

ECMS Participates In National Childhood Obesity Awareness Month

In the past four decades, obesity rates in the United States have soared among all age groups. This rise in obesity rates has affected our youth in alarming fashion. Childhood obesity has increased more than four-fold among those ages 6 to 11. More than 23 million children and teenagers in the United States ages 2 to 19 are obese or overweight, a statistic that health and medical experts consider an epidemic. And this epidem-

ic puts nearly one third of America's children at early risk for Type 2 diabetes, high blood pressure, heart disease and even stroke – conditions usually associated with adulthood. It's not too late for our children. Every September, National Childhood Obesity Awareness Month (COAM), gives elected officials, educators, physicians, and you the opportunity to take a stand and fight childhood obesity. This year, there are dozens of ways you can help

bring the message back to your state, city, workplace, home and school. Just as we all own the problem of childhood obesity, we must all be part of the solution. There are as many approaches as there are communities, partner organizations and advocates. To help keep our community healthy, the ECMS Youth Services Center is proudly participating in National Childhood Obesity Awareness Month. In recognition of this month, the Youth

Services Center sponsored a poster contest at ECMS. All students were encouraged to participate in the contest. The winner of the contest was eighth grade student, Jayleigh Burkewill, is pictured on Page 17 of this issue with her winning poster.

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.

ESTILL COUNTY SCHOOLS MENUS

Milk is included with every meal; plus assorted juices included with breakfast

MONDAY Sept. 26	TUESDAY Sept. 26	WEDNESDAY Sept. 28	THURSDAY Sept. 29	FRIDAY Sept. 30
SOUTH IRVINE, ESTILL SPRINGS BREAKFASTS				
Breakfast Pizza Peaches, Juice	Donuts Pineapple Tidbits	Dutch Waffle Applesauce, Juice	Pancakes Strawberry Cup	Cereal/Toast Pears
SOUTH IRVINE & ESTILL SPRINGS LUNCHES				
Chicken Nuggets Roll Mashed Potatoes Green Beans Apple	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				
Dutch Waffle or Cereal Peaches, Juice	Yogurt, Cheese, Cracker or Blueberry Waffles, Applesauce	Biscuit & Gravy or Cereal Orange	Sausage Biscuit or Cereal Pineapple Tidbits	Muffins or Donuts, or Cereal Apple
WEST IRVINE LUNCHES				
Chicken Nuggets Roll Mashed Potatoes Green Beans Apple, Milk	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 COUNTY MIDDLE SCHOOL BREAKFAST				
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 COUNTY HIGH SCHOOL BREAKFAST				
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				
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 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 presented by: Phyllis Dunaway, Kathy Watson and Ronald Lutes.

ESTILL LIBRARY BOOKMOBILE SCHEDULE

246 Main Street Irvine, KY – Call 723-3030

SEPTEMBER 26-30, 2016

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.

Click Farm Fall Festival

River Drive at Madison Avenue

Lots of Roma Greenbeans **\$30⁰⁰** per bushel

Honey Select Sweet Corn **\$4⁰⁰** per dozen

\$3 per dozen for 10 dozen or more

- Pumpkins
Large & Small
- Squash
- Fodder
- Straw
- Mums
- Indian Corn

Hundreds of mums available in several colors for your selection.

Phone (606) 643-5145

Buying Walnuts Starting October 1st!



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