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Age Spots by Jackie Dover - It's My Mess, What do I do With It?

APRIL 23RD 2021 BY DEE LOFLIN

Age Spots by Jackie Dover - It's My Mess, What do I do With It?

It's My Mess, What do I do With It?

I live in a house with four boys, ranging in age from 14 to 20, sometimes my house gets messy. Truthfully, it is probably more messy than not, most of the time. So like many people, the first hint of warm weather puts me in the mood to do some deep cleaning. It's spring cleaning time!

Spring-cleaning cannot only make your home look better it can have some unexpected benefits for you also. Deep cleaning your home can reduce the amount of allergens in your home and make breathing easier. Dust, mildew, mold and pet dander can cause your allergies to go haywire. Vacuuming your floors regularly, dusting and removing clutter can reduce these potential allergy triggers. Cleaning rooms that can become damp such as bathrooms, laundry rooms and basements can also reduce mildew and even mold growth, which helps keep our inside air clean.

Cleaning also gets us up and moving, which we all need. Vacuuming and mopping, laundry and even dusting allow us to stretch, lift and get some cardio in. Even 30 minutes of physical activity can help weight loss and provide a boost to our mood.

Cleaning the clutter that accumulates helps relieve stress. Having things disorganized can make us feel anxious and the feeling of satisfaction after you clean up an area can encourage you to clean even more. When all that clutter is gone, you can enjoy your new

clean space.

When you are decluttering you may have gently used items that you no longer want or need. You can donate them to Goodwill or another charity so others can benefit from what you do not need. There are also re-sale shops where you could make some money.

So how do you get started with the Spring-cleaning, especially if you have not been following a cleaning routine lately?

Make a list-what do you want done most, what do you want to accomplish?

Make sure you have the things you need. Lemon, vinegar and baking soda are natural and inexpensive and can be used for many cleaning purposes.

Start small. Not everything has to be done all at once.

Play music in the background, pick music that you enjoy and that makes you want to move.

Enlist family to help or even friends. Teamwork gets it done faster and makes it more fun.

Do something every day and establish a routine.

Do not get discouraged!

I am making my list of who gets to do what in my house, since they helped make the mess they can help clean it. I'm opening my windows to let fresh air in and we are going to have a day of it. Try to have fun with your cleaning and enjoy the spring weather.

If you need information or assistance with your aging questions, please call 800-392-8771 or 573-335-3331. Because Aging Matters.

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Dexter Board of Education Meeting Minutes - April 20, 2021 - New Board Members, Resignations and Retirements

APRIL 22ND 2021 BY DEE LOFLIN

Dexter Board of Education Meeting Minutes - April 20, 2021 - New Board Members, Resignations and Retirements

Dexter, MO - The Dexter Board of Education met for a regular meeting on Tuesday, April 20, 2021 at 6 p.m.

The Board President announced the meeting is to begin, ascertains the attendance status of all board members, with all members being present. The board President lead in the saying of the Pledge of Allegiance.

Consent Agenda: The consent agenda was approved.

Board Reorganization: The existing board was dissolved and the new board was reorganized. The following board officers were elected:

President - Mr. Ben Worley

Vice President- Mrs. Nancy Mayer

Treasure - Mrs. Saren Demaree

Secretary - Mrs. Laura Miller

Member - Mr. Herman Morse

Member - Mr. Ron Glaus

Member - Mr. Jon Thompson

Member - Mr. Aaron Mathis

Public Comments: There were no public comments made.

Old Business: There was no old business to discuss.

New Business:

A. The board approved the April 20-21 budget amendments.

B. The board reviewed the health insurance proposals and approved GBS-St. Francis Healthcare Systems beginning July 1, 2021.

C. The board approved the district contribution for the medical insurance premium at \$500/employee.

D. The board approved the purchase of the lift bus off of the lease purchase for the cost of \$50,120. ESSER funds will be used for this purchase.

E. The board reviewed the MCE policy updates. They will be recommended and approved at the May board meeting.

F. The board approved the textbook purchases for the 21-22 school year.

G. The board reviewed the MSHP bus inspection results.

H. The board approved the MSBA membership. The cost is \$7860.

Discussion Items:

The following items were discussed with the board:

A. Principal's Reports

B. Nurse's Report

C. Superintendent's Report

D. Mr. Boles shared information regarding the Bearcat Badging System

E. Next Regular Board Meeting is May 18, 2021.

In Closed Session:

1. The board approved the following substitutes for the 20-21 school year:

Megan Hueckel

Leah Robey

Kate Sells

2. The board approved hiring of the coaches and sponsors for the 20-21 school year:

3. The board approved a volunteer coaching stipend in order to show appreciation for the time commitment and dedication to our student athletes, a \$500 stipend was approved. On an annual basis, volunteer coaching staff will be considered by the AD and building level administration.

4. The board approved the employment of the classified staff for the 2021-2022 school year.

5. The board approved the employment of the following individuals for the 2021-2022 school year:

Nancy Hernandez - District Translator

Alex Brotz - MS Cheer Coach

6. The board approved the following transfer requests for the 2021-2022 school year:

Phyllis Daniel-from PK Aide to Title I Aide-SW-replacing S. Henson

Bonnie Clark-from ECSE Aide to PK Aide-SW-replacing P. Daniel

Katrina Prance-from integrated PK teacher to ECSE teacher (due to an increase in numbers of students with special needs)-SW.

Marife Smith-from special services classroom to special services classroom-C-replacing B. Jones

Jocelyn Miller-from special services classroom to library aide/food service-HS-replacing Robin Reiffer.

7. The board approved the hiring of the 2021 summer school staff.

8. The board approved the following resignations/retirements:

Rebecca Parsons, Library Aide/Assistant HS Girls BB Coach, and Rescinding Assistant HS Softball Coach-effective 4/2/2021.

Rachael Huntsman, Central Special Services Paraprofessional-effective at the conclusion of the 20-21 school year.

Hailey Anderson, Central Special Services Paraprofessional -effective at the conclusion of the 20-21 school year.

Jessica Lesley, 2nd Grade Teacher-effective at the conclusion of the 20-21 school year.

Brittany Navarro, SW Special Services Paraprofessional-effective at the conclusion of the 20-21 school year.

Diane Vaughn, HS Special Services Paraprofessional-effective at the conclusion of the 20-21 school year.

Taylor Harris, 4th Grade Teacher-effective at the conclusion of the 20-21 school year.

Kay Stevenson, MS Librarian-effective at the conclusion of the 20-21 school year.

9. The board approved adding \$500 to the base to increase it to \$34,200. The board also approved honoring steps for all certified staff members.

10. The board approved the following increases for classified staff members to stay in compliance with the state minimum wage standard that becomes effective as of 1/22, \$11.15. Level 1 para-10.5% (\$11.16), 60+ hour para-9% (\$11.45), Bldg sec/bldg aide-8%(\$11.74), Head cook-8%(\$11.77), all others-5%. Steps will also be honored for classified staff members.

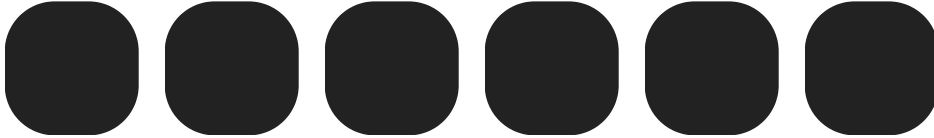
11. The board was provided with a COVID-19 update, which included current data from the county and the district. The board approved transitioning to Plan A of the COVID-19 Re-entry Plan. Plan A is our least restrictive plan and includes increased sanitization procedures, minimal social distancing procedures, and masks being optional in all areas.

Items at the conclusion of Executive Session

A. None at this time.

<https://showmetimes.com/Blogpost/vfeo/Dexter-Board-of-Education-Meeting-Minutes--April-20-2021--New-Board-Members-Resignations-and-Retirements>

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Dexter CTA Retirement Tea TODAY!

APRIL 20TH 2021 BY DEE LOFLIN

Dexter CTA Retirement Tea TODAY!

Dexter, Missouri - CTA Retirement Tea is set for Tuesday, April 20th at 4:00 p.m. in the Bearcat Event Center lobby.

Teachers and staff to be honored are Jana Flannigan, Peggy Potts, Mindy Thurmon, Sandy Stone, and Robin Rieffer.

The public is invited for punch, coffee, cake, and cookies as Dexter Public Schools honors the district's retirees!

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DHS Weekly Activities April 19th - 25th

APRIL 18TH 2021 BY DEE LOFLIN

DHS Weekly Activities April 19th - 25th

Dexter High School - This listing of weekly activities is a service offered by the ShowMe Times, working in partnership with Dexter High School Asst. Principal Melissa Hahn for your convenience.

We hope you will mark your calendar and we encourage everyone to support our local students and their activities. The education and growth of young people in our community is the key to everyone's future! If you would like to submit information and a picture of a student and his/her accomplishments, send it to dloflin@showmetimes.com

CALENDAR OF EVENTS

Monday 4-19-21

FFA Week- Elderly Dress Up Day

Golf at Jackson Invitational, depart 8:00 am

JV/V Baseball at Poplar Bluff, 4:00 pm, bus 3:00 pm

SCAA Softball Tournament, Dexter vs. Bloomfield at 4:30 pm

Talent Search - 7th period in cafeteria

Tuesday 4-20-21

FFA Week- FFA Shirt Day / Hats allowed if wearing FFA Shirt

Vocational Testing - Library

Track at Sikeston Invitational, bus 2:15 pm

Boys Tennis vs. Farmington High School at home, 4:00 pm

Golf vs. Kennett/Sikeston/Notre Dame, 4:00 pm

SCAA Softball Tournament - Dexter vs. TBD

JV/V Baseball @ Jackson High School, 4:30 pm, bus 2:45 pm

Wednesday 4-21-21

FFA Week-Western Wednesday / BBQ / Drive Your Tractor to School Day

PLTW - EOCS

Boys Basketball Meeting during advisory

Thursday 4-22-21

FFA Week- Ag Animal Safety

PLTW - EOCS

Golf at Perryville Invitational, bus 7:15 am

Track at East Prairie Invitational, 2:45 pm

Friday 4-23-21

FFA Week- Patriotic Day / Teacher & Member Breakfast

Football Meeting during advisory

Boys Tennis at Poplar Bluff High School, bus 2:45 pm

Saturday 4-24-21

Softball Swing Pink Tournament at Dexter Complex

Sunday 4-25-21

No Scheduled Activities

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Dexter High School 2021 Prom King and Queen Nominees

APRIL 12TH 2021 BY DEE LOFLIN

Dexter High School 2021 Prom King and Queen Nominees

Dexter, MO - Dexter High School is pleased to announce that they will be carrying on a great tradition with this year's Prom and Grand March as well as a Prom King and Queen.

On April 17th the public is welcome to join Dexter High School and celebrate their Senior and Junior students.

To accommodate the large turnout they have witnessed in previous years they will be issuing tickets for auditorium seating. Each student attending will receive two (2) tickets to be distributed as they please. This will fill the auditorium to capacity.

Doors will open at 6 p.m. on Saturday and will close promptly at 7:30 p.m. If you do not receive a ticket you are still welcome to join them. They ask that you line the sidewalks from the auditorium to the Bearcat Event Center and watch as the students make their way to the dance.

If there is inclement weather, they will allow all who attend to line the halls of DHS as students will walk indoors to the Bearcat Event Center.

Both students and staff are looking forward to the evening and hope to see many of you there to help celebrate this wonderful tradition.

Nominees for Dexter High School King and Queen are:

Choir Nominees: Tristin Pullum and Gavin Cartwright

Stuco Nominees: Layne Medler and Carter Dorton

FFA Nominees: Serena Romero and Damon Stearns

Prom Committee Nominees: Mikayla Dodson and Jackson Allen

FBLA Nominees: Courtney Northcutt and Keller Hatton

BETA Nominees: Madelyn Haynes and Ryder Boles

FCCLA Nominees: Jaycee Chappell and Andrew Ellinghouse

Scholar Bowl Nominees: Tara Williams and Evan Grobe

DECA Nominees: Chloe Thurmon and Luke Blocker

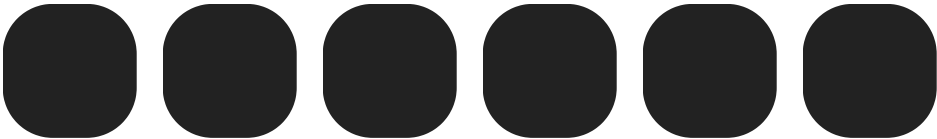
Drama, Speech and Debate Nominees: Myah Al-Balawi and Caleb Coons

Not pictured is Layne Medler.

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