



(Nov. 5, 2019) Last year's lunch debts will be paid-in-full after a weight loss fundraiser. Dunklin R-5 Superintendent Stratton and Deputy Superintendent Freeman created a two-month weight loss challenge and asked for sponsors. The goal was to pay off the \$4,800 in student lunch debt carried over from last school year. The Blackcat community responded, surpassing the goal, and pledging a total of \$5,639.37.

Mr. Stan Stratton lost 19 pounds during the challenge called, "We go hungry so Blackcats don't." He says, "The money we were able to raise will help ensure that students have a good and nutritious lunch each and every day, and hopefully, I got a little healthier in the process." The challenge ended on November first when the district held a health fair for employees. During the routine health screenings, school nurses had to double-check Stratton's blood pressure because it was so low. Moreover, his physician decreased the superintendent's blood pressure medication by one pill a day.

Dr. Clint Freeman lost 10 pounds during September and October. He says, "I'm disappointed I didn't lose more weight, but I'm encouraged by the individuals and businesses that joined in this effort for a great cause." Freeman says he learned a lot during the challenge about his eating habits and the difficulties of eating healthy when you're traveling and can't prepare your own meals.

Most of the pledges, \$3,506.37, were individual donations of a fixed amount. Businesses contributed \$1,542.00, and the rest, \$591.00, were pledges for each pound lost.

In the Dunklin R-5 School District, all students get a free breakfast. Students that qualify for a free or reduced lunch get a free lunch. The district pays the cost of reduced lunches for those that are eligible. Students that don't qualify and don't have money in their lunch accounts get an alternative meal.