

CUSD 305

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 them publicly. There has been no specific plan on how to sell the excess property. Whatever equipment not sold will get sold will be recycled.
 •\$1,000 donation was accepted from the area churches in Lovington for the Care Closet.

Personnel Report
June 21, 2023

Certified:
 •Recommend for hire Sam Truppa for JH Social Studies at Arthur Grade School
 •Recommend for hire Stacy Goodman for JH Science at Ar-

thur Grade School
 •Recommend for hire Madelyn Groom for PreK at Arthur Grade School
 •Recommend for hire Whitney Wynkoop for 5th Grade at Arthur Grade School
 •Recommend accepting Brianna Eades Letter of Resignation as 4th grade teacher at Arthur Grade School
 •Recommend for hire Taylor Horn as the School Social Worker at AHGS
Non-Certified:
 •Recommend for hire Cassidy Dycus as a paraprofessional at Arthur Grade School
 •Recommend for hire Faezah Parson for the Admin-

istrative Assistant position at LGS
 •Recommend accepting Jama Ray Letter of Resignation as a paraprofessional at AHGS
 •Recommend accepting Hillary Chupp Letter of Resignation as a paraprofessional at AGS
 •Recommend accepting Ron White resignation from custodian position at the high school.
Extra Curricular
 •Recommend for hire Spencer Kirby for the JH Assistant Baseball Coach replacing Tracy Hood
 •Recommend accepting Nicole Bracken Letter of Resig-

nation as JH Assistant Softball Coach
 •Recommend accepting Nicole Bracken Letter of Resignation as AGS Scholastic Bowl Coach
 •Recommend accepting Laura Whitaker Letter of Resignation as paraprofessional at AGS
 •Recommend accepting Saylor Bower Letter of Resigna-

tion as Junior Class Sponsor at ALAH HS
 •Recommend accepting Kylie Russell Letter of Resignation as Junior Class Sponsor at ALAH HS
 •Recommend accepting Eilise Martinez Letter of Resignation as Concessions Stand Sponsor at ALAH HS
 •Recommend accepting

Brad McGill Letter of Resignation as HS Baseball Assistant Coach
 •Recommend accepting Patrick Lindstrom resignation as the Soccer coach at the high school.
 •Recommend approving Jeremy Hale as a volunteer assistant basketball coach.

Keep food safe during severe weather

Many communities across the Midwest have already begun experiencing severe weather as warm, humid air-masses from the Gulf of Mexico have collided with the cooler, dryer air from Canada, resulting in unstable atmospheric conditions.

Although thunderstorms and tornadoes can happen anytime during the year, most occur during the warmer months. April, May, and June are the most active months for tornadoes across the US, and in Illinois, nearly 80% of all tornadoes occur during this time. Thunderstorms are commonly seen from April into the early fall; however, the greatest activity occurs from May through July.

Be prepared

While it may seem that severe weather has become an inevitable part of our lives, taking steps to help alleviate some of its stress will benefit you and your loved ones. Talking about what to do in an emergency and why disaster preparedness is important will help you and others be less likely to become stressed during an already stressful situation. Developing an emergency plan, assembling a disaster supply kit, and practicing your plan will help everyone know what to do and help keep you and your family safe.

Watch for alerts

Knowing what types of disasters and emergencies may

occur within your community will help you prepare. Establish a system to receive emergency weather notifications. You can purchase a National Oceanic and Atmospheric Administration (NOAA) weather radio for your home or set up your phone to receive free wireless emergency alerts (WEA) from the National Weather Service in a certain radius of an emergency. The WEA provides timely emergency alerts, information about the type and timing of the emergency, and any action you should take.

Plan ahead

Place an appliance thermometer in your refrigerator and freezer. These specially designed thermometers provide accuracy at cold temperatures and help to ensure food is kept safe. Refrigerators should have a temperature of 40°F or below, and freezers at 0°F or below.

Freeze water in food-safe containers if bad weather is expected. The ice can help keep food items cold in the refrigerator, freezer, or coolers. It can also be used as additional water if power is out for an extended period. If you have gel or ice packs, ensure they are frozen, as they also can be used to keep food cold.

During a power outage

When the power is out, keep the freezer and refrigerator doors closed as much as possible. If the doors are closed, food will stay safe for up to four hours in the refrigerator. In

a freezer, food will be safe for about 48 hours if it is full and 24 hours if it is half full.

If the temperature of your refrigerator is starting to go below 40°F, take action. Move perishable foods, such as meat, poultry, seafood, milk, and eggs, to a cooler and use ice packs or containers of frozen water to help them maintain a temperature of 40°F.

After a power outage
 Check the temperature of foods and discard any refrigerated perishable foods that have not been kept at 40°F or below or if you have been without power for four hours or longer. Food may be safely refrozen if it contains ice crystals or is at 40°F or below. However, the food quality may decrease due to thawing and refreezing.


Stay safe
 Do not taste perishable refrigerated foods, such as cold cuts, dairy products, and leftovers, to see if it is safe if it has been above 40°F for four hours or more. These foods may cause illness if consumed, even when thoroughly cooked.

Learn more about what you can do to keep food safe during a disaster by checking out University of Illinois Extension's food safety and disasters website.

SOURCE: Diane Reinhold, Nutrition and Wellness Educator, University of Illinois Extension

Sports Physicals


\$20



9 am – noon and 1 – 4 pm
Tuesday, July 11

SBL Arthur Clinic
 211 South Walnut • 217-543-3444

Appointments required. Please call to schedule.



Sarah Bush Lincoln
 Trusted Compassionate Care

Each \$20 fee will be donated to the Arthur Athletic Booster Club.

Immunizations will not be given.

Cash or check only will be accepted. Insurance will not be billed, nor will insurance co-pays be collected.

Parent must sign medical history form or be in attendance.

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