

# Jr. Pro Scores

JAN 25 THURSDAY GAME 1

Lakers	Freethrows	Fouls	Points
Zack Dixon			
Ashley Robinson	4 of 7	1	10
Ann Adams	2 of 2	2	2
Donita Bullock	0 of 3	4	8
Brandon Buswell			2
Cydie Trone			2
Jared Harding	0 of 2	4	11
Maverick Whitehead		2	4
Dylan Holden	absent		
<b>Totals</b>	<b>6 of 16</b>	<b>15</b>	<b>37</b>

Magic	Freethrows	Fouls	Points
Katie Howard	1 of 2		5
Nick Miracle	0 of 1	4	
Jesse Coffey			
Cody Kirby	2 of 4	3	4
Jonathan Rhodus	absent		
Coty Mize	1 of 2	5 (out)	9
Joseph Baker	1 of 4		1
Cora Collinsworth			
Jordan Cook	1 of 1	3	7
Brandon Proctor			
Mickal McDaniel			2
<b>Totals</b>	<b>6 of 14</b>	<b>15</b>	<b>28</b>

Teams 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> 4<sup>th</sup>  
 Lakers 6 12 22 28  
 Magic 9 19 26 37

Jan 25 Game 2

Raptors	Freethrows	Fouls	Points
Dustin Raider	4 of 7	1	16
Chris Rogers			
Megan Muzurk		2	
James Hensley		1	
John Moon			6
Kyle Riddle	0 of 2	3	10
Allen Burdette	0 of 2		
Jacob Ellison	0 of 2		
Kelsie Bradley	1 of 4	1	5
Crystal Barnett			
<b>Totals</b>	<b>5 of 17</b>	<b>8</b>	<b>37</b>

Bulls	Freethrows	Fouls	Points
Daniel Martin	2 of 2	4	2
Jeremy Neal			
Spencer Mullins	2 of 2	3	6
Devin Davidson		1	
Derrick Pittman		1	
Jamie Todd		4	10
Dakota Mahaffey		1	10
Anthony Pruitt			2
Kayla Damrell			
Tasha Damrell			
<b>Totals</b>	<b>4 of 4</b>	<b>14</b>	<b>30</b>

Teams 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> 4<sup>th</sup>  
 Raptors 10 20 25 37  
 Bulls 12 20 26 30

Jan 25 Game 3

Celtics	Freethrows	Fouls	Points
Brian Clontz	6 of 8	2	12
Travis Carpenter	0 of 2	1	6
Will McClure		1	
Brian Morrison			
Chris Robinson			
Matthew Lunsford		3	
Sasha Bullock	1 of 2	3	1
Arron Daniels		3	2
Alana Daniels	Absent		
Blake Parsons		1	
Cole Abney			
<b>Totals</b>	<b>7 of 12</b>	<b>14</b>	<b>21</b>

Timberwolves	Freethrows	Fouls	Points
Tanner Childress		4	
Dustin Barnett	0 of 3	3	8
Timmy Pruitt		3	2
Dustin Reynolds			8
Steven Howard	0 of 2		
Grant Burdette	0 of 4	4	2
Charles Dickerson			
Levi Wynn			
Curis Broughton			
Andrew Sowder			
<b>Totals</b>	<b>0 of 9</b>	<b>14</b>	<b>20</b>

Jan 27 JV Game 1

Lakers	Freethrows	Fouls	Points
Dakota Smith	9 of 10	1	19
Phillip Hampton			
Josh Blair		1	4
Jason Raider			
Nathaniel Mullins		1	2
William Mason			
Chris Carpenter	1 of 2	1	7
Ethan McClure	2 of 4	1	4
Chris Riddle		1	6
<b>Totals</b>	<b>12 of 16</b>	<b>7</b>	<b>42</b>

## Poet receives awards

On December 26, William Jerry Ayers of Crab Orchard, was presented with two awards by The Famous Poets Society. First, Mr. Ayers was sent a Certificate of Recognition as a Famous Poet for 2000.

Then on Tuesday, December 26, he got his "2000 Poet of the Year Medallion and a Prometheus Muse of Fire Trophy."

The trophy was said to be "A thing of beauty and a joy-forever" by Famous Poet, John Keats.

William Jerry Ayers, has been a member of the Famous Poets Society for the past three years, but this was the first time he has won the trophy and pedestal for Poet of the Year.

He is very proud of this honor and to be a member of The Famous Poets Society along with members such as Johnny Cash, Willie Nelson and many, many other famous songwriters and poets.

It has been a very good year for our local writer with his book "Weird Legends" being published and now on sale. Four of the songs he wrote were published and recorded. And now the awards for his poetry.

So what is in the cards for our local writer in 2001?????????

Magic	Freethrows	Fouls	Points
Devin Hasty	1 of 2	1	17
Andrew Latwell			
Stephanie Barnett			
Gary Keith Caldwell		2	4
Zachary Stevens		1	
Justin Lear		2	
Drew Davidson		3	4
Jordan Barnett		2	6
Josh Hancock	1 of 2		
<b>Totals</b>	<b>2 of 4</b>	<b>12</b>	<b>38</b>

Jan 27 JV Game 2

Bulls	Freethrows	Fouls	Points
Jordan Cash	2 of 6	3	10
Chris Evans		1	
Brian Mize	3 of 3	1	13
Cody VanWinkle			
Shannon Pruitt	2 of 4	4	10
Jacob Riddle		1	4
Brian Hellard			12
<b>Totals</b>	<b>7 of 13</b>	<b>10</b>	<b>51</b>

Heat	Freethrows	Fouls	Points
Jake Woodall	8 of 12	3	20
Thomas McCabe			
Mary Saylor	2 of 2	1	8
Michael Whitaker			
Donald Abney			
Jay Cobb			
Shannon Pruitt			
Chris Decker		2	2
Michael VanWinkle	1 of 2	5 (out)	11
<b>Totals</b>	<b>11 of 16</b>	<b>12</b>	<b>41</b>

Teams 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> 4<sup>th</sup>  
 Bulls 13 21 31 51  
 Heat 9 19 35 41

# Joseph B. Clontz

Certified Public Accountant

has moved his offices to Main Street, Mt. Vernon



Call 606-256-3623

## Antioxidants

By: Hazel Jackson

In the body, all cells use oxygen to break down carbohydrates, fats, and protein for energy. Just like pollution is created when burning gas in a car, the body forms free-radicals when creating energy. These radicals are dangerous because they may attach to other areas in the body and produce damage. This damage can lead to the creation of diseases, like cancer. Antioxidants are components in food that prevent free-radicals from becoming destructive. An antioxidant may be a vitamin or mineral, like vitamin E or selenium, or it could be phytochemical, like lycopene. Here is a list of the most common antioxidants and the foods that contain them:

**Carotenoids** are found in fruits and vegetables including carrots, fresh tomatoes, tomato products, green vegetables, peppers and squash.  
**Vitamin C** is found in oranges and orange juice, peppers, tomatoes and many other fruits and vegetables.  
**Vitamin E** is found in nuts, fish and oils, wheat germ and green leafy vegetables.  
**Selenium** is mostly found in seafood and organ meats.

For more information on nutrition, call the Extension Office at 256-2403.

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