



IVHS senior Halona Jackson finishes first at home May 6.

(Photo by Dan Mancuso, Illinois Valley News)

Jackson flies with cougar pride

Ray Brown

IVN Contributing Writer

Halona Jackson was in fine form at the Oregon State Track & Field Championships held at the University of Oregon's Hayward Field.

The senior sprinter began her last high school track meet by winning her qualifying

heat in the 100 meter dash.

The long jump was next, where, even with sore legs, she jumped 14 feet 9 inches for a medal. Two hours later she won another qualifying heat, this time in the 200 meter dash.

After an evening of ice treatment, liniment and extra sleep, Jackson's legs felt better and she was determined to get back to a normal warm up and preparation routine. It was a long wait for her races Friday evening

but worth the wait as she bolted to a third place, personal record finish in a time of 12.75 seconds in the 100. Two hours later, Jackson took the track again, this time in the 200 and coming out of the curve, it looked she was in trouble with several runners close and coming hard. At 50 meters left, she was in third place with runners on each side of her just inches away and looking like they wanted that third place medal. When she felt them coming she found that little bit extra that all great runners

have and kept them at bay with a time of 26.63 seconds.

Three trips to the awards podium and a chest full of medals and Illinois Valley High School was well represented at Eugene, (track town USA), where the best of the best go to compete.

This meet was entertaining and inspiring as many athletes pushed themselves to their limits and many records were set.

Art's Red Garter

Pool Tourney
Tuesdays @ 6:30

KARAOKE
Wednesdays 9 PM

Tim & Michelle

Friday, May 27
@ 5:30 p.m.

From
Taylor's Country Store

Wild River
HANDCRAFTED FOOD & ALE

LIVE MUSIC
Saturdays @ 6

Every Wednesday
Open MIC Night
6 - 8 p.m.

Jay Barley
Fridays @ 6 p.m

Karaoke
w/ Steve

Friday, May 27 @ 9 p.m.

Pool Tournament on Saturdays
at 7 p.m.

Free Pool Games on Sundays

@
Sportsman Tavern

The G Spot

Hump Day Karaoke
with **Jammer Dave**
8 p.m. - midnight

OPEN MIC
THURSDAYS 7 - 10 PM

Cards Against Humanity
Game Night - Sat. @ 8

"Funky" Joe's Raw Blues Band

Outdoor Stage
Friday, May 27, 7-10 p.m.
CD Release Party, FREE show

Jammer Dave's Karaoke
Saturday, May 28, 8 p.m.

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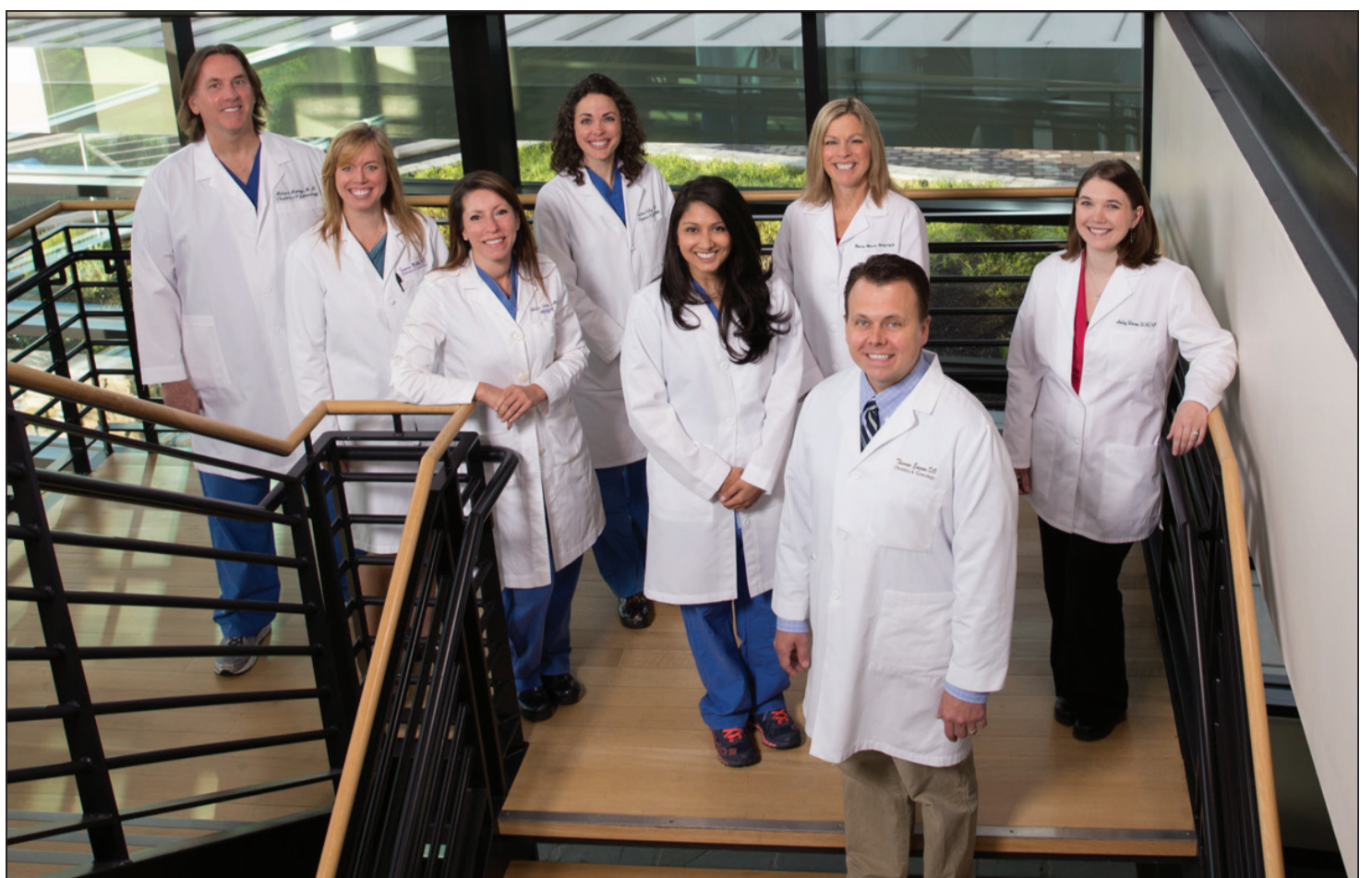
TUESDAY THROUGH SUNDAY
NOON TO CLOSE

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