

Estill County students graduate from The Center for Rural Development's 2016 Rogers Explorers program

Estill County students Miriam "Mimi" Richardson, Erika Rifenburg, and Elizabeth Tipton recently graduated from The Center for Rural Development's 2016 Rogers Explorers youth leadership program.

The Rogers Explorers program is an educational leadership program that provides hands-on learning opportunities for middle school students in Southern and Eastern Kentucky to build their math, science, and technology skills. Graduates are encouraged to work toward pursuing careers in these in-demand career fields.

"This experience has meant the world to me," Tipton said. "I've been able to take advantage of my math, science, and technol-

ogy skills."

Nearly 180 middle school students attended this year's Rogers Explorers program. Participants apply when they are in the eighth grade and attend during the summer before the start of their freshman year.

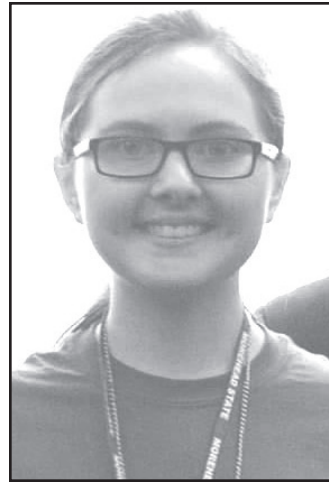
"This year's class of Rogers Explorers showed that there are many bright, young leaders in our region of Southern and Eastern Kentucky," said Delaney Stephens, youth programs coordinator and community liaison for The Center. "By participating in this program, Explorers had the opportunity to experience first-hand how science, technology, engineering, and math (STEM) can positively impact our region while also getting a feel for

what college life was like."

The Rogers Explorers program is presented by The Center in partnership with Lindsey Wilson College, University of the Cumberlands, Asbury University, Eastern Kentucky University, Morehead State University, and the University of Pikeville.

Richardson is the daughter of Carlos and Antje Richardson. Rifenburg is the daughter of Karl and Joyce Rifenburg. Tipton is the daughter of Paul and LaVelle Tipton. All of Irvine.

For more information about Rogers Explorers, contact Delaney Stephens at 606-677-6000 or email youth@centertech.com. Visit www.centeryouthprograms.com to learn more about youth programs at The Center.



Elizabeth Tipton



Miriam "Mimi" Richardson



Erika Rifenburg



The Little Mountains 11th annual Coin & Knife Show had a good turnout on Saturday, September 10, 2016 at the Estill County Fair Barn. Left to right are vendors and traders: Raymond Knox, Allan Barnett, Bob Jones, promoter Rick Harris and Jim Stone.



Estill County High School Jr. ROTC cadets register teams for the rope climb at the 3rd Annual Spartan Crucible on Saturday, September 10, 2016. At left is William Flynn and Lt. L.J. Floyd. Not pictured but also working with the rope climb was Zachary Jones.

ESTILL LIBRARY BOOKMOBILE SCHEDULE

246 Main Street Irvine, KY – Call 723-3030

SEPTEMBER 19-23, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mountain Crest Millers Creek Cow Creek Furnace Jct.	Winston Trotting Ridge Sandhill Opossum Run	Horizon Daycare Ravenna Drip Rock	Spout Springs Hudson Mill Rd. New/Old Fox Road Hargett	No Bookmobile Service

"Mommie & Me" and Storytime Wednesdays, 10:00 a.m. & Fridays, 10:30 a.m.

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ESTILL COUNTY SCHOOLS MENUS

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

MONDAY Sept. 19	TUESDAY Sept. 20	WEDNESDAY Sept. 21	THURSDAY Sept. 22	FRIDAY Sept. 23
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SOUTH IRVINE, ESTILL SPRINGS BREAKFASTS

Mini Cinnis Pears, Juice	Cereal/Toast/Jelly Peaches	Pancakes/Syrup Applesauce	Muffins, Banana Assorted Juice	Pop Tart/Cereal Grapes
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SOUTH IRVINE & ESTILL SPRINGS LUNCHES

Grilled Cheese Sandwich Tater Tots Pork 'n Beans Applesauce	Quesadilla Fresh Cauliflower Romaine Salad Ranch Dressing Peaches	Spaghetti w/Meat Sauce, Texas Toast Green Beans Cooked Carrots Apple Slices	Chinese Chicken Asian Rice, Egg Roll Stir Fry Veggies Cucumber Slices/ Dip, Pineapples	Round Pepperoni Pizza Corn Broccoli/Dip Pears
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WEST IRVINE BREAKFASTS

Breakfast Pizza or Cereal Peaches, Juice	Donuts or Yogurt, Cheese, Crackers or Cereal, P-apples	Pancakes or Cereal Applesauce	Toast and Jelly or Cereal, Banana Juice, Milk	Muffins or Cereal Apple Slices Juice, Milk
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WEST IRVINE LUNCHES

Grilled Cheese Sandwich Tater Tots Pork & Beans Applesauce	Pizza Dippers or Quesadilla Corn Green Beans Peaches	Spaghetti w/Meat Sauce, TX Toast Romaine Salad Cooked Carrots Apple Slices	Chinese Chicken or Deli Turkey Wrap w Cheese, Rice Stir Fry Veggies Cucumber/Dip	Round Pepperoni Pizza Corn Carrots/Dip Pears
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ESTILL COUNTY MIDDLE SCHOOL BREAKFAST

Dutch Waffles Choc. Mini Wheats Cereal Bars Assorted Pop Tarts Apple Fruit Juices, Milk	Scrambled Eggs, Toast, Cocoa Puffs Cereal Bars Assorted Pop Tarts Pineapples Fruit Juices, Milk	Biscuit & Gragy Raisin Bran Cereal Bars Assorted Pop Tarts Peaches	Trix Yogurt Scooby Snacks Frosted Flakes Reese Puffs Cereal Assorted Pop Tarts Applesauce	Donut, Apple Cinn. Cheerios Cereal Cereal Bars Assorted Pop Tarts Pineapples Fruit Juices, Milk
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ESTILL COUNTY MIDDLE SCHOOL LUNCH

Popcorn Chicken WG Biscuit Mashed Potatoes Green Beans Apple, Mixed Fruit Milk or Juice	Bosco w/Marinara Sauce or Chicken Quesadilla Broccoli/Dip Pears, Cantaloupe Ice Cream Sandwich	BBQ on Bun or Spicy Chicken/Bun Slaw, Pickle Spear Potato Smiles Applesauce M. Oranges	Meatball Sub w/ Cheese or Corn Dog Baked Beans Romaine Salad Assorted Peppers Peaches/Pineapples	Spaghetti w/Meatball Sauce or Ravioli WG Breadsticks Glazed Carrots Broccoli & Cauli- flower Bites, Fruit
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ESTILL COUNTY HIGH SCHOOL BREAKFAST

Cereal, Pop Tarts Yogurt Orange or Apple Juices/Milk	Pancake Porky 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
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ESTILL COUNTY HIGH SCHOOL LUNCH

Hamburger/Bun Spicy Chicken/Bu Let./Tom./Pickle Normandy Blend Potato Wedges Variety of Milk/OJ	BBQ Pork on Bun Chicken Patty/Bun Baked Beans Slaw Vairity of Milk/OJ	Mini Corn Dogs Mr. Rib on Bun Sweet Potatoes Green Beans Variety of Milk/OJ	Bosco w/Marinara Quesadilla Corn Steamed Broccoli Variety of Milk/OJ	Asian Chicken Pork Chop Stir Fry Veggies Asian Rice Egg Rolls Glazed Carrots
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NOTICE

The telephone number for Tabitha Culver, MD at Richmond Baptist Health should be corrected to 859-624-6366