

Most people when falling in and out of love
Are told by the people around them to
Suck it up
Don't be such a cry baby
There is no need for tears
Stop crying it's not like someone died
Which also happens to be
What others say when someone falls
To the cold
hard
concrete ground
Which is painful
And causes you to bleed
Which is why people know that
YOUR
pain is real
Otherwise they think you are faking it
Which makes you think that in the end
It was all in your head
But it's not
It's in your heart
It aches for that love of another soul
Whether it be
Man
Women
Dog
Cat
Alien
Or just any connection in general
We all need it
so falling
May not be as bad as we think
By: Erica Elliott


## Minutes of Meeting

## Twin Cedars Board of Directors

April 7, 2021
5:00 PM

T
he regular meeting of the Twin Cedars Board of Directors was held on the above date.

President Kelly Carlson called the meeting to order at 5:00 PM. Directors Mike Weldon, Heather Dunkin, Jolinda Fairchild and Steph Sterner were present. Kim and Dave Roby, Brent Bambrook and Mark Bacus were also in attendance.

A motion was made by Director Sterner and supported by Director Weldon to approve the agenda as presented. The motion carried unanimously.

A motion was made by Director Fairchild and supported by Director Weldon to approve the March 8, 2021, regular meeting minutes with the wording change to the ineligible policy. The motion carried unanimously.

Financial reports were reviewed and filed for audit.
A motion was made by Director Weldon and supported by Director Fairchild to approve the bills as presented. The motion carried unanimously.

## Communications

Mark Bacus and Brent Bambrook shared a project they had gotten quotes on. It was for a building that would replace the current garage where the lawn mowers are stored and the concession stand at the football/baseball field. This would combine them into one larger building that could be built next school year by the industrial arts program. There will be an opportunity next year for some classes to be offered for DMACC credits and this project would be used for that. There would need to be some discussion about handling concessions for baseball this summer and football in the fall. The plan would be that the existing buildings could be taken down soon and the dirt work could be started. The goal would be to have the concrete poured before school starts so the class could get started right away and get the building enclosed before it gets too cold.

There were questions about the mask policy for Prom and Graduation. Prom is not held at Twin Cedars, so Twin Cedars guidelines would not apply to this. The discussion went on to talk about the current policy and if it's time to change some pieces of it. After much discussion, a new set of guidelines was agreed on. This will be published and shared to the district. Director Dunkin left at 7:03pm.

## Administration Reports

Mrs. Roby shared the updated calendar. She reported on the Virtual Family night and the Bussey Library Book Club. The Career Fair went well this year. Knoxville Community Credit Union will be leading a simulation with the kids for the next Wellness Wednesday. 6th grade transition day will be Wednesday April 14th.

Mr. Roby said Prom is getting ready. Saylor See and Brett Sedlock were crowned Saber Queen and King. Rachel Stoops did very well in Speech at the state level.

Mr. VanderSluis talked about the insurance renewal for the year.

## Action Items

Motion made by Fairchild and supported by Sterner to transfer Trent Verwers from Jr High Softball coach to Jr. High Baseball coach for 2020-21. Motion carried unanimously.

Motion made by Sterner and supported by Weldon to hire Bailey Dunkin as Assistant Varsity Softball Coach for 2021 @ $\$ 2,400$ Step Base. Motion carried unanimously.

Motion made by Weldon and supported by Sterner to hire Bailey Dunkin as Jr. High Softball Coach for 2021 @ $\$ 1,976$ Step Base. Motion carried unanimously.

Motion made by Weldon and supported by Sterner to accept the proposal to start on the new building to replace the garage and concession stand. Motion carried unanimously.

Motion was made by Director Weldon and supported by Director Sterner to adopt the new mask guidelines as discussed earlier. Motion carried unanimously.

The board went into Exempt session at 7:49pm.

## Announcements

The next board meeting will be Monday, May 10th at 5:00.

## Adjourn

A motion was made by Director Weldon and supported by Director Fairchild to adjourn the meeting at 8:00 PM. The motion carried unanimously.

## TC Little Sabers Breakfast

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 2 | 3 <br> Breakfast pizza | 4 <br> Pancakes \& bacon | 5 <br> Biscuits \& gravy | 6 <br> Snack bread \& sausage patty | $7$ <br> Donut | 8 |
| 9 | $10$ <br> Brandy \& Tammie's Choice | $11$ <br> Brandy \& Tammie's Choice | $12$ <br> Brandy \& Tammie's Choice | $13$ <br> Brandy \& Tammie's Choice | $14$ <br> Brandy \& Tammie's Choice | 15 |
| 16 | $17$ <br> Brandy \& Tammie's Choice | 18 <br> Brandy \& Tammie's Choice |  |  |  |  |
|  | HAVE | AN | AMAZING | SUMMER!! |  |  |
|  | SEE | YOU | IN | AUGUST!!! |  |  |

*All breakfast served with fruit\&/or juice cup and choice of $1 \%$ white, fat free chocolate or fat free skim milk
*Other daily option is cereal bowl.
*Menu subject to change.
*3 components on your tray. Milk, Fruit/Vegetable \& Grain
*This institution is an equal opportunity provider*

## TC Little Sabers Lunch May

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 3 Chicken patty w/bun <br> Fries, Steamed carrots Peaches | 4 Hot dog w/bun Mashed potatoes Baked beans Applesauce | 5 Cheesy breadsticks w/marinara Steamed corn Lettuce, Pineapple | 6 Pizza crunchers <br> Fresh cucumbers \& carrots Strawberries w/blueberries | $7$ <br> Track \& Field Day Sack Lunch | 8 |
| 9 | 10 Brandy, Tammie, Michelle \& Kayla's choice | 11 <br> Brandy, Tammie, Michelle \& Kayla's choice | 12 <br> Brandy, Tammie, Michelle \& Kayla's choice | 13 <br> Brandy, Tammie, Michelle \& Kayla's choice | 14 <br> Brandy, Tammie, Michelle \& Kayla's choice | 15 |
| 16 | $17$ <br> Brandy, Tammie, Michelle \& Kayla's choice | 18 <br> Brandy, Tammie, Michelle \& Kayla's choice |  |  |  |  |
|  | HAVE | AN | AMAZING | SUMMER!!! |  |  |
|  | SEE | YOU | IN | AUGUST!! | Love ~ Brandy Tammie \& Kayla |  |


*2nd \& 3rd Main Dish Daily Options Uncrustable, Yogurt w/granola or Turkey sandwich
*Salad bar is an "extra" and does not count as one of the daily fruit or vegetable options
*All lunch served with choice of $1 \%$ white, fat free skim chocolate or fat free skim strawberry milk.
****SALAD BAR WILL NOT BE OFFERED UNTIL FURTHER NOTICE***
*Make sure you have 4 components on your tray. Milk, Fruit/Veggie, Grain \& Meat/Meat alternate

## TC Sabers Breakfast

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 2 | $3$ <br> Breakfast pizza | 4 <br> Pancakes \& bacon | $5$ <br> Biscuits \& gravy | $6$ <br> Snack bread \& sausage | $7$ <br> Donut | 8 |
| 9 | $10$ <br> Brandy \& Michelle's Choice | $11$ <br> Brandy \& Michelle's Choice | $12$ <br> Brandy \& Michelle's Choice | $13$ <br> Brandy \& Michelle's Choice | $14$ <br> Brandy \& Michelle's Choice | 15 |
| 16 | $17$ <br> Brandy \& Michelle's Choice | $18$ <br> Brandy \& Michelle's Choice |  |  |  |  |
|  | HAVE | AN | AMAZING | SUMMER!!! |  |  |
|  | SEE | YOU | IN | AUGUST!!! |  |  |


*All breakfast served with fruit \&/or juice cup and choice of $1 \%$ white, fat free skim chocolate or fat free skim strawberry milk.
*Other daily main options:
BEC biscuit, Cereal bowl \& toast, Pop-
Tarts, Bagel w/cream cheese or
yogurt cup w/granola.
*You must have 3 components on your tray. Milk, Fruit/Vegetable \& Grain

## TC Sabers Lunch

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 3 Chicken patty w/bun or turkey wrap w/animal crackers Fries, Steamed carrots \& Peaches | 4 Hot dog w/bun or Pizza <br> Mashed potatoes Baked beans Applesauce | 5 Cheesy bread sticks w/marinara or Chicken \& cheese quesadilla Steamed corn Lettuce \& Pineapple | 6 Pizza crunchers or Chicken nachos <br> Fresh cucumbers \& carrots <br> Strawberries w/blueberries | 7 French toast sticks w/little smokies or Chicken \& cheese burrito Hash brown Cauliflower Juice cup | 8 |
| 9 | $10$ <br> Brandy, Tammie, Michelle \& Kayla's Choice | 11 <br> Brandy, Tammie, Michelle \& Kayla's Choice | 12 <br> Brandy, Tammie, Michelle \& Kayla's Choice | 13 <br> Brandy, Tammie, Michelle \& Kayla's Choice | 14 <br> Brandy, Tammie, Michelle \& Kayla's Choice | 15 |
| 16 | $17$ <br> Brandy, Tammie, Michelle \& Kayla's Choice | 18 <br> Brandy, Tammie, Michelle \& Kayla's Choice |  |  |  |  |
|  |  |  |  |  |  |  |
|  | HAVE | AN | AMZING | SUMMER!! |  |  |
|  | SEE | YOU | IN | AUGUST!! | Love ~ Brandy, Tammie \& Michelle |  |

*3rd, $4^{\text {th }}, 5^{\text {th }}$ Main dish Daily Options:
Turkey sub, Yogurt w/granola or Uncrustable
*You must have 4 components on your tray. Milk, Fruit/Vegetable, Grain \& Meat/Meat alternate
*Salad bar is an "extra" and does not count as one of the daily fruit or vegetable options UNLESS getting as a Daily option
**There isn't a salad bar until further notice**
*All lunch served with choice of $1 \%$ white, fat free skim chocolate or fat free skim strawberry milk

