

Motley County School News

HEALTH TIPS

AMERICA'S YOUTH AN UNFIT GENERATION

healthful diet and regular physical activity.

American adults today are a health-conscious generation, but a major concern for many health educators is the unhealthy state of the younger generation.

"Establishing healthful behaviors with respect to nutrition and exercise should be a goal within the family unit. Prepuberty and adolescence are the critical periods for developing these habits," Bullard said.

An American Health Foundation study more than 10 years ago indicated that as many as 40 percent of school children between 11 and 14 had one or more of the arteriosclerosis risk factors: overweight, elevated cholesterol, cigarette smoking, poor physical fitness, hypertension or diabetes.

Here are some suggestions for inspiring youngsters to be active:
* Take family walks or cycling trips;
* Participate in organized sports or physical activities offered through community organizations;

"The situation has not improved since that study was completed. Children today are fatter than children in past decades," said Darra Bullard, a fitness specialist at Methodist Hospital's Centre for Cardiac Rehabilitation and Fitness. "Recent estimates indicate that 15 to 25 percent of American school children are obese."

* Encourage participation in physical games and creative play;
* Encourage walking to and from school when possible; and
* Limit television viewing.

In addition, obese children often become obese adults. If obesity remains untreated in childhood, only one in 28 overweight children will maintain normal weight as adults, Bullard said.

"Results reported in the National Children and Youth Fitness Study indicated that children who watch great amounts of television tend to be less active and are less likely to participate in physical activities. Other studies have found that children who watch a lot of television are fatter than those who watch less television," Bullard said.



Monte Watson (back row, left) of Roaring Springs is one of fourteen that pass EMT exams. An Emergency Medical Technical class was held two nights a week in Lockney in September which Watson attended to pass his final exam December.

Photo by Lennie Gilroy, Floyd County Hesperian

Be kindly affectioned one to another with brotherly love; in honour preferring one another; Not slothful in business; fervent in spirit; serving the Lord; Rejoicing in hope; patient in tribulation; continuing instant in prayer; Distributing to the necessity of saints; given to hospitality.

Romans 12:10-13



Thank You

I would like to express my appreciation to all my friends and relatives for your calls, cards, visits, flowers and prayers since my accident. Please continue to pray for me, I still have a long way to go.

Marion Burt

Thank you for all the cards, flowers, good food and all the good wishes while I was in the hospital and since my return home.

Peck, Marie, Walter and Mathew

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EIGHTH GRADE CLASS FAVORITES

SEVENTH GRADE CLASS FAVORITES



Cody Barclay & Keri Shorter

by Memori Assiter

Keri Shorter, daughter of Clois and Kathy Shorter of Flomot and Cody Barclay, son of Sandra and Jerry Barclay of Flomot were named 8th Grade Class favorites for this year.

Keri has two sisters, Cindy and Kristi. Keri is a Jr. High Cheerleader, plays basketball and runs track.
Cody has two brothers, Lance and Ty. Cody is also very involved in athletics. He enjoys football and basketball. Congratulations Keri and Cody!



Stesha Daniel and Bobby Barton

by Memori Assiter

The Seventh Grade Class Favorites were selected for the year. Bobby Barton and Stesha Daniel received this title.
Bobby Barton is the son of Steve and Beverly Barton of Matador. He has an older sister, Shonda and a younger brother, Blake. Bobby is active in football, basketball and will soon be taking track.

Stesha Daniel is the daughter of Jr. and Stephanie Daniel of Matador. She has two younger brothers Zach and Quentin. Stesha is a Jr. High Cheerleader and participates in basketball.

Stesha and her family will be moving to Claude sometime this week and she will be greatly missed by all of her friends.

Mavericks Victorious Over Patton Springs and Guthrie

by Barbara Moore

The Motley County Junior High Mavericks experienced two decisive wins this past week. The first was played at Patton Springs and ended with the Mavs winning with a final score of 50-19. The Mavs then traveled to Guthrie on Monday night to compete against Guthrie which ended with the Mavs on top 48-21.

High point for the Mavericks for both games was Frankie Ortiz, with 22 against Patton Springs and 18 against Guthrie. Robert Osborn totaled up 14 points against

Patton Springs and Conway Clary had the same number (14) against Guthrie. In the Patton Springs game, Shane Taylor scored 6 points, Conway Clary made 4 points, and Cody Campbell and Cody Barclay each added 2 more. Robert Osborn put in 9 points during the game with Guthrie, while Cody Campbell shot for 4 and Robert Norris added in 3 more. Also playing in both games were Jeremy Jameson, Dustin Davis, Josh Palmer, Tim Adams, Matt Mangram, Scott Sailsbury, Jeremy Jones, Tye Stephens, and Casey Harper.

JV Matadors Win In Close Game Against Childress

by Barbara Moore

The JV Matadors traveled to Childress on Monday night, January 8, and came away victorious against Childress in a very exciting contest which ended with a score of Matadors, 30 - Childress, 28.

Scoring points for the JV Mats were Noel Guerrero 7, Billy Lefevre 7, Jimmy Cummings 6, Mike King 3, Paul Barton, Brad Wilson and Jeremy Davis with 2 each and Burr Barton with 1. Also play-

ing for the JV Matadors in this game was Mat Linson, Neal Sedgewick, Roegan Cruise, Tad Terrell and Daniel Alexander.

The JV Mats competed against Spur on Tuesday night, January 16 at home, and will travel to Paducah on Friday night

for a tough game against the Dragons. These young Matadors need your encouragement, so plan to be at your en-

Mangram 10, Brandi Barton had 9, Chandra Brown with 5, Yulanda Campbell 4 and Amy Stephens and Lacey Parks each had 2 points. Not scoring, but adding hustle and support was Brandee Spray. Even with coming up on the short end of the scoring, there were several girls that did things we have been working on and made a good showing.

SUPPORT THE MATADORS!

One day a visitor asked, "Why does the dog sit there?" "Because," answered my wife, "his master's inside."

When the taping's over and the door opens, in runs my dog to be with me.

I don't know much about heaven, but I know my Master's inside. There's a street of gold there, but I just want to see the One who gave Himself for me. There's a mansion there, but I just want to see my Master and be with Him. Don't you?

Activities Schedule

Thursday, Jan. 18: Begin Valley J.V. Tournament.

Friday, Jan. 19: J.V. Tournament at Valley Varsity vs. Paducah (there) Varsity Girls at 6:30 p.m.

Saturday, Jan. 20: Valley J.V. Tournament Continued.

LOOKING AHEAD

January 22: Financial Aid for College Students Program on Satellite, 6:30 p.m. - 7:30 p.m. Everyone Welcome.

January 24: Crisis Intervention Assembly presented by Plainview Counseling Clinic - 10:00 a.m. - Public invited.

Memori's Memoirs

by Memori Assiter

January 24th, 1990 could be a new beginning for the students at MCHS. Somedays we feel we've had all that we can take from school, parents, teachers and day to day dilemmas. Mr. Ron Trussler, employed by the Plainview Counseling Center, will present a "Stress Management Program" to grades 7-12 in the gym from 10:00 a.m. to 11:00 a.m. Mr. Trussler is a professional in dealing with people's problems and may be able to help you with something you are face

to face with. Whether it be grades or a fight with your boyfriend or girlfriend it is always helpful to have someone to talk to. Asking for guidance is not a sign of weakness in fact it is a sign of strength and courage. It takes a strong person to realize and admit that he or she may need counseling from time to time. This program is also open to the community. I hope everyone will come and listen to what Mr. Trussler has to say, you may even learn something about yourself.



MONDAY, JANUARY 22

Breakfast: Biscuits, Bacon, Scrambled Eggs, Fruit.

Lunch: Tostados, Meat, Beans, Cheese, Lettuce, Spanish Rice, Plum Cobbler.

TUESDAY, JANUARY 23

Breakfast: Cereal, Buttered Toast, Juice.

Lunch: Barbecued Ribs, Potatoe Salad, Beans, Hot Rolls, Gleanin.

WEDNESDAY, JANUARY 24

Breakfast: Biscuits, Sausage, Gravy, Fruit.

Lunch: Fish, AuGratin Potatoes, Vegetable Sticks, Cornbread, Cookies, Mixed Fruit.

THURSDAY, JANUARY 25

Breakfast: Cereal, Buttered Toast, Juice.

Lunch: Combination Pizza, Tossed Salad, Corn on the Cob, Pineapple, Vanilla Wafer.

FRIDAY, JANUARY 26

Breakfast: Malt-o-Meal, Buttered Toast, Fruit.

Lunch: Steak, Gravy, Creamed Potatoes, Green Beans, Hot Rolls, Pumpkin Dream.

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