

# ALAH Jr. High Track & Field Athletes Compete at IESA Class 3A State Meet

By SALLY MCCARTHY  
Staff Writer

On Friday, May 19, eight jr. high track and field athletes, 7 boys and 1 girl, left for East Peoria's Eastside Centre, site of the IESA Class 3A State Track and Field Meet.

Very different from past years, the weather for both days was very pleasant except for a very brief sprinkle as the team arrived at the facility on Friday.

Up first for the Jr. High Knights was Cassidy Rohacs competing in the eighth grade girls 100 meter hurdles. She started out well but misfortune that even world class hurdlers face, she clipped a hurdle and fell. To her credit, she got up and finished the race. Although it was not the result anyone wanted, she handled it well and the competition in front of a very large crowd and with larger schools will help her in her future as a high school hurdler and track and field athlete.

Next up for ALAH was Beau Green, who in the IESA Sectional the week before had thrilled everyone with his victory in the 1600 meter run in his personal best time of 5:15.45 was one of two sixth graders in the state race. Beau ran a time of 5:16.70 in the race and gained valuable experience for his two more years of jr. high track

competition. Beau's race was the last of the Knights' events for Friday.

Saturday, May 20 would bring the last two events for the local jr. high team as the eighth grade boys competed in two relays, the 4 X 200 meters and the 4 X 400 meters. As the team arrived the eighth grade boys, Owen Herring, Tyler Lisanby, Brennon Hutson, Mason Thomas and Max Boddy took to the track to get in warm ups in while Cooper Shoemaker, Beau Green and Cassidy Rohacs represented ALAH in the Parade of Competitors which consists of athletes competing in both Class 3A and 4A marching around the track, the National Anthem which was sung by a Mattoon jr. high student, Parker Spear and the Competitors' Oath given by two athletes from participating schools.

The competition on Saturday was just as tough as Friday's had been. The 4 X 200 meter relay team of Owen Herring, Tyler Lisanby, Brennon Hutson and Max Boddy ran a time of 1:45.03 and the 4 X 400 meter relay of Herring, Hutson, Mason Thomas, and Boddy ran 4:04.62. Yet again while the Knights performances didn't match their seasons' best, they also gained valuable experience competing at the



These 8 ALAH jr. high track athletes left Friday, May 19 to compete at the IESA Track and Field Class 3A and 4A State Meet. Before getting back on the bus after a stop in LeRoy they posed for this picture. From left to right, Brennon Hutson, Owen Herring, Cooper Shoemaker, Max Boddy, Tyler Lisanby, Mason Thomas, Beau Green, and Cassidy Rohacs. The athletes competed in their events and represented their school and communities very well.

state level, with athletes from larger schools and in front of a very large crowd. This experience will prove valuable to the eighth grade athletes who continue their track and field careers in high school.

The JH State meet provided the ALAH athletes the chance to go up against the best in the State in Class 3A.

The Jr. High state qualifiers would like to thank their Coaches Don McCarthy, Bryton Ragon and Mike Haste for all their hard work this season. A special shout out to Coach Haste for being a great

bus driver to State and getting us out of the long line of buses waiting to pick up athletes on Friday!!!

The Arthur Lovington Atwood Hammond jr. high track and field teams all had success

this season and look forward to continuing that in Jr. High or High School next year!



The ALAH jr. high eighth grade relay runners warm up on the track at the IESA State meet in East Peoria on Saturday morning. From left to right, Max Boddy, Owen Herring, Mason Thomas, Brennon Hutson and Tyler Lisanby.



Since the relay runners needed to get their warm ups in before competing at the IESA State meet this past weekend, the other Knight track and field athletes represented ALAH in the Parade of Competitors before the events began on Saturday morning. On the track with some of the other 2900 competitors at the state meet are Cassidy Rohacs, Beau Green and Cooper Shoemaker with the Knights flag.

## Some 'did-you-knows' about estate plans

If you've done any estate planning, or even if you're just familiar with it, you probably know the basics — that is, a comprehensive estate plan can help you pass on assets to your family while also achieving other goals, such as designating someone to take care of your affairs if you become unable to do so. But you may not know about some other estate-planning issues that could prove important in your life:

- Power of attorney for students – Children heading off to college may be considered legal adults in many states. Consequently, you, as a parent, may not have any control over medical treatment if your child faces a sudden, serious illness or is involved in an accident. Instead, a doctor who doesn't know your child or your family may decide on a course of action of which you might not approve. To help prevent this, you may want to have your college student sign a medical power of attorney form, which will allow you to make decisions on your child's behalf if doctors don't think your child can make those choices. You might also want to combine the medical power of attorney with an advance health care directive or living will, which lets you specify actions you do or don't want to happen. In any case, consult with your legal advisor before taking any of these steps.
- Community property versus common law – Not all



### FINANCIAL FOCUS

**Ryan D. Kleiss, CFP®, ChFC®, CIMA®**  
Financial Advisor  
Edward Jones  
250 S Vine St Suite A, Arthur, IL 61911-1359  
(217) 928-1058  
www.edwardjones.com

states treat married couples' possessions equally. If you live in a community property state, the property you acquire during your marriage is generally considered to be owned in equal halves by each spouse, with some exceptions. But if you live in a common law state, the property you obtain while you're married is not automatically owned by both spouses. In these states, if you buy some property, you own it, unless you decide to put it in the name of yourself and your spouse.

This doesn't necessarily mean, however, that your spouse has no rights, because common law states typically have rules that guard surviving spouses from being disinherited. But here's the key point: If you move from a community property state to a common law state, or vice versa, you might not want to assume that your and your spouse's property ownership situations will remain the same. Consequently, if you do move, you may want to consult an estate-planning attorney in your new state to determine where you stand.

- Pet trusts – You always strive to take good care of your

pets. But what might happen to them if you become incapacitated in some way? Unless you have a close family member or friend who's willing to take over care for your pet, you might want to consider setting up a pet trust, which can take effect either during your lifetime or after you pass away. A trustee typically will make payments to the caregiver you've designated for your pet, with payments continuing for the pet's lifetime or a set number of years. Again, an estate-planning attorney can help you with this arrangement.

Estate planning certainly involves the big-picture issue of leaving a legacy to the next generation. But the issues we've discussed can also be meaningful to you, so you'll want to address them properly.

Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC*

## Eight mental health self-care tips for youth

Did you know that 7 in 10 teens struggle with feelings of overwhelm, stress, anxiety, and depression? One way to help manage these difficult emotions is to practice self-care. Self-care is simply taking time to do something every day to help you relax, manage stress, and improve your mental health.

The National Institute for Mental Health has the following tips to get you started with self-care:

- **Get regular exercise.** Just 30 minutes of walking daily can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.

- **Eat healthy, regular meals, and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.

- **Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.

- **Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy, such as jour-

### Facts for Families

By Cheri Burcham, Family Life Educator

naling.

- **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.

- **Practice gratitude.** Remind yourself daily of the things you are grateful for. Be specific. Write them down at night or replay them in your mind.

- **Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.

- **Stay connected.** Reach out to your friends or family members who can provide emotional support and practical help.

- **Take time to discover what works best for you!** Self-care can assist in managing mental health but is not a

cure for a mental disorder. If you are experiencing severe or distressing symptoms that have lasted more than two weeks, talk to your primary care provider. Additionally, if you or someone you know is having thoughts of suicide, call or text the 988 Suicide & Crisis Lifeline. In life-threatening situations, call 911.

Emergency Numbers:  
• National Suicide and Crisis Hotline – Call 988

• Crisis Text Line – text HOME to 741741

• The Trevor Project (LG-BTQ+) – 1-866-488-7386 or text START to 678678

• National Domestic Violence Hotline – 1-800-787-3224 or text LOVEIS to 2522

• National Mental Health Hotline – 1-866-903-3787

Author: Susan Sloop, University of Illinois Extension Educator, <https://extension.illinois.edu/blogs/our-illinois-4-h-story>

On-line  
subscriptions available.  
Call 543-2151 to sign up  
or visit  
[www.arthurgraphic.com](http://www.arthurgraphic.com)