## **ECMS Participates In National Childhood Obesity Awareness Month**

obesity rates has affected our youth in alarming fashion. Childhood obesity has increased more than fourfold among those ages 6 to medical experts consider an epidemic. And this epidem-

In the past four decades, ic puts nearly one third of bring the message back to Services Center sponsored a obesity rates in the United America's children at early your state, city, workplace, poster contest at ECMS. All States have soared among risk for Type 2 diabetes, high home and school. Just as we students were encouraged all age groups. This rise in blood pressure, heart disease all own the problem of childand even stroke – conditions hood obesity, we must all be usually associated with adult- part of the solution. There are hood. It's not too late for our as many approaches as there children. Every September, are communities, partner or-National Childhood Obesity 11. More than 23 million Awareness Month (COAM), To help keep our community children and teenagers in gives elected officials, edu- healthy, the ECMS Youth the United States ages 2 to cators, physicians, and you Services Center is proudly 19 are obese or overweight, the opportunity to take a participating in National a statistic that health and stand and fight childhood Childhood Obesity Awareobesity. This year, there are ness Month. In recognition dozens of ways you can help of this month, the Youth

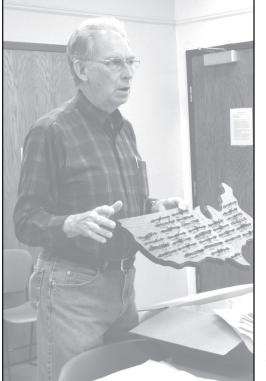
ganizations and advocates.

to participate in the contest. The winner of the contest was eighth grade student, Jayleigh Burkewill, is pictured on Page 17 of this issue

West Irvine Principal Selection West Irvine Intermediate will hold a special called SBDM Council meeting on Wednesday, September 21, 2016, at 6:00 p.m. in the school library for the purpose of establishing criteria and finalizing the interview process for principal selection. Everyone is welcome to attend; however, the Council may go into closed session for the possible screening of applicants

vith her winning p	oster.	n for the possio	le screening of	appneants.			
		al; plus assorted					
MONDAY Sept. 26	TUESDAY Sept. 26	WEDNESDAY Sept. 28	THURSDAY Sept. 29	FRIDAY Sept. 30			
SOUTH IRVINE, ESTILL SPRINGS BREAKFASTS							
	Donuts Pineapple Tidbits	Dutch Waffle Applesauce, Juice	Pancakes Strawberry Cup	Cereal/Toast Pears			
SOUTH IRVIN	SOUTH IRVINE & ESTILL SPRINGS LUNCHES						
Roll Mashed Potatoes Green Beans	Round Cheese Pizza Corn Grape Tomatoes/Dip Orange Milk	Cheese Breadsticks Marinara Sauce Steamed Broccoli Celery Sticks/Dip	Deli Turkey Wrap Soft Tortilla/Mayo Pork n Beans Potato Smiles Peaches	Pizza Munchable Pepperoni/Loco Bread, Mozz. Cheese Marinara Sauce Baby Carrots/Dip			
WEST IRVINE BREAKFASTS							
or Cereal	Yogurt, Cheese, Cracker or Blueberry Waffles, Applesauce	Biscuit & Gravy or Cereal Orange	Sausage Biscuit or Cereal Pineapple Tidbits	Muffins or Donuts, o Cereal Apple			
WEST IRVINE LUNCHES							
Roll Mashed Potatoes Green Beans	Pizza or Calzone Corn Grape Tomatoes/Dip Orange Milk	Bosco Cheese Sticks, Cantaloupe Marinara Sauce Steamed Broccoli Celery Sticks/Dip	Hamburger/Bun Potato Wedges Let./Tom./Pickles Pork & Beans Peaches	Ham Sandwich & Cheese Carrots Raisins, Chips Milk			
ESTILL COUN	TY MIDDLE S	CHOOL BREAK	<b>(FAST</b>				
Pancake Porky w/ Syrup, Mini Wheats Cereal Bars Assorted Pop Tarts Apple Fruit Juices, Milk	Oatmeal & Toast Frosted Flakes Reese Puffs Cereal Cereal Bars Assorted Pop Tarts Pears	Biscuit & Gravy Raisin Bran Cereal Bars Assorted Pop Tarts Peaches Fruit Juices, Milk	Trix Yogurt Scooby Snacks Frosted Flakes Reese Puffs Cereal Assorted Pop Tarts Applesauce	Donut Apple Cinn. Cheerios Cereal Cereal Bars Assorted Pop Tarts Fruit			
ESTILL COUNTY MIDDLE SCHOOL LUNCH							
Chicken Tenders or Buffalo Tenders Texas Toast Mashed Potatoes Steamed Broccoli Apple, M-Oranges	Stuffed Crust Pizza or Taco Snax Romaine Salad Corn Pineapples Strawberry Cup	Hamburger on Bun or Mr. Rib on Bun Let./Tom./Pickles French Fries Peaches Banana	Chicken Pot Pie or Chicken Patti/Bun Green Beans Slaw Mandarin Oranges Pears	Hot Dog on Bun or Deli Turkey on Bun Baked Beans Carrot Sticks/Dip Tropical Fruit Sidekicks			
ESTILL COUN	TY HIGH SCH	IOOL BREAKFA	AST				
Cereal, Pop Tarts Yogurt Orange or Apple Juices/Milk	Mini Strawberry Pancakes, Cereal Pop Tarts, Yogurt Orange or Apple	Bacon/Egg/Cheese Biscuit, Cereal Pop Tart, Yogurt Banana or Apple	Sausage Biscuit Cereal, Pop Tart Yogurt Banana or Apple	Donuts Cereal Pop Tarts, Yogurt Banana or Apple			
ESTILL COUNTY HIGH SCHOOL LUNCH Offered Daily: Pizza Line Sandwich Box, Salad Box							
Calzone Mr. Rib on Bun Tater Tots Slaw Baked Beans Variety of Milk/OJ	Grilled Cheese Hot Ham/Cheese Chips Red Pepper Slices Cucumber s//Dip Variety of Milk/Oj	Taco Chicken Fajita Mexican Rice Refried Beans Let./Tom./cheese Salsa, Milk/OJ	Spicy Chicken Tenders or Chicken Patty, Roll Mashed Potatoes Green Beans Variety of Milk/OJ	Meatball Sub Spicy Chicken/Bun Let./Tom./Cheese Banana Peppers Glazed Carrots Chips			

## Elisha Witt DAR Meets



**Ronald Lutes talks to the local DAR** sented by: Phyllis Dunaway, Kathy Watson about types of barbed wire.

The Elisha Witt Chapter Daughters of the American Revolution met for their regularly scheduled meeting on September 17th, 2016 in the meeting room at the Estill County Public Library.

Regent, Susan Hawkins opened the meeting. A question and answer program about the Constitution was conducted by Fredia Blackwell. The questions were based on the program presented by Phyllis Dunaway last September. September 17th was the first day of Constitution Week.

Refreshments were served to the following: Janice Bush, Fredia Blackwell, Phyllis Dunaway, Myra Finney, Susan Hawkins, and Faye Reece.

The next meeting will be October 15th at 1:00PM at the Estill County Public Library. If you are interested in becoming a member of the DAR, please attend a meeting or contact one of the members. The organization was founded in 1890 with the mission of promoting historic preservation, education and patriotism.

Some of last year's programs were preand Ronald Lutes.

## ESTILL LIBRARY BOOKMOBILE SCHEDULE 246 Main Street Irvine, KY - Call 723-3030

<b>SEPTEMBER 26-30, 2016</b>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
Northwood Apts. Crestview Ct. Edgewater Dr., Winchester Rd.	Racetrack Rd. Harris Ferry Cressy Stacy Lane West Irvine	Wisemantown Station Campb Red Lick Crooked Creek	Sugar Hollow Buck Creek Doe Creek Barnes Mt.	No Bookmobile Service		
"Mommie & Me" and Storytime Wednesdays, 10:00 a.m. & Fridays, 10:30 a.m.						

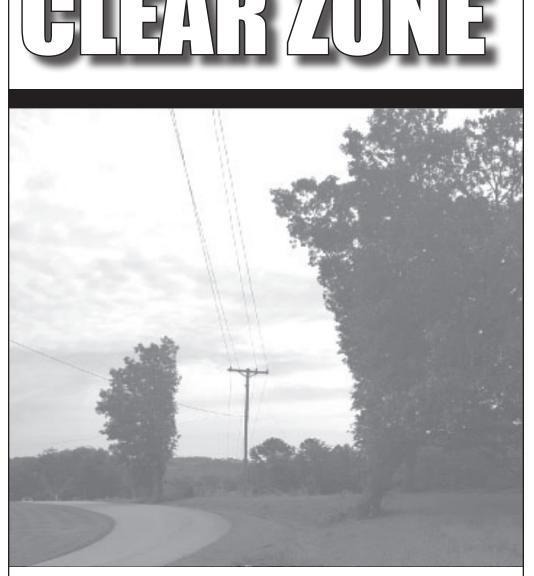


## **River Drive at Madison Avenue** Lots of Roma \$3000 per Greenbeans bushel Honey Select **\$400** Sweet Corn per dozen **\$3** per dozen for 10 dozen or more · Pumpkins • Squash • Fodder • Straw • Mums

Hundreds of mums available in several colors for your selection. Phone (606) 643-5145 **Buying Walnuts Starting October 1st!** 

o Indian Com





A CLEAR ZONE around electric lines provides safe, reliable electricity.

Help Jackson Energy maintain the right-of-way near your home. Look up... If tree limbs are touching the power lines, or you see trees growing into the lines, let us know. Call 1.800.262.7480 to report power lines that are not in the clear zone.

> Jackson Energy Working for You

www.jacksonenergy.com • 1.800.262.7480