

Arkansas Medical Supply

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National Childhood Obesity Awareness month

Since 1980, childhood obesity rates have more than doubled. One in 5 children in the United States are obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, Arkansas Medical Supply encourages your family to make healthy changes together.

- Get active outside: Walk around the neighborhood, go on a bike ride, or play basketball at the park.
- Limit screen time: Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less a day.
- Make healthy meals: Buy and serve more vegetables, fruits, and whole-grain foods.
- Taking small steps as a family can help your child stay at a healthy weight.

AMS NEWSLETTER



September 2018

It is our mission to provide the highest quality of medical products and personal service to all customers!

We strive to help our customers live better! We take pride in working with our customers to meet their needs and in turn enhance their ability to live independently.

Calendar of Events

- o Closed Labor Day- 9/3
- o Grandparents day- 9/9
- o September 11- Patriot Day
- o Autumn Begins September 23rd
- o September 4th- National Wildlife day
- o September 19- Talk like a pirate day—Aye Aye Captain

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Be the talk of the tailgate with these Jalapeño Poppers

Serves: 16

INGREDIENTS

- 2 ounces goat cheese, softened
- 2 ounces cream cheese, softened
- ¼ cup shredded cheddar cheese
- ½ teaspoon freshly ground black pepper
- ½ teaspoon garlic powder
- 2 Tbls. red onion, minced
- ¼ cup bacon, cooked and crumbled
- 8 medium jalapeno peppers, halved vertically and seeded
- ⅓ cup breadcrumbs
- Honey for drizzling (optional)



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INSTRUCTIONS

1. Preheat oven to 425 degrees.
2. Combine goat cheese, cream cheese, and cheddar cheese in a mixing bowl and blend cheeses. Add pepper and garlic powder and blend again. Fold in red onion and bacon.
3. Arrange pepper halves on a cookie sheet; divide filling among peppers. Bake for 15 minutes. Remove from the oven and sprinkle with breadcrumbs. Return to oven and cook an additional 5 minutes. Remove from the oven, drizzle with honey and serve

Arkansas Football is BACK!

2018 Arkansas Football Schedule

Sept. 1 – EASTERN ILLINOIS
Sept. 8 – at Colorado State
Sept. 15 – NORTH TEXAS
Sept. 22 – at Auburn
Sept. 29 – vs. Texas A&M (Arlington, TX)
Oct. 6 – ALABAMA

Oct. 13 – OLE MISS (Little Rock)
Oct. 20 – TULSA
Oct. 27 – VANDERBILT
Nov. 3 – Open Date
Nov. 10 – LSU
Nov. 17 – at Mississippi State
Nov. 24 – at Missouri

WHOOOOOOOOO PIG SOOOOOOOIE

Call the Hogs: Everyone knows about Razorbacks fans calling the hogs. The unmistakable “Woo! Pig! Sooiie!” chant is heard anytime you get near Fayetteville, as well as at all other Arkansas sporting events and anywhere Razorbacks fans gather. The origin is a little hazy, but its believed to have started sometime in the 1920s.