



The successful handoff between Anna Warf, left, and Scout Brockman helped the Lady Dragon team score valuable points in the 4 x 200m relay.



Carly Goff goes over the bar in the high jump with a height of 4 ft. 8 in.

Photos by Clevis Jeffries

Region Champs! Dragons and Lady Dragons win

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Shot put - 2. Scout Brockman - 37-05.00 and 6. Elizabeth Matthews - 28-03.00; Discus throw - 1. Scout Brockman - 120-00 and 8. Elizabeth Matthews - 78-00; Long jump - 2. Carly Goff - 15-03.00 and 6. Jessa

Sidebottom - 13-10.50; Triple jump - 5. Hallie Sharpe - 29-00.75 and 7. Emma Emmons - 28-01.25; High jump - 3. Carly Goff - 4-08.00 and 5. Avery Warf - 4-06.00; Pole vault - 1. Hallie Sharpe - 7-06.00 and 3. Emmalee Rouse - J7-00.00.

"We have been very

intentional the last several weeks in practice and meets in preparation for region. We brought the same intentionality Saturday as every kid knew ex-

actly what they needed to do to make our goal a reality," said Coach Grant Karnes. "They did what they had to do and then some, and we were fortunate to

bring home both championships this season. I'm beyond proud of this team, staff, and family."

Green County will compete tomorrow,

May 21 in the KHSAA Class 1A Outdoor Track and Field State Championships at the University of Kentucky Track and Field Complex in Lexington.



Bailey Bishop hands off the baton to Hallie Sharpe in the 4 x 100m relay. The relay team finished fourth overall in a time of 54.77 seconds.



Dragon Deacon James prepares to receive the baton from Massiah Shively in the 4 x 100m relay. The relay team finished third overall with a time of 44.86 seconds.



Bryce Brockman throws the ball with a mighty heave in the shot put event. He finished third overall with a distance of 39 ft. 10 in.

Physical activities kids can engage with daily

Modern children are not getting enough daily physical activity. So says a 2024 report from the Physical Activity Alliance, a coalition that works to promote regular participation in physical activity. Researchers behind the report utilized data from the National Survey of Children's Health and National Health and Nutrition Examination Survey data, which showed that just 20 percent of children between the ages of six and 17 meet the daily physical activity minimum of 60 minutes recommended by the U.S. Physical Activity Guidelines for Americans. That four in five children are not getting enough physical activity each day is a red flag for parents. A 2023 study published in the journal Children noted that children who engage in sedentary behaviors are at increased risk for an assortment of negative health outcomes that include obesity, type 2 diabetes, cardiovascular disease, and poor mental health. Parents can help kids reduce their risk by encouraging daily physical activity, which can be incorporated into youngsters' lives in various ways.

- Walking: Walking is an accessible physical activity that children can embrace throughout the day. In lieu of driving to the bus stop each morning, parents can walk their children there and even arrive a little early so kids get a chance to run around with their friends before the bus arrives. Parents also can incorporate walks into their nightly routines by taking a post-dinner stroll



around the neighborhood.

- Dancing: Dancing is another great physical activity that children, especially those in elementary school, tend to love. The National Institutes of Health note that dancing can improve mood, promote heart health, help to build strong muscles and bones, and create better balance and coordination, among other benefits. Parents concerned that kids aren't getting enough physical activity can host routine dance parties at home to get kids off the couch and up and moving. Let kids choose the music so they're more enthusiastic about cutting a rug.
- Outdoor activities: Organized sports is not the only way for kids to be physically active. Kids who don't enjoy sports can still get lots of exercise each day. Parents can introduce youngsters to outdoor activities like hiking, kayaking and cycling to ensure they aren't spending all of their free time sitting around. Come wintertime, if the air outside is too chilly, consider taking youngsters to a local indoor swim club or an indoor rock climbing facility, many of which have programs for climbers as young as five. Many modern kids aren't

SUDOKU

	5	3				4		
	1		4				6	9
			6	7				
8		9			1			2
1					7	9		
			3	6				
4		5			9	1		
								4
	6					3		8

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

9	6	2	7	1	4	3	5	8
3	8	1	2	6	5	7	9	4
4	7	5	3	8	9	1	2	6
5	2	7	9	3	6	8	4	1
1	4	6	8	2	7	9	3	5
8	3	9	5	4	1	6	7	2
2	9	4	6	7	8	5	1	3
7	1	8	4	5	3	2	6	9
6	5	3	1	9	2	4	8	7

ANSWER: