately 14 inches of

On Thursday morning to purchase essential items across the state. The major that we needed; since I tie-up was on I-75 in Rockdidn't have a freezer full of castle County. Tractor trailfood and plenty of canned ers had jack knifed on the goods, now . . . I guess I'm snowy, steep hills in Rock- for doctors' appointments a hoarder when it comes to castle and Laurel counties. on Monday. The streets and food. I always want to have I-75 was blocked in both plenty. I inherited that from the north and south bound my mom.

We rushed back home

First Major Snow Storm of 2016 we had plus propane for the or water and many were

ready for the snow.

snowflakes were small and icy looking but then in an much bigger like crumbs from a big white cake. They So much for the mild of shoveling, scraping and stay off the roads.

Traffic came to a standlanes.

and located all the flash- were stranded in their vehilights, batteries and candles cles; with little heat, no food

grill and an extra heater if running out of gas. Some the power were to go out. of the people living near the We were all set now and stalled traffic brought water and snacks to the stranded By 11:00 p.m. we still motorists. What a wonderdidn't have any snow; but ful gesture. Later the Red sometime in the wee hours Cross was able to get to of Friday morning it began the motorists and help. By falling. I woke up about late Saturday morning I-75 daylight and at first the was re-opened and traffic cleared.

The storm continued about an hour they were through several states and slamming cities like Washington, D.C., Baltimore, were really beautiful, but Philadelphia, New York and the snow sure created a lot the Jersey shore with record snowfall

Most churches in the county cancelled services. I had cabin fever and just had

Sunday. The main roads surable accumulations of snow at my house. People were clear and we were able snow; so we were expecting were told to stay inside and to find a few restaurants open. It was good to eat somebody else's cooking. we headed to the grocery still at various location. 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 roads were in good shape. Snow is still on our road in spots but with the warm Thousands of people up today it's really melting. Hurray for sunshine.



Child's Name

Parents or Guardians

Address (to return photo)

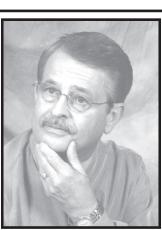
10-Word Message

Parent/Guardian Signature

Bring In or Mail to:

The Estill County Tribune 6135 Winchester Road Irvine, Kentucky 40336-8517 by Monday, February 8th

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



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.

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!

Get the Hole Truth



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

Wrong. Add up all the leaks in your home - around windows and doors - it could equal a three-inch hole in the wall. That's your hard-earned heating dollars slipping outside.

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