Monday the 19th:
- Elem/JH Faculty @ 7:30
- Open BB

Tuesday the 20th:
- Ft. Worth Heifer Show
- SEHS @ Kress

Wednesday the 21st:

Thursday the 22nd:
- HS Staff @ 7:30
- Thursday Training

Friday the 23rd:
- 10:00 Lockdown Drill
- SEHS @ Hart

Saturday the 24th:

Weightlifting Results
Tate Richards Placed 1st
At Plainview Meet

Total - 1245 lbs.
Bench – 325  Squat – 440  Deadlift – 480

Joy
"Joy is what happens to us when we allow ourselves to recognize how good things really are."
- Marianne Williamson

Everything Happens For A Reason
People Change So You Can Learn To Let Go
Things Go Wrong So You Can Appreciate Them When They're Right
Good Things Fall Apart So Better Things Can Fall Together

January 18 - 24, 2015