

Pain Is Gain for Goudelock

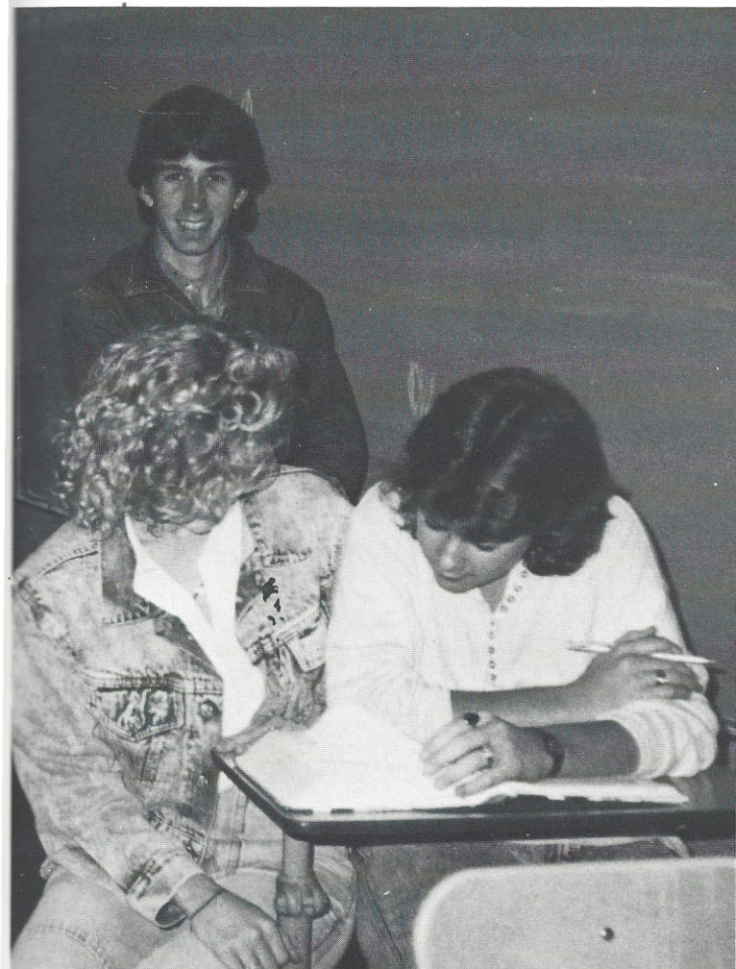
Does bodybuilding really work? Ask David Goudelock. Four years ago people wouldn't have believed that David would be a great football player. However, he has been named All-Conference twice and All-State. He has accomplished this through weight lifting.

David started lifting weights in the ninth grade. Three years ago he could bench press only 100 pounds; now, he presses 240, which is almost twice his weight. He has grown two inches taller and has gained twenty-five pounds. His exercise routine requires no special diet, and David does not take vitamins, but he has taken amino acids. Not only does David lift weights to better himself in football, but to improve his appearance. This physical accomplishment has carried over into his personal life and has given him self-confidence.

Today, David continues to lift weights three days a week for an hour and a half because he plans to continue football in college. However, he recommends weight lifting to everyone because he sees the benefits it has given him athletically and personally.

by Teri Barefield

Weight lifting has really paid off for David Goudelock who has developed his body and talents to become an All-Conference and All-State football player.



Lester Robinson, Tara Gunn, and Retta Melton, expecting a pop test, review a scene from *Macbeth*.



Give the boy a hand! Scott Douglas, who always arrived first at school everyday, greets his classmates before homeroom.