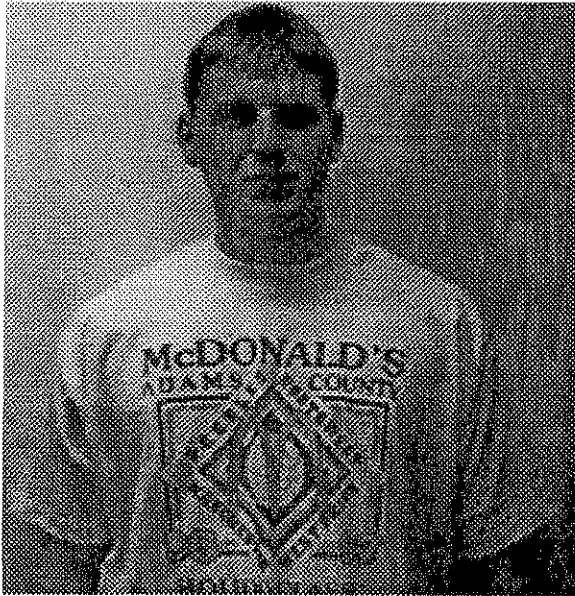


GORDLEY AND FRALEY TOURNAMENT MVP'S



The Indians put on amazing displays of their basketball talents for a roaring crowd at the McDonald's Holiday Tournament on December 28 and 30, 1996. The Boys and Girls Varsity victories over the West Union Dragons came as crowning achievements for both squads. At the time of this writing the girls stand at an undefeated 13-0 and the boys, after losing their first two games to poor free-throw shooting, rebounding, and defense, the boys have won seven straight, including dominating the Holiday Tournament.

The success could not have come at a

better time, following consecutive losing seasons for the boys and the loss of three seniors for the girls. But instead of allowing adversity to hold them down, they have risen above it, and taken their game to a whole new level with hard work and practice.

Yancy Gordley and Jessica Fraley each seemed to be the spirit of that dedication on December 30th as they were given the MVP awards of the final games of the Holiday Tournament.

When asked about her outstanding game, Jessica said, "I am very proud to get the MVP award, but I can't take all the

credit. The whole team has put in and worked hard all season."

Yancy Gordley said as much: "Being awarded the MVP award was the highlight of my basketball career, but I could have never done it without the team effort that was given. Great screens and passes were provided for me, which made my job easier. Scoring points is a big help, but that isn't what wins games. It is the little things such as the screens, cuts, passes, good defense and great coaching (that wins). I may have got the MVP, but the real MVP is the team."

Ryan Arey

Peebles Junior/Senior High School
Parent - Teacher Conference
Wednesday, January 29, 1997
3:30 p.m. - 8:00 p.m.

STUDENT FAVORITES

Name: Deborah Swayne

Grade: 12

Favorite Person: Evelyn Shoemaker

Favorite Car: Corvette

Favorite Movie: Far and Away

Favorite TV Show: Are You Being Served?

Favorite Place: Rome, Italy

Favorite Food: Fettuccine Alfredo

Favorite Song: Walk on Water

Favorite Restaurant: Red Lobster

Favorite Saying: If you look for the bad in people, you'll find it. A woman's place is in the House, the Senate, and the Oval Office.

Name: Todd Pierce

Grade: 12

Favorite Car: My 79' F150 Shortbed

Favorite Movie: Happy Gilmore

Favorite TV Show: 3rd Rock from the Sun.

Favorite Place: Longs Retreat

Favorite Food: Steak

Favorite Song: Crossroads

Favorite Restaurant: Applebee's

Favorite Saying: Yes Ma'am, Yes Sir

Name: Jamey Brown

Grade: 11

Favorite People: PHS marching band

Favorite Car: Chevy Monte Carlo

Favorite Movie: Mission Impossible

Favorite TV Show: Three Stooges

Favorite Place: Marching field

Favorite Food: Oreos

Favorite Song: I will survive

Favorite Restaurant: Taco Bell

Favorite Saying: What?

Name: Chrissy Elliott

Grade: 11

Favorite Person: Luke Reynolds

Favorite Car: 1996 Mustang

Favorite Movie: Twister

Favorite TV Show: Home Improvement

Favorite Place: Luke's House

Favorite Food: Salad

Favorite Song: Hero

Favorite Restaurant: Pizza Hut

Favorite Saying: Imagine that!

Name: Jeff Woods

Grade: 10

Favorite Person: Myself

Favorite Car: Mustang

Favorite Movie: Speed

Favorite TV Show: Simpsons

Favorite Food: Pizza

Favorite Song: Live Lighting Crashes

Favorite Restaurant: McDonalds

Favorite Saying: Dude

Name: Becky Chamblin

Grade: 10

Favorite Person: Chris Ingles

Favorite Car: Beretta

Favorite Movie: Phenomenon

Favorite TV Show: Beverly Hills 90210

Favorite Place: Florida

Favorite Food: Pizza

Favorite Song: This is how we do it

Favorite Restaurant: Ponderosa

Favorite Saying: As if

Name: Lee Pertuset

Grade: 8

Favorite Person: Lee Pertuset

Favorite Car: Jaguar

Favorite Movie: Independence Day

Favorite TV Show: Home Improvement

Ideal Place: Hawaii

Favorite Food: Pizza

Favorite Song: Brain Stew

Favorite Restaurant: Pizza Hut

Favorite Saying: I think therefore I am

Name: Chastity Bowling

Grade: 7

Favorite Person: Erin Lane

Favorite Car: Escort

Favorite Movie: Clueless

Favorite TV Show: Moesha

Ideal Person: Jim Carey

Favorite Food: Cheese

Favorite Song: No One Needs To Know

Favorite Restaurant: Sky Line

Favorite Saying: Whatever

Name: Jay Crum

Grade: 7

Favorite Person: Pam Crum

Favorite Car: V.W. Beetle

Favorite Movie: Independence Day

Favorite TV Show: Seinfeld

Ideal Place: Home

Favorite Food: Pizza

Favorite Song: Ode To My Car

Favorite Restaurant: Taco Bell

Favorite Saying: Don't bother me.



**Don't Miss Our
Valentine's Day Issue
- On Sale February 6th -**

CLUB NEWS

Drama Club News

The PHS Drama Club's play, "Once Upon a Clothesline," has stepped up to new level of production. The Drama Club held a meeting on January 13th to set practice schedules and to determine each member's role in the play. Although the actual dates for the performance are not known, the Drama Club does know that the play will be performed for the Elementary at least twice, and perhaps an evening performance for the town to watch. The Tribal Times will keep you updated.

Student Council News

On January 10 the Student Council met for the third time this year. We discussed Data Match, which by now you already filled out. Data Match results will be back on February 14 (Valentines Day). They will be sold, for a dollar each, in the cafeteria during all lunches. All profits will be used by student council, to make Peebles High School a more student-friendly place.

FHA News

The Peebles High School FHA held their monthly meetings on December 18 and January 8. They discussed many things, beginning with deciding what to get Seniors for their gift from the FHA group. Then the idea of cooking dinner for the Ronald McDonald House on a Friday evening in January was brought up by Laura Pottinger. We then discussed our Valentines Dance, which will be held on February 14, 1996, after the ball game. We decided to serve pizza, pop, and cookies at the dance. The idea of having games/contests at the dance was also brought up. The last thing discussed during the meeting was about a small boy named Cody Day, who is a year old, and from the West Union area. He and his parents were in a car wreck a few months ago, in which his mother was killed, his father severely injured and Cody was left paralyzed from the waist down. We decided to buy him and his father gifts which would be very useful to them. The next meeting will be held on January 8, 1997, during the second lunch period. The FHA is also going to sponsor a school wide smoke-out in mid-February through the American Heart Association.

FFA News

The FFA participated in the Tobacco Grading Contest at Ripley on December 17. The team of Landon Woodall, Stephanie Turner, and Andy Cluxton placed 1st overall. Andy placed 1st in the Junior Division and Landon placed 10th in the Senior Division.

The Sophomores hatched 20 chickens. We are feeding them in four different groups. The first group of 5 are being fed chick starter. The second group is being fed shelled corn. The third group is being fed oats and the other group is being fed shelled corn and bean mill.

CPR Class News

This trimester the First Aid/CPR class is making good progress. The class is a pass/fail course. Students have to complete a number of tasks to pass the course, some of which are: the students will have to keep a note book, complete a 3-5 minute demonstration on a topic assigned by Mrs. Greenlee, practice and participate on the manikins, complete a practical test on baby, junior, and adult manikins, and demonstrate first aid/CPR to elementary students at the completion of the course. If the students complete all the required criteria to Mrs. Greenlee's satisfaction the students take a formal test to get their CPR card and registration.

I WONDER.....

I wonder about a lot of things late at night when the power goes out. Here are just a few:

- If you were a policeman, how would you go about handcuffing a one-armed man?
- The Bible says that Noah put two of each animal on the ark. What about the fish?
- Is there more crime at the South Pole, or the North Pole?

Counselor's Corner

**Friday,
January 24**

Late Registration Postmark Deadline for February ACT Test

**Wednesday,
January 29**

College Night in Conjunction with Parent/Teacher Conferences

Following are test deadlines for remainder of 96-97 school year:

ACT:	Test Date	Regular Registration	Late Registration
	April 12	March 14	March 28
	June 14	May 16	May 30
SAT:	Test Date	Registration	
	February 1 (I only)	March 15 (SAT I only)	
	May 3	March 28	
	June 7	May 2	

SPORTS

Indians Fall to Whiteoak, Come Back to Win Next 7

Tuesday, December 10, the Peebles Indians traveled to Mowrystown to face off against the Whiteoak Wildcats. The Wildcats have a better team than usual this year. Going in to the game the Indians knew they had their work cut out for them, and they gave an overall poor effort. The Indians were out rebounded on both the offensive and defensive boards. Peebles also allowed too much penetration from the Wildcat guards. The Indians also had trouble stopping the Wildcats' 6'6, 250 lb. center who scored 24 points and pulled down 14 rebounds.

The Indians were led in scoring by Yancy Gordley and Tim Grooms who both scored 14 points. Josh Ryan also scored 10 points, to go along with 5 rebounds and 5 assists. Tim Grooms was the leading rebounder with 9.

On December 13th, the Indians faced off against the Rockets of Fayetteville, in a game that was all Indians from tip to finish. The final score was Peebles 55, Fayetteville 36. Yancy Gordley led the Indians with 20 points.

On December 17th, the Manchester Greyhounds payed us a visit for a league match up, in which the Indians led by Giovanni's's Player of the Game Brad Stroup mauled the Greyhounds in what wasn't even a close game, by the final score of 81-51. The Indians were led by Brad Stroup who scored 18 points and pulled down 10 rebounds, followed by Yancy Gordley with 16 points.

On December 20th, the Peebles Indians took on Paint Valley in a non-league match up. The Indians zone defense put the clamps on Valley outside shooting, and led them to a victory in overtime of 71-64. Indians were led by Yancy Gordley scoring 30 points and grabbing 13 rebounds. Tim Grooms also added 15 points to help lift Peebles over Valley.

During Christmas break the Indians participated in the McDonalds Holiday Classic. On December 28th, the Indians played the North West Mohawks. Peebles had to beat the Mohawks to advance to the championship game. The Indians got off to a slow start, but eventually pulled together to defeat North West 64-51. The

Indians were led by Yancy Gordley, who scored 26 points, and 11 rebounds. Tim Grooms nearly ended up with a triple-double, scoring 12 points, grabbing 9 rebounds, and dishing out 8 assists. Brad Stroup also scored 10 points.

After beating North West, Peebles advanced to the championship game against the West Union Dragons. Talent wise, the Indians were better than the Dragons. Being one of our bigger rivals they came to play and it was a hard fought game, but at the end the Indians pulled away with the win of the tournament championship. The final score was Peebles 65, West Union 53. The Indians were led by Yancy Gordley, with 28 points, and 15 rebounds, Yancy also connected on 16 out of 19 free throws. Josh Ryan also scored 18 points, to go along with 7 assists and 9 rebounds. Tim Grooms also came up with 9 rebounds. Yancy Gordley was named the McDonalds Holiday Classic MVP, after scoring a combined 54 points and grabbing 26 rebounds during the two PHS victories.

On December 7th, the Indians traveled to Lynchburg to face off against the Mustangs. Lynchburg is usually hard to beat at home, but Peebles came ready to play and managed to escape with a 61-55 win. The Indians were led by Yancy Gordley who scored 21 points and grabbed 12 rebounds. Josh Ryan followed close behind with 14 points, 6 rebounds and 5 assists. Tim Grooms also gave a strong effort with 12 points and 6 assists.

On December 10th, Peebles was matched up against the 9th ranked team in the state in Division IV, the Fairfield Lions. The Indians came out hot, firing on all cylinders. The offense, and defense were excellent. The Indians ended up with a huge victory by pounding the Lions 76-53. Yancy Gordley had an outstanding game, scoring 28 points and coming up with 12 rebounds. Tim Grooms had the best overall game, just 2 rebounds short of a triple-double. Tim scored 15 points, dished out 11 assists, and pulled down 8 rebounds. Josh Ryan also played well, scoring 12 points to go along with 8 rebounds and 5 assists.

PHS Girls Basketball

On Monday, January 6, our Girls Reserve and Varsity Basketball teams played Eastern High School. The final score for the Reserve Girls was 41 to 17, warriors winning with a huge lead. Leading scorers were Beth Copas with 6 points, and Jamie Seaman with 3 points. The Varsity Girls beat the Eastern Warriors 65 to 35. The leading scorers for the Varsity were Jessica Fraley with 24 points, Amber Ison and Paula Scott both with 12 points. The Varsity Girls are still undefeated this year and are planning on going all the way.

On Monday, January 13, the Girls Reserve and Varsity teams played Huntington Ross. Both teams played excellent games. The final score for the Reserve Girls was 32 to 29, Lady Indians beating the Huntsmen. The leading scorers were Cortnee Sowards with 10 points, followed by Lanelle McCoy with 8, and Alaina Walcott and Jessica Shoemaker both with 6 points. The Varsity Girls beat the Huntsmen 64 to 48. The leading scorers were Jessica Fraley with 20 points, Amber Ison with 11, and Molly Stine following closely with 10 points.

On Wednesday the 15th the Lady Indians played the Piketon Red Streaks. A close game caused the varsity game to go into overtime. The final score was 94 to 92, Indians coming out on top to advance their record in now 14-0. The leading scorers for the varsity were Jessica Fraley with 20 points, Molly Stine with 18 points, and Amber Ison with 17 points. The reserve team played a good game also, but lost to the Red Streaks 27 to 40. Leading scorers Tabatha Dodson with 8 and Cortnee Sowards with 6 points, helped the Indians reserves give Piketon a challenge. The next game will be against West Union at home on January 23 at 6:00. Come out and support the Lady Indians.

MOVIE REVIEWS

The Preacher's Wife

In Penny Marshall's new romantic comedy, "The Preacher's Wife," Whitney Houston stars as the gospel-singing wife of Reverend Henry Biggs, a good man who is doubting his ability to make a difference in his troubled community and home. Help is on the way in the form of angel Dudley (Denzel Washington), who soon becomes both the source of and solution to their problems.

This movie was really cute, but very long. I felt that the story could have been told in an hour and a half instead of two hours and a half. I guess if you're in the mood for a long romantic comedy, then this is your movie. I would see it with your girlfriends and leave your boyfriend at home. I give it four stars.

The cast of "The Preacher's Wife" includes (clockwise from right) Denzel Washington, Justin Pierre Edmund, Darvel Davis Jr., Jenifer Lewis, Courtney B. Vance and Whitney Houston



Michael

"Michael" is about the Biblical archangel Michael coming to Earth and affecting the lives of three tabloid reporters that he meets. Well, it seems that lately everything John Travolta touched turns to gold. His acting has made even the WORST movies bearable, like "Broken Arrow," or even, God help us, "Look Who's Talking Now." I really enjoyed his performance and his character in "Michael." But I was severely disappointed in William Hurt's (who you might remember from "The Big Chill") character. For a guy so important to the plot, he really isn't developed very well, and doesn't do William Hurt's acting talents much justice. Any good actor can play a bad role well, but it takes a GREAT actor to take a bad role, like William Hurt's, and make it great itself. He just doesn't do that in this movie, and I was disappointed.

Most of the writing in the movie is witty and original, except when it starts to turn into one of the sappy romantic comedies that Hollywood is so fond of producing lately.

But I enjoyed this movie, if for no other reasons than that John Travolta is in it, and its storyline takes irregular twists and turns through areas that no movie I've seen in a long time has explored.

Ryan Arey

Beavis and Butt-Head Do America

Huh...huh...huh...this movie's cool! It's like...really funny, and there's guns and chicks and stuff! And that corn Hulio guy's in it, too.

I'm not exactly what you would call a religious watcher of Beavis and Butt-head, in fact, most of the episodes I've seen have been watched only because I was with someone else who would belong to a Church of MTV if there was one to go to. But I love laughing at these two bozos, because I'm always glad to see someone besides me act really stupid for a change. I have noticed, however, that a lot of girls don't care for these two all that much. So this is a message to them (if they would read a review about a show they don't like): you have no idea how close this is to reality. Guys can watch this and think to themselves, "yeah, that's what I was like in junior high." It's funny, and it's also a little scary. This is what ALL men would be, given the right circumstances. We are ALL Beavis and Butt-head.

But remember something, we're not laughing because they're saying the word "wood" over and over, we're laughing because THEY'RE laughing at something so ignorant we found it humorous in the 7th grade. Keep that in mind.

T.V. REVIEW

SATURDAY NIGHT LIVE IT'S ALIVE!!!!
SATURDAY NIGHT LIVE IS ALIVE!!!!

It has finally happened. For the first time in five years, I can tune into Saturday Night Live and be glad that I stayed up so late. The new cast members have finally started to click together, and the whole show is improving as a result.

The real strength of SNL over the years has been in its memorable characters; the Coneheads, Wayne and Garth, Samurai

Deli, Church lady - they are what make this show memorable. And Saturday Night Live's characters have breathed new life into this show once more. The best reason to tune in every week are the Spartan Cheerleaders, the lady on the porch, and my personal favorite, the Ambiguously Gay Duo.

SNL's greatest flaw still remains,

however good her characters are. The skits drag on waaaaaay too long, and sometimes I just wish they would go away.

Lately, a lot of critics have felt like SNL's time has passed, and that they should throw in the towel. I'm glad they haven't. SNL is a T.V. icon, and it's going to be around as long as death, taxes, and Bob Dole.

HOROSCOPES

Aquarius Jan. 20-Feb. 18

Knowing who you are is more important than knowing what you are. Hidden doubts and fears will merely inhibit your progress in the future. There are times when your need to be different and original can be counterproductive. This is one.

Lucky Days: 4, 11, 18

Pisces Feb. 19-Mar. 20

Your imagination is urging you to seek a different route to your destination. It is well worth your while to try to find one, and the odds are currently stacked in your favor. An important door is about to open--are you ready to pass through it? Don't underestimate your ability to influence events. Lucky Days: 9, 17, 28

Aries Mar. 21-April 20

A boost to your confidence could move you to overreach yourself. Don't let impatience jeopardize a relationship that means more than you may care to admit. Take on the world if you must, but remember that it's quality-not quantity-that counts.

Lucky Days: 1, 19, 20

Taurus April 21-May 20

Something appears to be lacking in your life, and the influences of others are urging you to identify and pursue it. It won't be easy--but what really matters seldom is. Nonetheless, with the necessary commitment and conviction, you really cannot fail. Lucky Days: 7, 13, 29

Gemini May 21-June 21

The focus this month is finances--you must still be careful not to risk, spend or invest more than you can comfortably afford. Keep everything as simple as possible. Keep your eyes and options open and you will be able to find a satisfactory solution. Lucky Days: 2, 10, 23

Cancer June 22-July 22

If loved ones seem to be behaving out of character, it is probably due to feelings of insecurity. You will more than likely have a change of heart about someone close. You must find out what others expect of you and clarify your feelings.

Lucky Days: 9, 17, 30

Leo July 23-Aug. 22

Pressure is apparently mounting over a matter related to school or work, but your sense of duty has never been more acute, and you should know what needs to be done. Nothing is to be gained by trying to manipulate events; you would do better to respect the thinking of those who rely on you most. Lucky Days: 7, 12, 26

Virgo Aug. 23-Sept. 22

Don't cling to a sinking ship, no matter how buoyant it originally appeared. It looks as though you should get your life on a straight and narrow path for your future. Remember not to take anything for granted. Lucky Days: 2, 15, 24

Libra Sept. 23-Oct. 22

A family member is determined to make waves; it's up to you to keep the peace. Knowing what you want is half the battle this month. Understanding how to achieve it is the other half. Speak your mind only if it helps to clear the air.

Lucky Days: 1, 5, 16

Scorpio Oct. 23-Nov. 21

Let bygones be bygones, by all means, but don't fall into the trap of repeating past mistakes--especially when they can be avoided by remaining in control of your wits and emotions. When something sounds too good to be true, it usually is. If compromises have to be made, be sure they are made by everyone concerned.

Lucky Days: 10, 13, 20

Sagittarius Nov. 22-Dec. 21

Someone is trying to take advantage of your generosity or goodwill, and unless you put an end to it now, the problem is liable to escalate. With the support of a close friend, you can accomplish much, but only if you remain true to your ideals. Lucky Days: 3, 11, 19

Capricorn Dec. 22-Jan. 19

Cultivate a connection that could serve you well in the future, even if you end up biting your tongue over a conflict of views. This is a month in which you have to decide whether the glass is half full or half empty. Positive thoughts result in positive actions. It's your choice. Lucky Days: 6, 13, 21

5 BEAUTY RULES GO AHEAD... BREAK 'EM

Rules were made to be broken! So, don't be stuck in a beauty rut! When it comes to your looks--you're the boss.

Rule #1

Blow dry your hair on cool, not hot.

When you're in a hurry, you can turn up the heat. The trick is to keep your dryer on the move and at least 6 inches away from your hair. Actually, what can be more damaging to your hair is over-drying. Your best bet: Stop while your hair is a little damp.

Rule #2

Do your hair first, then your makeup.

No regulations here! Do whichever works best for you. Actually, putting your makeup on first may be easier and speedier. If you wrap your hair in a towel, it'll be away from your face while you do your makeup. And, the towel will soak up excess water from your hair, so it'll be faster to blow-dry and style.

Rule #3

Match your lipstick to your clothes.

Boring! Just as clothes are being mixed-not matched-the same goes for makeup. Matching lip color to your clothes makes your makeup appear too contrived. Instead, wear the color that looks best on you.

Rule #4

If you wear foundation, apply it to your entire face.

There's no need to load your skin with unnecessary makeup. In stead of applying foundation from your forehead to chin, dab it on just where you need it, then blend with a sponge.

Rule #5

Long hair should be all one length.

Another option and a newer look (and, one that's great for girls with bangs on the grow) is a 70's style cut with long layers in front that softly frame the face.

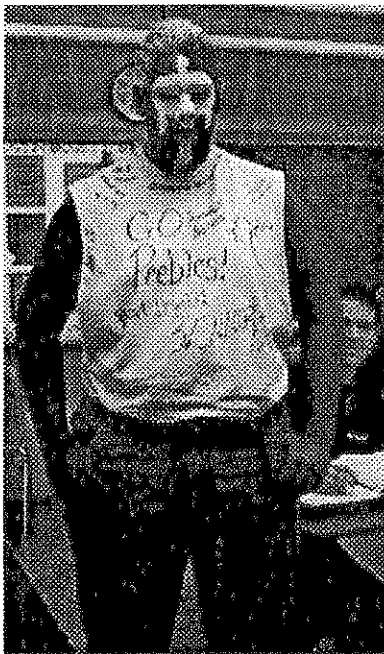
JUST IN FUN...

TOP TEN GOOD THINGS ABOUT HAVING PROM IN THE GYM

10. Prom gets boring...go to the other end of the gym and shoot some baskets.
9. Who needs prom in a hotel when we have the Crow's Nest for a little "privacy."
8. We can use the score board to talley the number of people who get drunk throughout the evening.
7. The lonely boys without dates whom decide to streak through the prom will be on familiar territory, so they can keep the nearest exit in mind.
6. Who needs a luxurious, Olympic-sized swimming pool, when we have the fungus-infested locker-room showers that create a searing steambath when the cold water knob is turned half and inch.
5. We can use the warping gym floor as a skateboarding ramp.
4. Is it just me, or does anyone else really, really, really, want to see Yancy Gordley get drunk, hang from the basketball rim with a lampshade on his head, singing "We are the Champions."
3. Hopefully it will be Sloppy Jo day in the cafeteria, so we can all eat a hardy meal that will stick to our ribs.
2. Since the prom's on school grounds, cigarette smoke won't bother the non-smokers; the wafting marijuana smoke coming from the top of the bleachers will have us all stoned in a few minutes anyway.
1. If all else fails...limbo with a basketball rack!

-Ryan Arey

(Of course, none of this is true, it's simply a joke. Our school is really not this bad. It's not bad at all. It's a good school. A cool school. With dirty showers.)



Let There Be No Doubt!

**The student with the most Indian Spirit has
got to be Jon Thomas!**

ALONE	DRONE	PINIONED
APPORTIONED	GONE	PIONEER
ATONE	HONED	POSITIONED
BARONESS	LONELY	POSTPONED
BONED	MONEY	PRONE
CHAPERONE	MONOTONE	RATIONED
CLONE	NONE	STATIONED
COMPONENT	ONEROUS	STONE
CONDITIONED	OPINIONED	TELEPHONE
CONDONE	OPPONENT	TONER
CRONE	OZONE	TROMBONE
CYCLONE	PHONED	UNDONE

H E E N O T O N O M D R E E N O I P
Q N E Q E N O H P E L E T I W Q E X
E O N H R Z Q O N D E E N O R C N H
K D O H Q F G O J E V N T O J Y O S
O N G J W T R K H N P O O Q I L R A
P O W Z B E Q O N O C F V T D N D Y
I C A Y P C W P T I I X U E A C I C
N P C A W Y C P R T Y M N L A O O P
I Y H J B C F O O R C O L O Z N N S
O C Z P A L P N M O H T C N D D E T
N R M H R O O E B P H E J E E I R A
E A O O O N S N O P O E U L N T O T
D T N N N E T T N A N N C Y O I U I
T I E E E Z P T E O D L E P B O S O
O O Y D S N O E L O O U R N H N X N
N N Q S S O N A N N M O I I T E B E
E E O Z O N E E E E E N O T S R D T D
R D I I O E D Z D E N O I T I S O P

HAVE A HEALTHY 1997

- To stay healthy, your body needs, protein, carbohydrates, fat and many different vitamins and minerals from a variety of foods. A combination of foods from the four food groups (1. bread, cereals and grains; 2. vegetables and fruits; 3. milk, yogurt and cheese; 4. meat, poultry and fish) will provide you with the nutrients you need.
- Start your day with breakfast. After a night without food, a morning meal helps get you going and prevents a midmorning energy slump.
- Eat slowly. Eating food without really tasting it is a waste. Also, if you take time to savor every mouthful, you're likely to be satisfied with less.
- Don't deprive yourself. This can lead to cravings followed by overindulging. Try eating a small portion of your favorite snack instead.
- Eat four or five small meals during the day. This gives you energy and helps keep blood-sugar levels stable. You're less likely to feel deprived because you're eating every few hours, and you'll have more control over your appetite since you won't be as hungry.
- Watch your fat intake. A gram of fat has nine calories, whereas a gram of protein or carbohydrates has four. And, dietary fat is more easily turned into body fat than carbohydrates or proteins.

Nitty Gritty

Hey Eli, since you can't get any high school girls why not go for Junior High, right?

Hey Suellen A., what are ya doing with those shoes, trying to compete with the sun?

Missy, did Billy Rogers recognize you as the MacDonald's girl?

Jessica F., is Jodi K. there?

Hey Kendra--senior, or an 8th grader? I'd say it's a better chance with the 8th grader.

Hey Chunk, been rockin' the cradle lately?

Katy, how many people are you after now?

Nikki and Luke, who really did win the wrestling match?

Vickey, has Pube's been trying to scare you?

Beth, how did your date go with Ben?

Rebecca, what have you been doing on the rocks lately?

News Year's Resolution

Ms. Fulton -To be a nicer person.

Mr. Edwards -Get ahead on summer work.

Mr. Vivian -Make dentist appointment.

Mr. Edingfield -Not to have one.

Luke Ogden -Find a good job this summer.

Becky Schwab -Pass the school year.

Clinton Dick -To kiss Jessica Fraley.

Kenric Sturgill -To have a better cross country season.

Nathan Elkins -To stop hangin' around losers.

Todd Pierce -Finish work on my pick-up truck and pass English.

Mark Bodenstein -To be a thug.

Michael Cross -To pass English

Kara McElwee -Not to have any more wrecks.

Peggy Anderson -To be more patient with others.

Jennifer Seaman -To stay away from stress.

Vickey Wagner -To be a freak like Rebecca.

Rebecca Lykins -To not eat red meat.

Jessica Henley -To find a perfect man.

Jessica Fraley -To find a nice man with a perfect butt.

Nicole Nussbaum -To beat Chad at 5000 rummy.

Stacy Kidder -To stay out of trouble and to earn back my parents trust.

Alaina Walcott -Not to get involved with the wrong guys.



February Birthdays

- 01 Scott Shoemaker
- 02 Tommy Newman
- 03 Trea Edwards
Marie Moore
Landon Woodall
- 04 Nickie Mosley
- 05 Jesse Whitt
- 08 Toni Storer
- 09 Valerie Long
Phillip Ritz
- 11 Nikki Shiveley
- 12 Jonathan Durbin
- 15 Belinda McCane
- 16 Carrie Finlaw
Jody Loncaric
Amber Oney
Sarah Patton
- 17 Mechell Frost
Kyle Goldie
Jessica Sheppard
- 19 Sara Goldie
Jeremy McKenzie
- 20 Bobby Manley
Erica Puckett
Ricky Puckett
- 22 Jason Osher
- 24 Erin Lane
- 25 Marian Kampf
- 26 Joseph Vincent
- 27 Jennifer Sipe

Senior Class Hall of Fame

- BEST PERSONALITY: Olivia Puckett and Todd Pierce
- BEST LOOKING: Regina Smalley and Tim Grooms
- MOST ATHLETIC: Molly Stine and Kurt Beckham
- BEST BUILD: Emily Lieb and Nathan Elkins
- CLASS CLOWN: Lauren Worley and Jon Thomas
- WILDEST: Beth Wilson and Rusty Hawes
- QUIETEST: Missy Countryman and Jeremy Wallingford
- BIGGEST BROWN-NOSER: Rebecca Lykins and Jerry Akers
- BEST ALL AROUND: Julie Purtee and Jake Willoughby
- BEST DRESSED: Brianne Brown and Brandon Schutte
- MOST LIKELY TO SUCCEED: Beth Armstrong and Jeff Swayne
- BEST SMILE: Jennie Arnold and Josh Ryan
- MOST TALKATIVE: Toni Storer and Ben Weber
- MOST GULLIBLE: Kara McElwee and Shaun Countryman
- CLASS FLIRT: Vickey Wagner and Yancy Gordley
- MOST LIKELY TO REMAIN SINGLE: Deborah Swayne and Jeremy Crum
- MOST ARTISTIC: Belinda McCane and Josh Griffith

Staff

- Peggy Anderson
- Ryan Arey
- Melissa Countryman
- Shaun Countryman
- Jessica Henley
- Stacy Kidder
- Rebecca Lykins
- Jennifer MacDowell
- Nicci Nussbaum
- Rick Puckett
- Jennifer Seaman
- Alaina Walcott
- Jurina White
- Mrs. Lewis, Advisor