

Estill Middle School hosts holiday event at Horizon Adult Day Care Center

The Estill County Middle School Youth Services Center and the Estill County Middle School Student Council recently hosted a holiday event at the Horizon Adult Day Care.

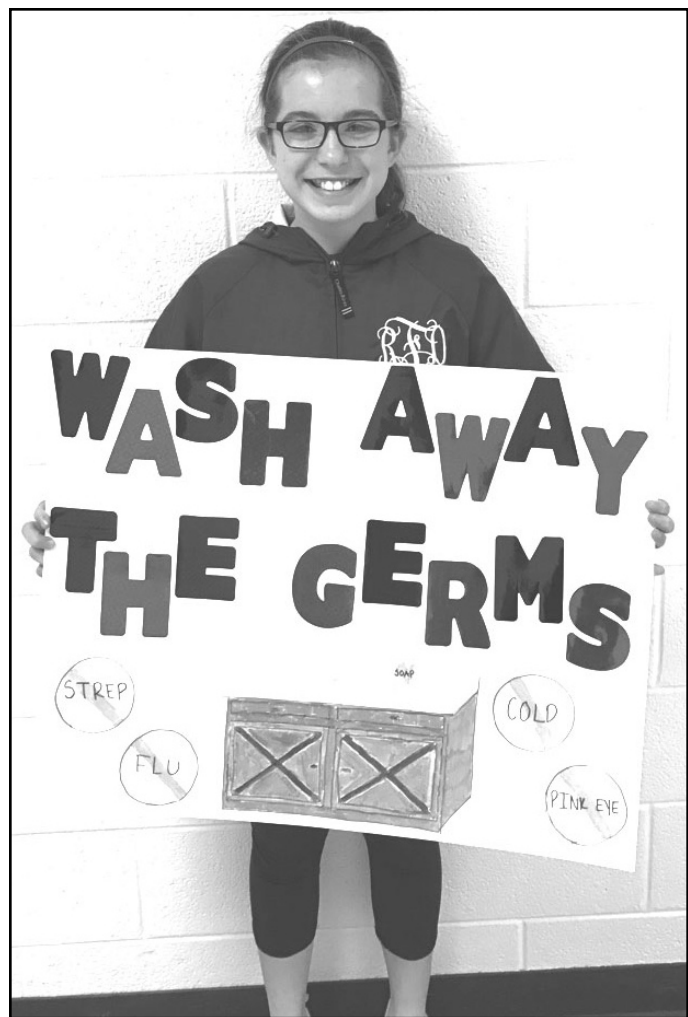
Student Council members from the middle school shared a bit of holiday cheer when visiting the Horizons Adult Day Care Center on November 23, 2016. While

there the students played games with the clients of Horizons, made Christmas ornaments, and provided them with a buffet of homemade Christmas treats and goodies. A great time was had by all.

Pictured at right are the students who participated in the event and candid shots of the students and clients working together.



The power is in your hands to prevent flu!



Contest winner Rylee Friend with her poster.

Yes, the power is in your hands to prevent the Flu! Imagine how great it would be if you or your family were never sick again from a respiratory infection! What diseases are these you ask? For example: The Flu, flu-like illness, common cold, conjunctivitis, pharyngitis, tonsillitis, bronchitis, bronchiolitis, pneumonia, Coxsackie virus, Streptococcus, Pneumococcus, TB and more. Do not touch the T Zone! It is the only portal of entry into the human body for ALL respiratory infections!

Practicing the 4 Principles of Hand Awareness behaviors will ensure you "stay well". Imagine never having the flu again! Thank you for helping to "Spread the word not the germs"!

In recognition of handwashing awareness month, the Youth Services Center sponsored a poster contest at ECMS. All students were encourage to participate in the contest. Pictured above is contest winner Rylee Friend with her poster.

Please remember the 4 Principles of Hand Awareness:

- 1. WASH your hands when they are dirty and BEFORE eating.
- 2. DO NOT cough into your hands.
- 3. DO NOT sneeze into your hands.
- 4. Above all, DO NOT put your fingers into your eyes, nose, or mouth.



Estill County Engineers 2016-17 Boys Basketball

Fri, Jan 6	Jackson County	A	7:30
Tues, Jan 10	Garrard County	H	7:30
Fri, Jan 13	Powell County	A	
Tues, Jan 17	Menifee County	A	7:30
Fri, Jan 20	Lee County	A	6:00
Sat, Jan 21	Letcher Central	A	2:30
Tues, Jan 24	Wolfe County	A	7:30
Fri, Jan 27	Lee County	H	8:00
Tues, Jan 31	Buckhorn	H	7:30
Fri, Feb 3	Powell County	H	
Mon, Feb 6	Owsley County	H	7:30
Tues, Feb 7	Jackson City	A	7:30
Fri, Feb 10	Berea	A	7:30
Sat, Feb 11	Wolfe County	H	3:30
Thur, Feb 16	Menifee County	H	7:30
Fri, Feb 17	St. Patrick	H	7:30

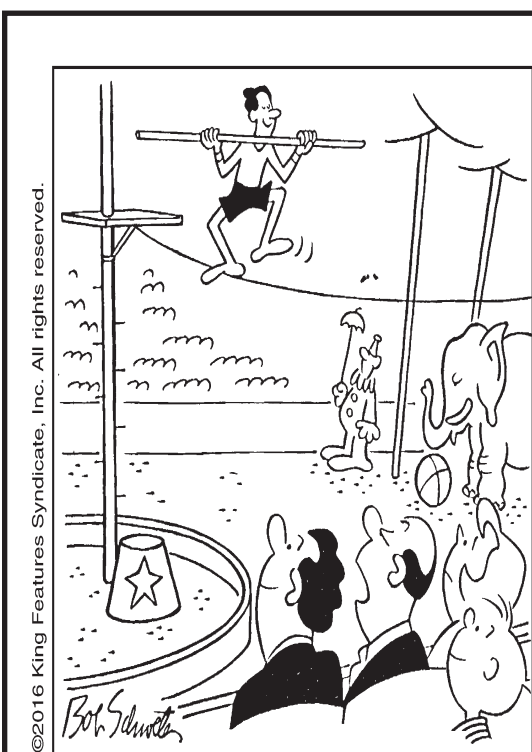
Estill Lady Engineers 2016-17 Girls Basketball

Sat, Jan 7	Jackson County	H	3:30
Mon, Jan 9	Madison Southern	A	7:30
Fri, Jan 13	Powell County	A	7:30
Tues, Jan 17	Lexington Catholic	H	7:30
Fri, Jan 20	Lee County	A	6:00
Sat, Jan 21	Cordia	A	7:30
Mon, Jan 23	Rowan County	A	7:30
Fri, Jan 27	Lee County	H	
Sat, Jan 28	Leslie County	A	3:30
Mon, Jan 30	Berea	A	7:30
Thur, Feb 2	Model	H	7:30
Fri, Feb 3	Powell County	H	7:30
Mon, Feb 6	Owsley County	H	
Thur, Feb 9	Breathitt County	H	7:30
Sat, Feb 10	Wayne County	H	7:30
Mon, Feb 13	Jackson City	H	7:30
Thur, Feb 16	Garrard County	H	7:30

Estill Middle Engineers 2016-17 Boys Basketball

Jan 5, Thur	Rockcastle*	H	5:00
Jan 12, Thur	Model*	H	5:00
Jan 16, Mon	Breathitt 7th & 8th	A	6:00
Jan 17, Tues	Madison Middle*	A	5:00
Jan 19, Thur	Farristown*	H	5:30
Jan 26, Thur	Caudill*	A	5:00
Feb 2, Thur	Foley*	H	5:00
Feb 4-11	Conference Tournament		

*denotes conference game
+denotes district game



"That's nothing — he should try coming home at four in the morning and avoid the _____ stairs."

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Mystery

GAMINE

Fraud

FREAK

Anger

EQUIP

Sordid

LAZYES

TODAY'S WORD