

Sigourney Holds Elementary Art Show

By Casey Jarmes |
The News-Review
SIGOURNEY – Sigour-

ney Elementary hosted its second annual art show on Feb. 23, displaying close to 100 paintings, drawings,

and sculptures by young artists from Kindergarten through sixth grade. "It's a good way for us to display

the kids' artwork, showing what they can do not only inside a class, but out," said art teacher Rebecca Shaw.

"I love having a cool ambiance and letting the kids enjoy the fact that the arts are celebrated...Every year,

I'm worried no one will come, and then everyone comes and it's just a blessing."



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Drew Fisher read the prose piece "The Ultimate Real Man Chef"



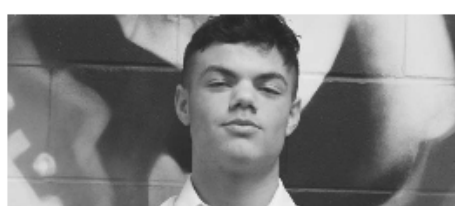
Gabby Bunker read the prose piece "English is Stupid"



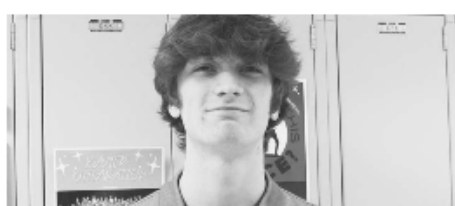
Gyasiyn Purdy sang "Waving Through a Window" from "Dear Evan Hansen"



Izabella Earnest went on to state for both reading "The Fall," a poem she wrote, and singing "Alyssa Greene" from "The Prom".



Josh McCoullough sang "Dear Theodosia" from "Hamilton"



Joshua Osborn competed in Spontaneous Speaking



Reagan Power read the poem "Best of Me"

Supervisors Worry Lowered Taxes Will Reduce Budget For Vital Services

By Casey Jarmes |
The News-Review
SIGOURNEY – During the Feb. 21 meeting of the Keokuk County Board of Supervisors, the board discussed concerns over a pair of state property tax bills: Senate Study Bill 1124, which puts a cap on how much property taxes can go up after a property's assessment value rises; and Senate File 181, which recategorizes multi-residential properties as residential

properties, which adjusts the rollback rate, resulting in lower property taxes for residential property owners. The supervisors fear these bills will cut into the county's budget, forcing them to cut services and lay off staff.

"I'd like to know how many people actually call their legislator to complain about their property tax bill," said Vice Chairman Derek Woods. "I get calls about services, I don't get calls about

taxes. I'll talk about it during (a meeting with Farm Bureau), but that's the only time all year anybody will bring up their property taxes."

"I always say, in business, you have to find out, what can I sell? What do people want? I go to find it at the best price, quality, all that. Government is, we go out and we find what people want and

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Keota City Council Begins With Prayer

By Casey Jarmes |
The News-Review
KEOTA – The Feb. 21 meeting of the Keota City Council began with a prayer led by new Councilman Curt Burroughs. When asked about this after the meeting, Burroughs stated that he intended for this to become a regular thing, and that he had nothing else to say on the matter.

Councilman Matt Greiner updated the council on the water fountain issue discussed at the previous city council meeting. The Cottrell family donated a water fountain with a plaque to the concession stand near the ball fields in Wilson Park in 1994. After discovering that the fountain had been taken down, the family contacted the city. Greiner spoke with the Ball Association and confirmed that the fountain was taken down because it was not functioning properly. Greiner also met with a member of the Cottrell family, who informed them that the family wants at the very least for the plaque to be put back in the park and that the family is considering donating another fountain. Currently, the location of the plaque remains a mystery.

The city has begun accepting applications for life guards at the new pool. Applications can be found at the city website or city Facebook

page. Applications can be turned in at city hall, or via the school guidance counselors at Keota, Pekin, or English Valleys. The application due date is Mar. 30 and interviews will begin in April.

An update was given on the city's wastewater problems by wastewater director Chad McCleary. Despite repairs to a major leak in October cutting water usage, the city's wastewater plant still releases too much chloride. State regulations require the city to have a chloride rate under 389, but the city regularly registers a rate of 490-500, stated McCleary. The city is looking at various options to fix this problem and will make a decision following the return of a report from French-Reneker. McCleary did note that, when the city switches to the new water system, there will not be a boil notice.

The city council approved setting the Max Tax Levy for the year ending in 2024 at \$409,527. It was reported that the city had received four applications for the city clerk position.

Councilman Burroughs brought up a recent court decision regarding a pitbull ban in Council Bluffs. The Council Bluffs pitbull ban borrowed heavily from similar ordinances enacted in Keota. In 2020, the City of Keota was sued over this ban in 2020. A similar lawsuit

was filed against the Council Bluffs ban the same year. The Council Bluffs ban was held up by the Iowa Supreme Court in Nov. 2022, with an appeal denied in Jan. of this year. Under Keota's ordinances, citizens cited for having a pit bull will have three days to make an appeal with the city; if they do so, a hearing will be held. If the hearing determines the dog matches the description of what a pit bull is, the dog must either be removed from the city immediately or euthanized.

The city council approved giving a \$5.50 raise to Utility Billing Clerk Dawn Minard, who has recently filled in as city clerk. A concerned citizen asked the city council what plans they had to improve the city. Councilman Keith Conrad stated that housing was a top priority. Mayor Anthony Cansler stated that in addition to housing, important projects include the pool, the new wastewater plant and a possible day care, as well as generally keeping the city running and looking nice. Another concerned citizen requested the city return to broadcasting council meetings over Zoom, like the city did during the COVID-19 pandemic. Mayor Cansler stated that the city will attempt to go back to broadcasting council meetings once the city's staffing problems have been resolved.

Keokuk County Hospital & Clinics

The link between a healthy diet and a healthy heart

Heart disease is a leading cause of death across the globe. According to the World Health Organization, ischaemic heart disease is responsible for 16 percent of the world's total deaths. The WHO also points out that, between 2000 and 2019, deaths due to ischaemic heart disease rose by more than two million.

Though not all deaths due to heart disease are preventable, many are, and researchers have discovered various ways individuals can reduce their risk for heart disease. One way individuals can protect their heart health is to eat a healthy diet. The link between diet and heart health is significant. Recognition of that link can help people concerned about heart disease develop a dietary plan that reduces their risk for this all-too-common killer.

A healthy diet, weight and heart health

The Centers for Disease Control and Prevention note that a healthy diet is balanced and includes a variety of nutritious foods. In fact, one easy way to determine if a plate is healthy is to see how colorful it is. The CDC notes that "eating the rainbow" means a plate is filled with an array of colors, which typically means an individual is eating healthy foods. Such a plate may include dark, leafy greens; bright red tomatoes; colorful fruits like oranges; and even fresh herbs. Such foods tend to be loaded with vitamins, fibers and minerals and low in added sugars, sodium, saturated fats, trans fats, and cho-



lesterol. That makes it easier for individuals to achieve and maintain a healthy weight, which in turn reduces their risk for heart disease. A recent study from researchers at Johns Hopkins found that obesity itself can lead to heart failure, even in the absence of markers for heart disease like high blood pressure, diabetes and elevated cholesterol that have long been used to determine an individual's risk for heart disease. So by using a nutritious diet to maintain or achieve a healthy weight, individuals are thus lowering their risk for heart disease, even if they do not presently have any of the established markers indicating that risk has been elevated.

A healthy diet, cholesterol and heart health

Of course, many people already have learned that they are at an elevated risk for heart disease due to certain lifestyle choices, including poor diet. A poor diet can cause a host of health problems, including elevating cholesterol levels. According to the Heart & Vascular Center at Valley

View Hospital in western Colorado, a diet high in saturated fat can lead to heart disease because it can increase cholesterol levels. The Mayo Clinic notes that, when a person has high cholesterol, fatty deposits can develop in the blood vessels. Those deposits eventually grow, making it difficult for sufficient blood to flow through the arteries. The deposits also can break and form clots that can cause heart attack or stroke. Though Harvard Health notes that some people are genetically predisposed to high blood cholesterol, a diet that limits intake of saturated fat can help most people maintain healthy cholesterol levels, thus reducing their risk for heart disease. Foods high in saturated fat include pork, beef, lamb, cream, butter, and cheese.

Heart disease claims the lives of millions of people across the globe every year. Diet is an undeniable ally in the fight against heart disease, and individuals who commit to eating right can greatly reduce their risk for heart disease.

Keokuk County Medical Clinic



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To schedule an appointment, please call (641) 622-1170 | 1314 South Stuart Street, Suite B | Sigourney, Iowa

Sigourney Community School District

Dear Community Stakeholders:

The Sigourney Community School District's Board of Education is calling for an election on March 7, 2023, to ask the community to consider the approval of an updated Revenue Purpose Statement (RPS) which outlines how the District utilizes Secure an Advanced Vision of Education (SAVE) funds or more commonly referred to as the one cent sales tax or state-wide penny.

SAVE funds are utilized by nearly all Iowa school districts to specifically support school infrastructure and technology needs. If voters approve the Revenue Purpose Statement the District will continue to be able to collect SAVE revenues until 2050. The District's current Revenue Purpose

Statement will expire in 2031. A simple majority (50% + 1) is needed for the Revenue Purpose Statement to pass. Iowa law allows for the duration of the penny sales tax. If approved, the current sales tax rate will not change. It is important to note that the one cent sale tax (SAVE) will continue to be collected across the state and in our community regardless of whether the revenue purpose statement is approved. The revenue purpose statement will allow the District to access future SAVE funds. It is important to note that SAVE funds are used as a major source of property tax relief in two ways:

1. By reducing a school district's total asking levy.
2. By reducing a school district's need to continually seek approval to pay for

general obligation debts or infrastructure needs.

SAVE revenue has funded many key infrastructure and technology projects in the District, including: infrastructure repairs and maintenance, roof repairs, transportation purchases and repairs, extra-curricular playing surfaces and activity spaces, ongoing HVAC and boiler maintenance, technology upgrades to meet modern safety and security needs (surveillance equipment), instructional support technologies and all furniture, fixture and equipment needs. The Board of Education will provide a Q&A opportunity at the February 8, 2023, Board meeting. You may also contact Mr. Hatfield, Superintendent of Schools, regarding questions you might have.

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SIGOURNEY COMMUNITY SCHOOL DISTRICT