

Mental health matters, learn how to respond when someone needs aid

Arthur, Ill. – Mental health and substance use issues are common. Nearly 1 in 5 U.S. adults lives with a mental illness according to the National Institute of Mental Health. From 1999 to 2016, 630,000 people died from drug overdose according to the Centers for Disease Control and Prevention.

Give someone in your community a hand by learning how to recognize and respond when someone might need help with a free Mental Health First Aid workshop offered by University of Illinois Extension and the North Central Farm and Ranch Stress Assistance Center.

Mental Health First Aid is a skills-based program, where

participants learn and practice a five-step action plan to identify common signs and symptoms of someone coping with mental health or substance use problems and how to help. Gain skills to feel confident interacting with a person in crisis and leave with resources to connect the person with appropriate care. Topics also include trauma, addiction and self-care.

This training is open to the public and is appropriate for anyone in the agricultural or a rural community. Participants will build skills by practicing with real-world, agriculturally based scenarios.

Register for free online at go.illinois.edu/mentalhealth20

22. Participants will complete a two-hour self-paced online training before joining the instructor for a live webinar 9 a.m. to 4:00 p.m. CT Thursday, July 21. The deadline to register is July 7. For more information, contact Cheri Burcham at cburcham@illinois.edu or (217)543-3755.

University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate in this program, please contact the Extension office at 217-543-3755. Early requests are strongly encouraged to allow sufficient time for meeting your access needs. Illinois Extension leads pub-

lic outreach for University of Illinois by translating research into action plans that allow Illinois families, businesses, and community leaders to solve problems, make informed decisions, and adapt to changes and opportunities.

This program is affiliated with The North Central Farm and Ranch Stress Assistance Center - a 12-state, 15-partner collaborative created to develop and expand stress management and mental health resources and services for agricultural producers and stakeholders in the North Central region. The North Central Farm and Ranch Stress Assistance Center is funded by USDA NIFA (2020-70028-32728).



EIGHT-YEAR-OLD Sophia Yoder jumps off the diving board Monday at Ervin Park in Tuscola. Photo by David Porter.

Tuscola High School's second semester honor roll

HIGH HONOR ROLL Freshman

- Bennett, Andrew Jack
- Burlew, Jackson Padraic
- Carpenter, Reilynn Kellee "Adrian"
- Clodfelder, Kenna Marie
- Devlin, Aiden Dwight
- Ford, Jocelyn Christine
- Hornaday, David James
- Jeffers, Karson Alexander
- Kleiss, Carleigh Sue
- Klie, Nathan Donovan
- Patterson, Athalia Sivi
- Petry, Allison Jane
- Rauguth, Ava Quinn
- Reynolds, Jeffrey Allen "JJ"
- Spillman, Andrew Joseph
- Taylor, Brayden Anthony
- Wallace, Olivia Grace

Sophomore

- Barrett, Jackson Anthony
- Boyer, Marissa Mae
- Brucker, Alyson Kate
- Foltz, Joseph William
- Gardner, Alyx Kimi
- Gibson, Catherine Ann "Catie"
- Gough, Brayden Jamison
- Hasting, Natalie Rae
- Jones, Murielle Elyse "Elle"
- Moss, Sydney Pauline
- Petry, Addisyn Lee
- Powell, Elizabeth Grace
- Quinn, Jordan Taylor
- West, Mason Michael

Junior

- Bialeschki, Ethan Alexander
- Boyer, Ella Kathryn

- Hausmann, Mia Christette
- Jeffers, Kaleb Landen
- Kauffman, Grant K
- Rauguth, Anna Catherine
- Sanchez, Jordan Miguel
- Spillman, Thomas Vincent
- Veach, Natalie Marissa
- Woodard, Harley Alexis

Senior

- Bosch, Amelia Rose
- Boyd, Mark Robert
- Dean, Kathryn Paige
- Earl, Jaslyn Elizabeth Maureen
- Gough, Kyla Kaprice
- Haste, Caleb Theodore
- Kremitzki, Sophia Lynn
- Patel, Rajan Sanjay
- Stahler, Maddie Christine
- Wallace, Logan Andrew
- Wells, Victoria Lynn

HONOR ROLL Freshman

- Bennett, Thomas James
- Boyer, Ava Renee
- Deleva, Ayla Marie
- Goodmann, Waylen Avery
- Lance, Keyton Ryan
- Maxfield, Ella Grace
- Patel, Ritiksha Ashishkumar "Ritu"
- Picazo, Mya Margarita
- Rennels, Zack Thomas
- Simpson, Carter Nathaniel
- Sturts, Isabelle J
- Thomas, Brody Michael
- Veach, Emily Rose
- Weiss, Gracee Lynn Marie

Sophomore

- Arroyo, Nathalie
- Atwater, Christopher William
- Boyer, Raeanna Marie
- Thomason, Tyler Aaron
- Woods, Lauren

Junior

- Broady, Boston Kenneth
- Carpenter, Kaden Levi-Scott
- Downs, Hailey Nicole
- Dunn, Mikayla Jean
- Feeler, Alexis June
- Fiscus, Makenna Anne
- Fowler, Addisyn Mae
- Groves, Hailee Grace
- Haynes, Cayden Lee-Riley
- Herschberger, Makenzie Raeann
- Hornaday, Benjamin John
- Hudson, Hayden James
- Jones, Liriel Marie
- Laurie, Gianna Lynn
- Macaulay, Molly Rose
- Reed, Amelia Jo
- Urban, Brady Leo
- Walker, Neil Henry

Senior

- Baer, Caden Bennett
- Banta, Landon Thomas
- Belcher, Grace Jean
- Brown, Thomas James
- Hatfield, Haven Lee
- Lewis, Austin Eugene
- Musgrave, Taylor Danielle
- Pierce, Patrick Joseph
- Quinn, Jalen Tyler
- Stokholm, Frederik
- Trinkle, Ashlynn Faith

The Area's Newest Destination Steakhouse

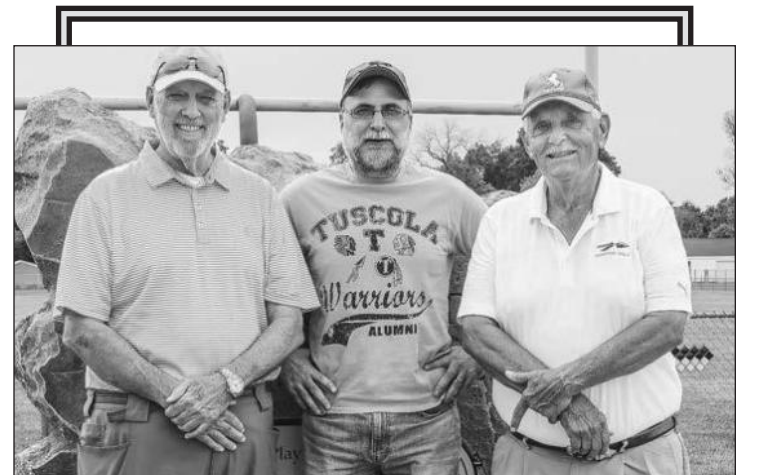
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Tuscola Review Podcast
Hosts Mike Carroll, Bill Englehardt & David Porter

Thursday afternoons on Facebook
www.facebook.com/TuscolaReview

Tuscola Public Library activities

- StoryTime every Tuesday 10 a.m.
- June 8, 4 p.m. Lego Club; 6 p.m., Exploring Cinema: Eighth Grade
- June 9, 10:30 a.m., Science Fun-Air
- June 13, 10:30 a.m., Douglas Hart Nature Center; 4 p.m. Youth Bingo
- June 14, 4 p.m., Flag Day Craft
- June 15, 10:30 a.m., Nature Walk and craft at Wimple Park; 4 p.m. Chess Club
- June 16, 6 p.m., Cooking with Marla-cheesy zucchini and chicken enchiladas
- June 17 7:00 p.m. Outdoor Movie-Enchanto and Block Party
- June 20, 10 a.m., Toddler Dance; 5 p.m., Crafter's Corner; Teddy Bear Sleepover drop-off all day
- June 22, 4 p.m., Science Fun-Forces
- June 24, 4 p.m., Teddy Bear Sleepover presentation
- June 27, 4 p.m., Science Fun-Colors
- June 28, 5 p.m., Travel Club-Door County, Wisconsin
- June 29, 6 p.m., Book Discussion, 1177 B.C. The Year Civilization Collapsed
- June 30, Scavenger Hunt all day

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| <p>16" Thin Crust Family Pleaser® with 1 Topping</p> <p>Additional toppings may be purchased.</p> <p>\$23</p> <p><small>Dine-In, Carry-Out & Delivery. Coupon Required. Limit 3. Online code: 161fp</small></p> <p><small>Must show coupon. Restrictions may apply. Not valid with other coupons or offers. Toppings exclude extra cheese. Delivery charges may apply. Available at participating Monical's Pizza® locations. Valid 5/30/2022 - 6/26/2022.</small></p> | <p>16" Thin Crust or 14" Pan Pizza with 1 Topping</p> <p>Additional toppings may be purchased.</p> <p>\$17</p> <p><small>Dine-In, Carry-Out & Delivery. Coupon Required. Limit 2. Online code: 161tp</small></p> <p><small>Must show coupon. Restrictions may apply. Not valid with other coupons or offers. Toppings exclude extra cheese. Delivery charges may apply. Available at participating Monical's Pizza® locations. Valid 5/30/2022 - 6/26/2022.</small></p> |
| <p>Two 14" Thin Crust Pizzas with 1 Topping each</p> <p>Must buy in multiples of two. Limit 2 Offers.</p> <p>Additional toppings may be purchased.</p> <p>\$28</p> <p><small>Dine-In, Carry-Out & Delivery. No Coupon Required. Limit 2. Online code: 142pie</small></p> <p><small>Must mention offer. Restrictions may apply. Not valid with other coupons or offers. Toppings exclude extra cheese. Delivery charges may apply. Available at participating Monical's Pizza® locations. Valid 5/30/2022 - 6/26/2022.</small></p> | <p>8" 1 Topping Thin Crust or Pan Individual Pleaser</p> <p>Additional toppings may be purchased.</p> <p>Includes Individual Garden Salad and Large Soft Drink (Delivery available with \$10 minimum purchase)</p> <p>\$9</p> <p><small>Dine-In, Carry-Out & Delivery. Coupon Required. Online code: 8pleaser</small></p> <p><small>Must show coupon. Restrictions may apply. Not valid with other coupons or offers. Toppings exclude extra cheese. Delivery charges may apply. Available at participating Monical's Pizza® locations. Valid 5/30/2022 - 6/26/2022.</small></p> |

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