

Conway Chronicles is written and produced by Conway High School students in cooperation with the Laclede County Record

R-1 counselor qualifies for Boston Marathon



Stacie Vestal

**ABBIE RUBLE
CONWAY CHRONICLES**

Laclede County R-1 counselor Stacie Vestal ran her ninth marathon-The White River Marathon- in Cotter, Ark., on Nov. 23, to get a qualifying time for the Boston Marathon.

Stacie's finishing time was 3:48, and she finished second in her age group. Stacie will run the Boston Marathon on April 19 in Boston, Mass. In order for Stacie to qualify for the Boston Marathon, she had to first run a marathon that was a "Boston Qualifier." The second thing she had to do was meet her qualifying time of 3:50 or under.

"Qualifying for the Boston Marathon is a dream come true for me. The Boston Marathon is unlike most marathons because you need to have a qualifying time to get to run it. You can't just sign up, pay your entry fee and run. For me, the Boston Marathon was always the most 'prestigious' of all marathons," stated Stacie Vestal.

Stacie started running 13 years ago. She began training for a 5k, which led her to running 10ks, which then led to her running half marathons, and then later full marathons. Stacie will continue to run year round to stay in shape (20 miles a week) However, 16 weeks before the Bos-

ton Marathon, she will start an intense training schedule just like when she trained for the White River Marathon. The 16-week training consisted of four days a week runs. She averaged 25-40 miles a week. In that 16 week period, she ran a total of 500 miles.

"The mental struggle was making myself get up sometimes at 4 a.m. to go put in my miles before going to work or running a 20 mile training run after getting off work. This is something no one else can do for you so that is why when you cross the finish line, it is all about how hard

you have physically and mentally prepared for the run and how bad you want it!" stated Stacie Vestal.

Three years ago, Stacie decided she wanted to attempt to qualify for the Boston Marathon. She had just run the Bass Pro Marathon and finished it in under 4 hours.

"The biggest impact running has had in my life has been the friendships I have made. I did not qualify for Boston alone. I have a 'running family' that trained almost every single mile with me to help me accomplish this dream," Vestal said.

Conway Carnival raises \$9,103

**ALEXA HIGBEE
CONWAY CHRONICLES**

Ezard Elementary Parent Teacher Organization held their annual Conway Carnival at the Conway High School gymnasium and cafeteria. Last year, the group had much success and was eager to do it again.

At the PTO event, they had many different activities. Carnival style games, bounce house, concessions, and the auction. All events were held at the high school in

order to keep things easily accessible and safe for everyone who attended.

To help in this big event, Peer Leaders and Future Farmers of America (FFA) volunteered to help run the games and help the kids with their game tickets.

Overall, the group raised \$9,103.00. They were thrilled about the turn out and know they will continue to have this event in future years. All the funds raised will be used to support the students and

staff at Ezard Elementary.

"We are still and will continue to be thankful for our PTO volunteers and those who donated or purchased items. We also would like to thank the kitchen staff for volunteering. They were a huge help for the concessions side of things. We love helping our school and because of all the effort made by our group of volunteers, we can make a difference. It is very hard work but the outcome is always greater," a PTO member concluded.

Laclede County R-1 School Board meeting minutes for January

Laclede County R-1 Schools
Board of Education Retreat
January 6, 2020 – 7:03 p.m.
Three Fat Ladies

Call to Order/Roll Call: Board President Kevin Dampier called the meeting to order with all members present. Members include Sally Triplett, Norman Webster, Andy Triplett, Lug Massey, Travis Doing and Kathleen Atkinson-Williams.

New Business:

A. Board Norms: Superintendent Mark Hedger reviewed the established norms for Board of Education meetings. Lug Massey made a motion to approve the current Board norms as written. The motion received a second. The motion carried 7-0.

B. Board Goals: The Board reviewed the current CSIP goals. Lug Massey made a motion to approve the current Board goals as written. The motion received

a second. The motion carried 7-0.

C. District Annual Performance Report: Mr. Hedger provided information regarding the current status of the district in regard to assessed values, cost per pupil to educate, along with information regarding division of funds received from local, state, and federal revenue.

D. Student Achievement Report: The Board reviewed data regarding MAP scores of district students from the 2018-2019 school year.

E. Facilities: Mr. Hedger spoke about the progress of the Vo Ag building project.

Adjournment: With no further business before the board, Lug Massey made a motion to adjourn the monthly meeting; the motion received a second. A roll call vote followed with the motion carrying 7-0. The time of adjournment was 8:48 p.m.

Kimberly Shelton
Board Secretary

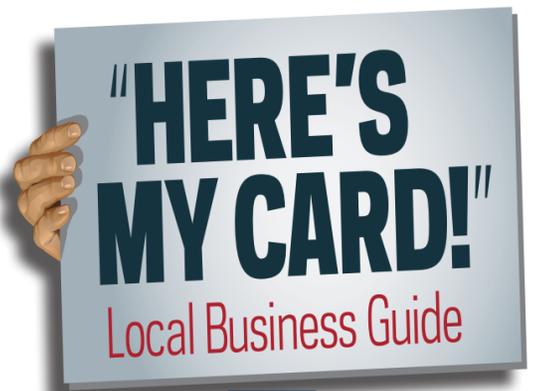


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