

Mercy Health Primary Care Clinics named 2019 Million Hearts(r) Hypertension Control Champions

Mercy Health - Irvine Primary Care, Mercy Health - Powell County Primary Care and Mercy Health - Lee County Primary Care were recently named 2019 Million Hearts(r) Hypertension Control Champions from the Centers for Disease Control and Prevention (CDC).

Only 17 Champions across the nation received this honor and the Mercy Health Clinics were the only Champions in Kentucky.

Hypertension, also known as high blood pressure, is a leading cause of heart disease and stroke and is a potentially life-altering problem for tens of millions of adults in the United States. Most adults who have high blood pressure do not have their condition under control. The Million Hearts(r) Hypertension Control Challenge is a competition to identify practices, clinicians, and health systems that have worked with their patients

to achieve hypertension control rates of at least 80%.

"I am so proud of the hard work of the associates and clinicians in our primary care clinics. They are dedicated professionals who provide quality and compassionate care for our patients," said Marcum and Wallace Hospital President Trena Stocker. "This recognition is much-deserved and the blood pressure treatments and protocols that have been implemented are

saving lives in our community."

Million Hearts(r) is a national initiative, co-led by CDC and the Centers for Medicare & Medicaid Services, to prevent 1 million heart attacks and strokes by 2022. Saving lives through better blood pressure control has been a longstanding CDC priority. CDC recognizes the Champions' performance and shares their lessons learned to inspire others to focus on achieving similar success.



Pictured are some of the associates and clinicians of Mercy Health - Irvine Primary Care. The clinic was recently named a 2019 Million Hearts(r) Hypertension Control Champions from the Centers for Disease Control and Prevention (CDC) for their work with patients with high blood pressure.

Estill County Court House News

Intermediate licenses

Katyleen Sparks and Leslie Bicknell.

Operator Permits

Benjamin Tipton and Elizabeth Walters.

Road Test

If you would like to schedule an appointment for a road test to get a Drivers License, please call the Estill County Circuit Clerk's Office (606) 723-3970.

LAFF - A - DAY



"I'd like to register a formal complaint."

ESTILL COUNTY SCHOOLS MENUS

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

MONDAY December 9	TUESDAY December 10	WEDNESDAY December 11	THURSDAY December 12	FRIDAY December 13
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SOUTH IRVINE EARLY LEARNING CENTER BREAKFASTS

Breakfast Pizza Grape Juice Milk	Oatmeal Toast, Apples Milk	Cheerios Banana Milk	Omelet Toast, Oranges Milk	Banana Muffins, Orange/Pineapple Juice, Fruit, Milk
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SOUTH IRVINE EARLY LEARNING CENTER LUNCHES

Chicken Tenders Roll, Green Beans Mashed Potatoes Fruit Cocktail, Milk	Turkey Sandwich Potato Smiles Mandarin Oranges Milk	Hamburger on Bun Baked Beans Tater Tots Tropical Fruit, Milk	Pizza Garden Salad Pineapples Milk	Corn Dog Broccoli Bites Mac & Cheese Fresh Pears, Milk
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ESTILL SPRINGS BREAKFASTS

Cinnamon Pop Tart Cocoa Puffs Oranges Asst. Juice, Milk	Donuts or Chocolate Pop Tart Frosted Flakes Pear, Juice, Milk	Mini Maple Pan- cakes or Cinn. Toast Crunch/Graham Snacks, Apple	Toast/Bacon Scrambled Eggs or Lucky Charms Mandarin Oranges	Funnel Cakes or Fruit Loops, Pop Tart Peaches Asst. Juice, Milk
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ESTILL SPRINGS LUNCHES

Chicken Tenders Roll, Green Beans Mashed Potatoes Peaches Milk	Bosc Marinara Sauce CA Blend Veggies Sidekicks/Fruit Milk	Chili/Crackers Grilled Cheese Cucumber Slices Cauliflower/Dip Apple, Milk	Pizza Corn Steamed Broccoli Oranges Milk	Mini Corndogs Pork & Beans Baby Carrots/Dip Applesauce Milk
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WEST IRVINE BREAKFASTS

Breakfast Pizza or Cereal Fruit Juice, Milk	Pancakes/Syrup or Cereal Fruit Juice, Milk	Bacon, Egg, and Cheese Biscuit or Cereal, Fruit Juice, Milk	Pop Tart & Cereal Fruit Juice Milk	Assorted Muffins or Cereal Fruit Juice, Milk
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WEST IRVINE LUNCHES

Chicken Leg/Biscuit Mashed Potatoes Broccoli Casserole Peach Cup Milk	Taco/Wrap Shredded Cheese Lettuce & Tomato Corn, Salsa Pineapple, Milk	Hot Dog/Bun Carrots/Dip Baked Beans Chips Milk	Ham/Roll Mashed Potatoes Green Beans Fresh Fruit Cookie, Milk	Rectangle Pizza Cucumber Slices/ Dip Apple Milk
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ESTILL COUNTY MIDDLE SCHOOL BREAKFAST

Pancake Porky Mini Wheats, Ce- real Bars, Pop Tarts, Apple, Fruit, Juice	Oatmeal & Toast Cinn. Toast Crunch Cereal Bars, Pop Tarts, Pears	Cream Cheese Ba- gels, Lucky Charms Cereal Bars, Pop Tarts, M. Oranges	Bacon, Egg, & Cheese Biscuit Cinn. Chex, Pop Tarts, Banana	Choc. or Cinn. Muf- fins, Cocoa Puffs, Cereal Bars, Pop Tarts, Pineapples
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ESTILL COUNTY MIDDLE SCHOOL LUNCH

Oven Roast BBQ Chicken or Chicken Leg, Roll Mashed Potatoes Glazed Carrots Apple/S-berry Cup	Cheeseburger or Pork Chop on Bun French Fries Let./Tom./Onion Mandarin Oranges Mixed Fruit	Chicken Pattie/Bun or Potato Bar Steamed Broccoli & Cheese Baked Beans Peaches/Pear	Chicken Noodle Soup, Grilled Cheese, Broccoli Bites, Carrot Sticks Fresh Orange Slices Milk or Juice	Big Cheese Daddy Pizza or Big Dad Chicken Pizza Garden Salad, Corn Pineapples/Side- kicks, Milk or Juice
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ESTILL COUNTY HIGH SCHOOL BREAKFAST

Egg Omelet Toast Cereal, Cereal Bars Pop Tarts, Donuts, Oranges or Apples	Breakfast Pizza Pop Tarts Powdered Donuts Yogurt Parfait Orange or Apple	Bacon, Egg, & Cheese Biscuit Pop Tarts, Yogurt Parfait, Mini Choc. Donuts, Fruit	Sausage Biscuit Pop Tarts Yogurt Parfait Donut Holes Oranges or Apples	Breakfast Tornado, Pop Tarts Cereal, Cereal Bars Mini Choc. Donuts Oranges or Apples
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ESTILL COUNTY HIGH SCHOOL LUNCH

Offered Daily: Pizza Line
Sandwich Box, Salad Box

Pepperoni Calzone Chicken Quesadilla Marinara Sauce Glazed Carrots Peas Tropical Fruit Sidekicks Juice/Asst. Milk	Hot Ham & Cheese Pizza Hut Pizza Let./Tom./Pickles Tater Tots Baked Beans Strawberries, Blue- berry Applesauce Juice/Asst. Milk	Chicken Tenders Roll, Spicy Chicken/ Bun, Green Beans Mashed Potatoes Pineapples Peaches Juice Assorted Milk	Chili w/Crackers Grilled Cheese Carrot Sticks Broccoli Bits Mandarin Oranges Strawberry Cup Juice Assorted Milk	Asian Chicken, Roll Fish on Bun Egg Roll & Rice Steamed Broccoli Glazed Carrot Mandarin Oranges Pineapples Juice/Asst. Milk
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HOUSES FOR SALE



Two Houses For Sale. Adjacent at 128 Hood Avenue and 130 Hood Avenue in Irvine. Good home ownership or investment possibilities. Call (606) 723-8473

The Estill County Tribune

Estill County	Adj. Counties	Kentucky	Out of State
1 year \$16.04	1 year \$26.42	1 year \$30.19	1 year \$32.00
Sales Tax 0.96	Sales Tax 1.58	Sales Tax 1.81	Sales Tax 0.00
Total \$17.00	Total \$28.00	Total \$32.00	Total \$32.00

**Seniors, 65 and older, may deduct \$2.50 from above totals

Name _____

Address _____

City, State, Zip _____

Send this form with proper payment to:

The Estill County Tribune
6135 Winchester Road
Irvine, Kentucky 40336-8517

The Real McCoy

5191 Richmond Road, Irvine, KY

(606) 723-4844

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