



The slopes have some fun for everyone.

Courtesy: Benton Baldwin

## The Motah Movement

By: Tayler Massey

The world today is filled with status quotas, a constant drive toward "perfection," and altered images of celebrities that fuel the drive toward this perfection. The Motah movement is an attempt to provide kids today with the chance to share their inspirational stories and achievements with other kids like them and with the world. So much of today focuses on the negative and the things that go wrong, but Motah focuses on the posi-

tive and the things that go right in life. Real kids can post real stories online about their trials and how they accomplished things as simple as getting a good grade on a test, to achieving a life long dream.

Motah is not just for kids, it is open to teenagers and adults too. On the website you can read about Motah and its purpose, be inspired by "motah"vated kids, and watch short video clips on featured Motah kids. Along with the featured

tainside. Those individuals with less athletic motivation have enjoyable things to do such as, soaking up the sun's rays for that perfect natural glow or, reading a novel while lounging. For the adventurous at heart there are a plethora of options ranging from sailing on the deep blue sea or, parasailing in the crisp ocean breeze that overlooks a suffer's paradise.

Senior Victoria Rics recommends "checking out the surf," and she's not talking about the waves. This form of entertainment cannot be properly executed if the objects being critiqued are wearing layers of jackets and snow pants. Ski-

videos, there is another special clip online where the Motah founder, Cynthia Lee, elaborates: "The video you see on the web site is part of a pilot television show we are currently pitching to networks. So, the more we can get you to post online, the more attention we can draw to Motah, and the better chance we have of getting the TV show picked up by a network. The

skin produce Vitamin D, a vitamin people lack during the winter. This is not to say that the sun does not shine on the mountains, but that the sun's rays cannot reach a person's skin when they are dressed in appropriate winter gear. According to the Mayo Clinic web site, Vitamin D is necessary for preventing high blood pressure and growing strong bones.

When you're planning the perfect spring break, just remember that the beach in March is an exceptional vacation spot. The mountains on the other hand can bring not only frostbite, but a possible ER trip as well.

TV show will travel to different cities, highlighting great kids and giving viewers a look at what the host city has to offer."

Motah is a new, fresh, uplifting source of motivation and inspiration for youth today. Share your story by visiting [www.motah.us](http://www.motah.us) and joining the Motah movement today!