

Russo and Miller heading to Charleston to compete in state meet

By Lenny Sementi

Thanks to a good showing at the Sullivan Sectional this past Thursday, Cassie Russo and McKinlee Miller punched their tickets for a trip to Charleston and a spot in the IHS State Track and Field Meet this Thursday, May 17. The duo will take on the state's best and will be hunting for a spot on the podium. Both enter the meet ranked near the top of the field in

their respective events and led the Lady Warriors to a fifth place finish in a loaded sectional.

Russo left the Sullivan Sectional with the gold, taking first place in the shot put posting a personal record with a toss of 39-feet 6-inches and enters the state meet ranked seventh, just a few inches out of the top three. Classmate Ellen Brown came up just short with a toss of

33'2" taking fifth overall. Russo was a near miss in the discus but added to the team totals with a fourth place finish launching the disc 105'11".

Miller will do double duty on Eastern Illinois' Big Blue Track after qualifying for both the long jump and the triple jump. Miller touched the sand at 34'9.75" to take third overall, surpassing the qualifying distance. She

enters the state meet ranked 12th, and, if she can duplicate a 35' leap from a few weeks back, the junior will most likely find her way onto the podium. She enters at 17th in the long jump after qualifying with a jump of 16'8", less than 4 inches outside the top eight and taking fifth at the sectional.

Miller donated in the open run also taking sixth in the 100 hurdles. Brynn Tabel-

ing knocked on the door of qualification. The freshman ended up in sixth in the 400-meter open with a time of 1:04. Hannah Hornaday rubbed shoulders with the leaders for a while in the 800 taking 10th out of a 20-runner field. Kenzi Heckler and Maddie Green both ended up in the top ten as well in the 3200 finishing in ninth and tenth, respectively.

Head Coach Lacey Diaz's

4x200 meter relay missed the state standard by a just a few seconds ending up in fifth place overall with a time of 1:55. Joining Tabeling in the race was Laney Cummings, Ava Cothron, and Sophie James. The 4x800 team was on the doorstep, as well, thanks to Dairia Calanchini, Riya Patel, Hornaday, and Ashlyn Donnals. The group took sixth, crossing the finish line in 11:43.

East Prairie to send six athletes to state meet



Photo: Kayleigh Rahn

The seventh grade girls' track team is pictured with their conference championship plaque. Pictured in the front row from left are Makenzie Hershberger, McKenna Kleiss, Ella Boyer, Hailey Downs, and Mia Hausmann. Pictured in the second row from left are Harley Woodard, Molly Macaulay, Marley Good, Gracie Johnson, Peyton Wilms, and Izzy Wilcox.



Submitted photos

Pictured are the state-qualifying, seventh grade girls' 4x400 relay team. The team is pictured from left are Mia Hausmann, Ella Boyer, McKenna Kleiss, and Hailey Downs. The 4x200 team (below) pictured from left are Boyer, Hausmann, Izzy Wilcox, and Kleiss.



By Kayleigh Rahn

It was a tough competition at the AA sectional, East Prairie girls' track coach Beth Pugh said. "We are competing against schools that are much bigger than us, such as Mattoon, Charleston, and Effingham."

However, that didn't seem to slow down these stellar kids.

Seventh grader Ella Boyer punched her ticket to the state meet with a first-place finish in the 200-meter dash in 29.10. She will also team with McKenna Kleiss, Izzy Wilcox, and Mia Hausmann at the state meet in the 4x200 seventh grade girls competition. The girls clocked in at 1:58.15 for a personal record and a first place showing. Peyton Wilms

will be the alternate.

The 4x400 Hailey Downs, Kleiss, Boyer, and Hausmann earned a second place finish at sectionals, but qualified for the state carries with a season best time of 4:37.09. Gracie Johnson will serve as alternate.

Rounding out the state qualifiers is eighth grade thrower Peyton Armstrong, who earned his spot at the state meet in the shot put.

The student athletes will compete Saturday, May 19 in East Peoria.

Pugh also noted that many girls set personal records at the sectional meet.

Seventh grader Molly Macaulay laid down a season best 24'6.5" in the shot put, while eighth graders Carlie Seip saw personal bests in the 100 at 14.31 and the 200

at 29.33 and Maddie Stahler in the 800 at 3:01.05.

The eighth grade 4x200 relay team of Mady White, Stahler, Seip, and Alondra Tapia also clocked in with a season best at 2:06.85.

Tuesday, May 1 Conference Meet

The seventh grade girls' track team took the conference title at the 2018 JHOC meet May 1.

The younger Lady Hornets tallied 99 points to best second place Bement by just five points.

"It was close with Bement, and as I have told them every point counts," Pugh said.

Molly Macaulay earned a conference title in the discus with a personal best toss of 68' 4". She was followed by Marley Good, with a toss of 50' 7" for third, who also finished in third with a personal

best toss of 23' 7" in the shot put. She was accompanied by Harley Woodward who earned fourth after landing the shot at 22' 6".

Gracie Johnson tied for second place in the high jump hitting 4' even, while Makenzie Hershberger reached 3' 6" for sixth.

Ella Boyer took first in the 200 clocking at 29.87 followed by McKenna in second place for a personal best 31.45. Mia Hausmann logged a personal best, 14.45 effort in the 100 for third place, and Hershberger finished in sixth place in the 1600 at 7:05.66.

The seventh grade 4x200 relay team made up of Kleiss, Izzy Wilcox, Hausmann, and Boyer took the title at 2:03.89, and the 4x100 (Good, Macaulay, Hailey Downs, and Johnson) clocked in at 1:02.04 for third place points and a season

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REAL LIFE WELLNESS

By Dr. Bill Hemmer

BALANCE IS OVERRATED!

Go Big or Go Home! My last 4 articles have explained health lies we have all been taught that keep us stuck. I have extracted these lies from a fabulous book, The One Thing The Surprisingly Simple Truth Behind Extraordinary Results by Gary Keller and Jay Papasan.

In this final article on this topic, I will explain another common health lie we have all been told...thinking Big about your health potential is wrong!

Health Lie #6

The final health lie we have all been told is that thinking big about our health goals is wrong. We have been taught think small. Big has been associated with hard,

complicated, time-consuming, complex, difficult, overwhelming and intimidating. All of these words create a negative picture in your mind.

The fact is: Big is not Bad! Big is the only way you can truly break free for your chronic lifestyle-based diseases you are currently dealing with. Little ideas lead to little results. Big ideas lead to Big results.

For more than four decades, Stanford psychologist Carol S. Dweck studied how thinking big influences your actions. She worked with children revealed there were two different mindsets, some children had a growth mindset, in other words, they thought big. The other group of children had a fixed mind-

set and put artificial limits on themselves and avoided failure.

The growth mindset children used better learning strategies, experienced less helplessness, exhibited more positive effort and achieved more in the classroom. They were less likely to place limits on themselves and weren't afraid of short-term failure that would lead to breakthroughs in learning for a long-term success.

The fixed minded children were more afraid of failure than achieving success. They played it safe and rarely had extraordinary achievements in the classroom. There life was average at best. You deserve better than an average life!

The best news is you can learn to become growth minded in the same way you can learn any other habit. You just need to surround yourself with all 4 ways of the Functional Health Recovery and set your sights as Big as you can imagine. This is when the magic occurs!

There are 4 ways to recover your health and live healthy ever after these include: Attitude, Lifestyle Behaviors, Whole Food Nutrition and Movement. By combining these 4 ways your ability to reverse any chronic lifestyle-based disease is guaranteed.

These four ways will help you overcome all 6 of the health lies we have explained over the last month. Your attitude can and will change when you become empowered and learn that you can become your own healthcare provider. Your lifestyle behaviors will change also as you work through the different lies we have discussed. Eating whole foods will also help build your energy to the point that you can break free from any chronic diseases. Then, movement allows you to keep your energy up and become independent from our current sickness model of healthcare.

You deserve to live healthy ever after...don't you?

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