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Tuesday, July 18, 2023

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REACHING NEW HEIGHTS



TIM HYNDS, SIOUX CITY JOURNAL

Terry Hegarty, executive director, sits on a row of benches marked with donation plaques at the Trinity Heights Queen of Peace Shrine in Sioux City.

30 years later, Trinity Heights stands as testament to founders' determination

MADALEINE DISHAW
mdishaw@siouxcityjournal.com

SIOUX CITY — The dream of the Rev. Harold Cooper to place a statue of Mary in the Midwest is what inspired Trinity Heights and has progressed beyond what the father could have imagined.

Tucked away on a 16-acre plot that sits atop the former grounds of Trinity College and high school, it features more than two dozen statues, shrines and dedications to figures and teachings of the Catholic faith for anyone to enjoy.

It's been a staple in the Siouxland community since its introduction in 1992 and has served as a conduit for their mission of bringing people closer to God.

"Everything is along the same path that was laid out by Father Cooper," said Trinity Heights Executive Director Terry Hegarty. "It's a wonderful teaching place to actually pray to the Blessed Mother

and she's going to have you grow closer to her son Jesus. And it's evolved into that same path, you know, everything here, and I think we continue to strive to do that."

Since the addition of the 30-foot Immaculate Heart of Mary Queen of Peace statue in 1992, Trinity Heights has added a similarly sized Sacred Heart of Jesus along with many others, ranging from St. Francis to Mother Teresa.

Their evolution also includes elements beyond just statues, including the additions of the Six Apparitions of Mary, the Circle of Life Memorial to the Unborn, Heaven's Special Children and the Way of the Saints.

The artists

Apart from the inherent religious

Please see HEIGHTS, Page A7

Judge blocks Iowa abortion law

Reynolds signed bill banning most abortions last week

TOM BARTON
Journal Des Moines Bureau

A Polk County District Court judge on Monday blocked enforcement of a new law signed just days earlier by Iowa Republican Gov. Kim Reynolds that would ban the vast majority of abortions in the state.

District Court Judge Joseph Seidlin granted a request from Iowa abortion providers to halt enforcement of the new restrictions until its constitutionality can be considered by the courts.

Reynolds signed House File 732 into law Friday afternoon at the Christian conservative The Family Leader's annual conference, which featured remarks from six GOP presidential candidates. During her remarks, Reynolds called abortion "the most important human rights cause of our time."



Reynolds

"In their own words, the abortion industry stressed the need for a temporary injunction so they could continue with 200 scheduled abortions in the next two weeks," Reynolds said in statement Monday responding to the court order. "While life was protected for a few days, now even more innocent babies will be lost."

"The abortion industry's attempt to thwart the will of Iowans and the voices of their elected representatives continues today, but I will fight this all the way to the Iowa Supreme Court where we expect a decision that will finally provide justice for the unborn."

The law took immediate effect Friday after Seidlin rejected a request from attorneys for Planned Parenthood of the Heartland and Emma Goldman Clinic of Iowa City to immediately block enforcement. Seidlin said he would have to "flippantly rule from the bench just for expediency's sake" to grant the request, and that he hoped to have a ruling issued by the end of Monday — which he did.

HF 732 prohibits abortions once a "fetal heartbeat" — defined as "cardiac activity, the steady and repetitive rhythmic contraction of the fetal heart within the gestational sac" — is detected. Doctors would be required to first perform an abdominal ultrasound to detect embryonic or fetal cardiac activity.

The law would change the amount of

Please see ABORTION, Page A7

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The Mini

Iowa Public Service used to post a notice on the front page of The Sioux City Journal that street lights are for YOUR protection and YOU should call when you see one out. Now it's MidAmerican you should call at 888-427-5632. —R. E. Williams, Sioux City

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FIVE QUESTIONS

To peruse a recent installment of The Journal's new "Five Questions With" feature, point your smartphone camera at the QR Code and tap the link.



RAGBRAI 2022

To see photos, videos and articles from RAGBRAI 2022, point your smartphone camera at the QR Code and tap the link.



MOVIES IN A MINUTE

To see Journal Film Critic Bruce Miller's video review of the road trip comedy "Joy Ride," point your smartphone camera at the QR Code and tap the link.

Woman hopes for a deeper connection with daughter-in-law

DEAR ABBY: Twelve years ago, my son "Will" married "Mara." They dated in high school, wound up at the same college and eloped during their freshman year (way too young).



JEANNE PHILLIPS

In spite of their somewhat rocky relationship over the years, Mara and I always got along well. She became the daughter I never had, and she referred to me as "my other mom" when introducing me to her friends.

Through her, I also became close friends with her mother, "Ivy," a relationship that continues to this day. When the marriage was ending, I grieved not only for the marriage but also for what I thought would be the end of my relationship with both Mara and Ivy. It didn't happen. Mara and I are still in contact. We email, text and call each

other often.

Happily, Will is fine with us being in touch and with my friendship with Ivy. He and Mara had what must be the most amicable divorce in history. The two of them (and their new spouses) are all great friends and see each other regularly.

Will married "Carrie" three years ago, and Carrie is perfect for him. I love her for the way she loves him and how great they are together. But I'm sad to say that Carrie and I aren't close the way Mara and I were (and still are), and I'm not sure what to do about it.

Carrie has had a busy life between going to college and a full-time job, and we don't get to see each other much. She doesn't like to talk on the phone, and I don't like Facebook, so we're not in contact except for a few random texts and emails here and there. I'd really like to be closer to Carrie, but I'm not sure how to get there. Any suggestions? — TORN BE-

TWEEN TWO DAUGHTERS

DEAR TORN: Your relationship with Mara developed over a long period of time. Carrie hasn't had the time to devote to a relationship with you because of her schooling and her job. As much as you might wish it, it isn't possible to "clone" relationships. The one you have with Mara and Ivy is deep-rooted.

If Carrie is finished with school now, her schedule may open up enough so the two of you can manage some one-on-one time if you take the initiative and invite her. A weekend "girls" lunch, spa afternoon or shopping together may be the way to approach it.

DEAR ABBY: I have a question about saying grace. I'm not religious, but I do consider myself respectful of others' religious practices. There is one issue, however, that I'd like some guidance on. When visiting someone's house and they ask me, the newcomer, to

say grace, what do I do? I don't mind partaking in the custom; I understand it and I am not offended. But saying grace is beyond what I'm comfortable with. What's the way out of this situation without being disrespectful or compromising a strong view of my own? — WONDERING IN THE MIDWEST

DEAR WONDERING: In the moment, you could always offer a friendly, complimentary deferral such as, "Oh, I'm sure you'll do a much better job at it than I could!" If it happens again, talk privately with your hosts and explain you are not formally religious and not in the habit of saying grace before meals, which is why you would prefer not to be asked.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

FAQ

If someone calls you with a tip, do you write a story?

It depends on the tip, the source of information and the willingness of people to talk on the record. Frequently, people will call and suggest we investigate something they've heard but they don't provide any details, sources or background that a reporter could use. Often, it's as vague as, "I hear there's lots of corruption in ..." and they leave us hanging. A hunch or an idea doesn't necessarily result in a story.

ONLINE POLL

Today's poll: Have you ever ridden in RAGBRAI?

Yesterday's Poll: Are you planning on going to any RAGBRAI events?



SPEAKOUT

Today's Question: What addition would you like to see to Cone Park?

Sound off at www.facebook.com/SiouxCityJournal

QUOTE

"No amount of law enforcement can solve a problem that goes back to the family."

J. Edgar Hoover (1895-1972)
Former FBI director

LOTTERIES

SATURDAY
Dakota Cash
3-9-19-31-32
Lotto America
5-6-20-42-48 SB: 6

Powerball
2-9-43-55-57 PB: 18
FRIDAY
Mega Millions
10-24-48-51-66 MB: 15

LATEST WOODBURY COUNTY COURT REPORT

Before Judge Robert Tiefenthaler

Pete Edgar Brown, 51, Omaha, third-degree criminal mischief; sentenced July 10, 180 days jail suspended, one year probation.

Before Judge Roger Sailer

Carl Franklin Stoddard, 34, Sioux City, first-degree theft;

sentenced July 13, 10 years prison suspended, three years probation.

Michelle Diane Georges, 25, Sioux City, possession of a controlled substance — third offense (three counts); sentenced July 6, 10 years prison suspended, two years probation.

Samantha Jean Brucher, 33, Sioux City, forgery; sentenced July 6, five years prison.

BRIEF

Roadwork to close Highway 3 between Remsen, Marcus

REMSEN, Iowa — Iowa Highway 3 between Remsen and Marcus will close on July 24 for a concrete paving

project. While the highway is closed, traffic will be detoured on Iowa Highway 140 and Plymouth County roads C-38 and L-36.

The Iowa Department of Transportation said construction is expected to be finished by Aug. 31, weather permitting.

MARRIAGE LICENSES

Marriage licenses issued recently in Woodbury County:

Kyle Joseph Vondrak, 29, Hinton, Iowa; Amanda Lee Jordan, 27, Sioux City
Ronald Charles Yockey, 75, Dakota Dunes; Constance Elaine Smith, 73, Sioux City
Deion Ernest Miller, 24, Sioux City; Kayla Marie Guy, 24, Sioux City
Saria Patrice Holmes, 39,

Spirit Lake, Iowa; Alberto Gracia, 34, Sioux City
Zachary Ryan Case, 36, Sioux City; Lydia Mae Himmelreich, 42, Sioux City
Aiden James Brock, 22, Sioux City; Gracie Mae Eli, 21, Sioux City
Benjamin Robert Pratt, 37, Sioux City; Elizabeth Anne Wolpert, 37, Sioux City
Patrick Timothy Wismer, 41, Sioux City; Ashley

Marie Wolfe, 37, Sioux City
Catherine Marie Benjamin, 41, Sioux City; Thomas Rick Merchant, 27, Sioux City
Denise Irene Diaz, 29, Sioux City; Luis Angel Ochoa Zapata, 25, Sioux City
Mikayla Jean Mitchell, 25, Kingsley, Iowa; Benjamin Gene Dreessen, 27, Kingsley
Michael Joseph Henry, 45, Sioux City; Mollie Jo

Scott, 36, Sioux City
Tyler Allen Olson, 25, Sioux City; Dolly Anel Vega Rosas, 33, Sioux City
Thomas Henry Miller, 68, Sioux City; Penny Sue Hofer, 69, Sioux City
Daniel Thomas Stephens, 31, Sioux City; Abigail Lynn Knapp, 26, Sioux City
Joel Kayila Mutela, 30, Sioux City; Naomie Mutambayi Musau, 25, Sioux City

Man dies after north side shooting

Stabbing victim hospitalized; incident under investigation

JOURNAL STAFF

SIOUX CITY — A man was killed Monday in an early-morning shooting and stabbing incident on the city's north side.

At around 4:19 a.m. Monday, Sioux City Police officers were dis-

patched to 406 26th Street for a report of a stabbing and possible burglary. On arrival, officers found a man outside the house suffering multiple stab wounds, according to a press release from the Sioux City Police Department. The man lived at the residence.

Officers found another man suffering multiple gunshot wounds in a search of the residence.

Both men were transported to the

hospital with what were described as life-threatening injuries. The man suffering the gunshot wounds later succumbed to his injuries.

Neither man has yet been identified.

An investigation into the incident is ongoing and anyone with additional information can call the Sioux City Police Department at 712-279-6440 or Crime Stoppers at 712-258-8477.



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The fastest toad in Union County

The Daytoada 500 is an annual event in Jefferson, S.D.

PEGGY SENZARINO
psenzarino@siouxcityjournal.com

JEFFERSON, S.D. — Mr. Jumpy was crowned the fastest toad in Union County at Saturday's Daytoada 500 in downtown Jefferson.

The event was part of the annual Jefferson Days of '59 celebration. It's billed as "the longest toad race in South Dakota."

Brooks Allard, 8, found Mr. Jumpy at his grandmother's house on Friday. The toad's name, while turning out to be a good moniker, was a spur of the moment decision.

"I had to think fast because I didn't know what to name him," Brooks said. "I competed last year but didn't really win anything though."

As Mr. Jumpy was coming down the track hopping along in front of Brooks, an announcer could be heard saying Brooks had 'good form!'

"I don't really know. He was getting scared of me and he just went forward," Brooks said.

Seventy-four toads and their humans took part in the race. The 40-foot track was set on the town's Main Street. Periodically, volunteers watered down the track make it more comfortable for the toads.

The entrants competed in heats with the winners of each of the three age groups making the final.

Keaton Jansen, 7, Elk Point, S.D., and Speedy made the finals. He caught Speedy on Saturday just prior to the start of the competition.

Keaton's mom Stephanie said he loves catching toads in their yard. "He's so excited to be in the final," she said.

The toads were encouraged to move along by tapping them on their backs, walking closely behind them and occasionally giving the toad a gentle nudge.

"All toads on the line. Ready, set, toad," was the announcer's unique call.

The one main rule for the competition was no frogs allowed, toads only please.

The species differ in several ways. Frogs have long legs and are made for hopping. On the other hand, toads have much shorter legs and



JESSE BROTHERS PHOTOS, SIOUX CITY JOURNAL

Tate Hanson, right, urges his toad forward to race in the Daytoada 500, which is the longest toad race in South Dakota during Jefferson Days of '59 in Jefferson, S.D., Saturday.

prefer to crawl around rather than hop.

"Any toad is a good toad really but I think the smaller ones probably want to get to shelter faster. The bigger toads have fewer predators so they are not as worried," said spectator Catherine Beall of Sioux Fall, S.D., who also happens to be a biologist,

Brother and sister Tatum and Kinslee Berg, ages 4 and 7, had their toads ready to go. Tatum was holding his toad Michael in a soda cup. "He wants to get out," the little boy said.

Kinslee named her toad Petals. "On his back it looks like petals. I think he's going to do really well because he is bigger than all the other toads," she said.

Martin Nelkie, one of the organizers, was helping register participants for the race,

"The Daytoada 500 has been



Keaton Jansen urges his toad forward in the race.

a tradition in Jefferson," he said. "They just help race the toads up the street. the fastest toad wins."

"Encouragement of the toads is encouraged," Nelkie said with a grin. Hudson Boyle, 7, Jefferson, had three toads of various sizes in a bucket. This was Hudson's second year of competition.

His mother Andrea said they believe last year's toad was too big and not suited for the race.

"We sized up for some smaller



Brooks Allard urges his toad, "Mr. Jumpy" forward to finish first in the championship race in the Daytoada 500 making "Mr. Jumpy" the fastest toad in Union County during Jefferson Days of '59 in Jefferson, S.D., Saturday.

ones this year," she said. "It's a fun want to touch them, but they want little deal. The kids, some don't to be participants."

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Overheard in the News

“I have enjoyed the blessings and endured the burdens while serving in this elected office. I hope that those who are running will run with purpose that supports our students, teachers and builds community.”

Monique Scarlett, Sioux City School Board member, announcing her decision not to run for re-election

“People like to second-guess us. Has Saturday in the Park stolen some of our thunder? Do people still enjoy a parade and a carnival during the hottest days of July? More importantly, is River-Cade still relevant? I think it is and I think it has evolved with the time.”

Phil Claeys, coordinator of River-Cade, on the ongoing relevance of the Sioux City tradition

“I try to collect as many kinds of conversational stories about fabric, how people relate to sewing, and it goes with the piece at the end, which is really great.”

Amanda Browder, Brooklyn-based textile installation artist who will cover the Sioux City Art Center in bright-colored fabric next year

“I think it’s probably more of a voter turnout thing on the Democratic side. I think it’s a mobilizing issue for Democratic voters.”

Christopher Larimer, political science professor at the University of Northern Iowa, on abortion legislation and politics

“We have a responsibility not only to protect the unborn in law, but to change the destructive culture of abortion that still exists in a post-Roe world.”

Iowa Gov. Kim Reynolds on abortion policy and the 1973 Supreme Court decision of Roe v. Wade

“I opened up the Governor position for Kim Reynolds, & when she fell behind, I ENDORSED her, did big Rallies, & she won. Now, she wants to remain ‘NEUTRAL.’ I don’t invite her to events!”

Former President Donald Trump writing on social media about Iowa Gov. Kim Reynolds

BRIEF

Four Sioux City parks to close for RAGBRAI

JOURNAL STAFF

SIOUX CITY — Four Sioux City parks will be closed to the public over RAGBRAI weekend, as they are needed for RAGBRAI-related purposes.

Chris Larsen Park, Riverside Park, Cook Park and Headington Park will all be closed on Saturday and Sunday. The public boat ramp at Chris Larsen Park will also be closed during that time period, the City of Sioux City announced in a press release Monday.

Riverside Park and Chris Larsen Park will be sprayed for mosquitoes Friday morning, ahead of RAGBRAI events which begin the following day.

The Sergeant Floyd River Museum & Welcome Center and the Lewis and Clark Interpretative Center will be open to the public Saturday.

FIVE QUESTIONS WITH...



PEGGY SENZARINO, SIOUX CITY JOURNAL

Becky Barnes is the market manager for the Sioux City Farmers Market. The market is open from May through October each Wednesday and Saturday. It is located just west of the Tyson Events Center in downtown Sioux City at the corner of TriView Avenue and Pearl Street.

Farmers Market manager Becky Barnes on what keeps the market bustling

PEGGY SENZARINO
psenzarino@siouxcityjournal.com

SIOUX CITY — This Siouxland native has a passion for helping small businesses find their niche.

As market manager for the Sioux City Farmers Market, Becky Barnes oversees two weekly farmers markets with approximately 32 vendors selling everything from homemade dog treats, to knitted goods to farm-fresh vegetables.

“I love Sioux City because it’s small enough where you know everybody,” Barnes said.

She said Sioux City is filled with entrepreneurs ready to start that next new business.

“Everybody is just all in when there’s a new business coming to town. Being at the market and seeing all the small businesses flourish, that’s what I like. You watch them start and then to see them grow and move

to a storefront or grow an online business. That’s what I love about Sioux City and the farmers market.”

The Journal asked Barnes five questions about her work, the Sioux City Farmers Market and her plans for the future.

What is your favorite item to pick up at the Farmers Market and why?

My favorite things to pick up at the Farmers Market are the amazing tips from the farmers and makers! They are full of so much wisdom and can answer any questions you have about the products they grow and make. It’s always a great experience to chat with them and learn something new!

How did you come to get this position?

I got really lucky when the former market manager approached me about the position.

I decided to take the plunge and applied, and I’m so glad I did! This has been one of the best experiences of my life — the board of directors, vendors, and the people in the community have made this position truly fulfilling.

How long does it take to set up for the market each week?

Every Wednesday and Saturday, the team and I get up bright and early and arrive at 6:30. We help the vendors get into their places, as well as put out signs, barricades, tables, umbrellas, and more, and usually wrap up around 1:30 p.m. But we don’t just stop there — there’s also office work that needs to be done in order to keep the market running smoothly.

What makes a top-notch Farmers Market?

Without the incredible people behind it, the farmers market

wouldn’t be as amazing as it is! From the patrons to the vendors and the generous sponsors — everyone plays an important part in making it so special. We are so lucky to have such an amazing community making it all possible.

Is there some type of business or entrepreneur you’d like to attract to the Sioux City market?

Currently, we are looking for small businesses that make/produce their own cheese/dairy products, artisan bread, and/or pasta. If you or someone you know who makes those items, we want you to join us at the Sioux City Farmers Market and share your delicious creations with the community! There’s nothing like trying new and unique products, and we’re proud to offer a wide variety of options for everyone.

Gov. Noem prods Washington to address drug shortages

STEVE KARNOWSKI
Associated Press

As the U.S. struggles with prescription drug shortages, South Dakota Gov. Kristi Noem has advanced a modest plan that she hopes will prod Washington to take decisive action to address weaknesses in the international pharmaceutical supply chain.

Noem told reporters at a pharmacy in Sioux Falls last week that her state will expand its stockpiles of certain medications that have been in short supply. The Republican former congresswoman also used the occasion to turn up the heat on the federal Food and Drug Administration, urging the agency to make the U.S. less dependent on foreign suppliers like China and India.

Noem said she hopes other governors — and members of Congress — take notice of what

South Dakota is doing and lend their voices to push for long-term change in Washington to fix what she called a real risk to national security.

“My hope is that those leaders in D.C. that have the ability to weigh in on this issue will,” Noem said. “We’ll continue to educate them on why it’s such a critical need for us to address it today.”

Shifting shortages of a variety of drugs predated the COVID-19 pandemic by decades and continue to complicate treatment of patients across the country. Major contributors include manufacturing problems, demand spikes, tight ingredient supplies and overreliance on foreign sources. A U.S. Senate report in March said the shortages have “cascading effects on patient care.”

Last fall, the FDA announced a shortage of the attention-deficit/hyperactivity disorder drug Adderall. Stores ran out of children’s medicines due to demand during last winter’s particularly intense

cold and flu season. Prominent cancer centers warned last month that a growing shortage of common cancer treatments is forcing doctors to switch medications and delay some care. Several Democratic-led states plan to stockpile abortion-inducing drugs in response to a court ruling that could limit access.

There were 309 active drug shortages in the U.S. at the end of June, according to the University of Utah Drug Information Service. That’s up from 295 at the end of last year and the highest total recorded since 2014.

Noem wrote to FDA Commissioner Robert Califf last week, imploring him to work with Congress on long-term solutions to fix the supply chain and reduce America’s reliance on China and India.

“This is one of the issues that’s still getting traction in Washington on both sides of the aisle, which is rare these days,” said Stephen Schondelmeyer, a leader of the Resilient Drug

Supply Project at the University of Minnesota.

South Dakota already maintains drug caches at each end of the state, at a pharmaceutical warehouse in Sioux Falls and at a Rapid City hospital. It will now add sites at partner pharmacies in five additional cities statewide. In addition to current antibiotic stockpiles, the department is adding albuterol, epinephrine, insulin, prednisone and pediatric amoxicillin to the list, which was developed by the state Department of Health as part of a study that Noem ordered in May.

“This effort is helpful, but not the whole picture,” Schondelmeyer said.

He noted that South Dakota’s plan focuses on outpatient medications. Serile injectables used in hospitals — ranging from drugs on crash carts to chemotherapy medications — have accounted for about 70% of the shortages over the past decade and may warrant stockpiling as well, he said.

Lopez-Walker announces candidacy for Sioux City Council

Winnebago Tribal member wants to focus on homelessness, housing

DOLLY A. BUTZ
dbutz@siouxcityjournal.com

SIOUX CITY — Jessica Lopez-Walker said she will be “a fierce advocate for all” if she is elected to the Sioux City Council.

Lopez-Walker, an enrolled member of the Winnebago Tribe of Nebraska, announced her candidacy in a statement issued Sat-



Lopez-Walker

development, as well as clean water and clean air for all citizens.

“As an Indigenous woman, I will represent the needs and concerns of all citizens of Sioux City; I embrace diversity because it strengthens local government.”

urday. Lopez-Walker said she is focused on issues concerning homelessness, workforce housing, diversity, human trafficking and supporting small business

development, as well as clean water and clean air for all citizens. Lopez-Walker, who holds degrees in psychology and art from Nebraska Indian College, is in the process of completing a B.A. from Briar Cliff University. She has been employed at FedEx the past four years.

Lopez-Walker is married with five children and serves as a family recruiter for foster care in Sioux City.

Mayor Bob Scott and Councilwoman Julie Schoenherr are up for reelection in the fall. Schoenherr is completing her first term on the council, while Scott will have served a record 19 years as mayor when his current term ends.

According to the Iowa Secretary of State’s website, the filing period for nomination papers is Aug. 14 to 31.

A city primary election, if necessary, would be held on Oct. 10. The entry of at least three candidates triggers a primary election. The regular election is slated for Nov. 7.

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Public Health
IOWA HHS

Syphilis is a sexually transmissible infection (STI). It's more common and easier to get than you might think. Not everyone who has syphilis has symptoms, so people often don't realize they have it. If you do have symptoms, they can include a painless sore or rash. Thankfully, syphilis is easy to test, treat and cure! If you're sexually active, make sure that getting tested syphilis is part of your health routine.



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Ask the Fool

An Upside of Inflation

Q I know inflation makes money worth less over time. Is there any upside to that? — S.L., Kankakee, Illinois

A Here's one: Imagine that you're earning \$80,000 per year and making monthly \$1,800 payments on your fixed-rate mortgage. Over time, your income will presumably grow along with inflation, and that \$1,800 will represent a smaller and smaller portion of your income.

Q I bought a stock. It tripled, then fell in price so that I only doubled my money. Should I have sold after it tripled and bought it again after it dropped? Or is it best to just wait and hold, hoping for more gains? — M.M., Ocala, Florida

A Selling at a top and then buying again at a bottom sounds great, but there's one little problem: You can't know when a stock has reached a top or a bottom. Indeed, you can't even know if it's going to rise or fall from day to day.

Focusing on your gain (or loss) so far when thinking about whether to sell or hang on means you're looking backward. Instead, look forward: Consider the stock's current price and what you expect the price to be in the future. Ideally, you'll buy stocks when they seem undervalued — priced less than what you think they should be worth — and you might sell when they seem overvalued. Or, if you're planning to hang on for many years, if not decades, hold on through thick and thin as long as the company is performing well and maintaining great potential.

When a company is healthy and growing, its intrinsic value will increase over time. Looking at measures such as price-to-earnings (P/E) ratios can give you a rough idea of valuation.

Want more information about stocks? Send us an email to foolnews@fool.com.



Fool's School

Books To Improve Your Investing

No matter how experienced or inexperienced an investor you are, you can probably get savvier and improve your results by reading more. Here are a bunch of well-regarded books you might check out.

These are particularly good for beginners: "The Only Investment Guide You'll Ever Need" by Andrew Tobias (Harper Business, \$20), "One Up On Wall Street: How To Use What You Already Know To Make Money in the Market" by Peter Lynch with John Rothchild (Simon & Schuster, \$19), "The Little Book of Common Sense Investing: The Only Way To Guarantee Your Fair Share of Stock Market Returns" by John Bogle (Wiley, \$25), "Common Sense on Mutual Funds" by John Bogle (Wiley, \$35) and "The Psychology of Money: Timeless Lessons on Wealth, Greed and Happiness" by Morgan Housel (Harriman House, \$20).

These can help you hone your investing style: "Investing: The Last Liberal Art" by Robert Hagstrom (Columbia University Press, \$28),

"The Little Book of Value Investing" by Christopher H. Browne (Wiley, \$25), "Common Stocks and Uncommon Profits" by Philip A. Fisher (Wiley, \$25), "The Little Book That Builds Wealth: The Knockout Formula for Finding Great Investments" by Pat Dorsey (Wiley, \$25) and "The Little Book That Still Beats the Market" by Joel Greenblatt (Wiley, \$25). There are lots of other great reads in the "The Little Book ..." series, including books on dividends, valuation and behavioral investing.

More experienced investors might read "You Can Be a Stock Market Genius: Uncover the Secret Hiding Places of Stock Market Profits" by Joel Greenblatt (Touchstone, \$19), and a newly updated seventh edition of "Security Analysis: Principles and Techniques" by Warren Buffett's mentor, Benjamin Graham (McGraw-Hill, \$85).

We at The Motley Fool have also published some investing books, such as "The Motley Fool Investment Guide" by David and Tom Gardner (Simon & Schuster, \$22) and "The Motley Fool Investment Guide for Teens: 8 Steps To Having More Money Than Your Parents Ever Dreamed Of" by David and Tom Gardner with Selena Maranjian (Touchstone, \$17).

My Dumbest Investment

Didn't Do Nothing

My worst investment move was selling my shares of Netflix way too soon. I had invested in the company very early, when it was still a DVD-by-mail business. I sold my shares when it announced it was separating its DVD and streaming businesses, spinning off the former as "Qwixter." Had I hung on, those shares would be worth around \$900,000. All I would have had to do to make that money was ... nothing. — S., online

The Fool Responds: You weren't the only one who lost faith in Netflix after that announcement in July 2011 — which was accompanied by news of a price increase. The spinoff was received so poorly that the company reversed its decision in October. Meanwhile — as shown in the quarterly results it reported shortly after the reversal — it had lost about 800,000 subscribers.

You couldn't have known back then how well Netflix would turn its fortunes around, so selling was not so unreasonable. If you'd been on the fence, you might have sold only a portion of your shares.

It's worth remembering that many times in your investing life, the right thing to do will be nothing. Even Warren Buffett agrees, writing in his 1998 letter to shareholders: "... my decision to sell McDonald's was a very big mistake. Overall, you would have been better off last year if I had regularly snuck off to the movies during market hours."

The Motley Fool Take

CVS Healthy

Serving over 100 million people in the United States annually through its Caremark prescription management business and Aetna health insurance business, CVS Health (NYSE: CVS) is a major health solutions company. These businesses support the company's near-\$90 billion market value, making it the third-largest health care plan provider in the country. Its network features more than 40,000 physicians, pharmacists, nurses and nurse practitioners.

As the U.S. population continues to age, demand for Caremark and Aetna's services should increase. Meanwhile, CVS has been expanding further via more acquisitions, including its \$10.6 billion purchase of primary care operator Oak Street Health and an \$8 billion deal for home-health company Signify Health.

That's a lot to digest, so CVS has said it will pause mergers and acquisitions as it works on integration for the time being.

Meanwhile, its dividend recently yielded 3.5% and remains sustainable; the company was recently paying out about 75% of its income in dividends.

CVS Health was already a top name in pharmacy retail, and now has health insurance and pharmacy benefits businesses; together, those areas should provide long-term stability for investors. CVS Health's forward price-to-earnings (P/E) ratio of 8 is far lower than the health care plan industry's average of 13. (The Motley Fool has recommended CVS Health.)



Name That Company

I was born in 1913 as America's first commercial liquid bleach maker, the Electro-Alkaline Company. My sales totaled \$7,996 in my first year. I introduced household bleach to farmers and others at the 1917 California State Fair, and made it through the Great Depression with solid sales and no layoffs. My bleach was rationed during World War II because it could disinfect wounds, neutralize gas attacks and purify water. Today, with a recent market value of over \$19 billion, I'm home to brands such as Brita, Burt's Bees, Fresh Step, Glad, Hidden Valley, Kingsford, Liquid-Plumr and Pine-Sol. Who am I?

Think you know the answer? We'll announce it in next week's edition.



Want to Invest? Email us at foolnews@fool.com, and we'll send you some tips to start investing. Sorry, we can't provide individual financial advice.

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MONEY & MARKETS

Market summary table with columns for DOW, NASDAQ, S&P 500, 10-YR T-NOTE, 30-YR T-BOND, CRUDE OIL, GOLD, and EURO, showing current values and changes.

Money&Markets

Chicago Mercantile

Table with columns: Open, High, Low, Settle, Chg.

CATTLE table with columns: Date, Open, High, Low, Settle, Chg.

FEEDER CATTLE

Table with columns: Date, Open, High, Low, Settle, Chg.

Table with columns: Date, Open, High, Low, Settle, Chg.

HOGS-Lean

Table with columns: Date, Open, High, Low, Settle, Chg.

WINTER WHEAT

Table with columns: Date, Open, High, Low, Settle, Chg.

Table with columns: Date, Open, High, Low, Settle, Chg.

Winter Wheat

Table with columns: Date, Open, High, Low, Settle, Chg.

WINTER WHEAT

Table with columns: Date, Open, High, Low, Settle, Chg.

WINTER WHEAT

Table with columns: Date, Open, High, Low, Settle, Chg.

WINTER WHEAT

Table with columns: Date, Open, High, Low, Settle, Chg.

WINTER WHEAT

Table with columns: Date, Open, High, Low, Settle, Chg.

WINTER WHEAT

Table with columns: Date, Open, High, Low, Settle, Chg.

StocksRecap

Table with columns: NYSE, NASD, Vol. (in mil.), Pvs. Volume, Advanced, Declined, New Highs, New Lows.

Chicago Board of Trade

Table with columns: Open, High, Low, Settle, Chg.

CORN

Table with columns: Date, Open, High, Low, Settle, Chg.

SOYBEANS

Table with columns: Date, Open, High, Low, Settle, Chg.

SOYBEAN OIL

Table with columns: Date, Open, High, Low, Settle, Chg.

100 tons - dollars per ton

Table with columns: Date, Open, High, Low, Settle, Chg.

WHEAT

Table with columns: Date, Open, High, Low, Settle, Chg.

S&P 500

Table with columns: High, Low, Close, Chg., %Chg., YTD.

Dow Jones Industrials

Table with columns: High, Low, Close, Chg., %Chg., YTD.

Interestrates

Table with columns: Prime Rate, Fed Funds, Last, 6 MO AGO, 1 YR AGO.

Commodities

Table with columns: U.S. crude oil and natural gas prices fell over 1% each.

Commodities

Table with columns: Wholesale gasoline and heating oil also closed lower.

Commodities

Table with columns: Gold and silver prices slipped.

Commodities

Table with columns: Fuels, Crude Oil (bbl), Heating Oil (gal), Natural Gas (mm btu), Unleaded Gas (mm btu).

Commodities

Table with columns: Metals, Gold (oz), Silver (oz), Platinum (oz), Copper (lb), Aluminum (ton).

Commodities

Table with columns: Agriculture, Cattle (lb), Coffee (lb), Corn (bu), Cotton (lb), Lumber (1,000 bd ft), Orange Juice (lb), Soybeans (bu), Wheat (bu).

Stocks of Local Interest

Large table listing various stocks with columns for Name, Last, Chg., and other financial metrics.

Council OKs grant application for Cone Park bike trails

DOLLY A. BUTZ
dbutz@siouxcityjournal.com

SIoux CITY — The Sioux City Council, by voting in favor of its consent agenda Monday, authorized the Parks and Recreation Department to submit a grant application to the Iowa Department of Transportation for \$150,000 in Iowa State Recreational Trails Program funding for a mountain bike trails project at Cone and Sertoma parks.

The public improvement project includes the construction of new shared-use trails, highly optimized bike-only trails and mountain bike amenities.

Before the vote, Mayor Pro Tem Dan Moore thanked Sioux City Parks and Recreation Director Matt Salvatore and Angel Wallace, Parks and Rec manager, for their work on the grant application. “It’ll go along way,” Moore said of the grant funding.

The Cone Park site, 3800 Line Drive, will be located adjacent to the Cone Park Lodge and will provide trailhead access to 10.5 miles of natural trails and a single-track trail network with various diffi-



JUSTIN WAN, SIoux CITY JOURNAL

Snow-making machines sit at the Cone Park tubing hill in this 2017 file photo. Mountain bike trails are coming to the park.

culty levels. Beginner and intermediate skills development areas are planned, as well as pump and tot tracks and a progressive jump line.

If the grant is awarded, the city agrees to pledge a 25% minimum

local match contribution and commit to adequately maintaining the trail for a minimum of 20 years, according to city documents.

In May, the council, by voting in favor of its consent agenda, awarded a contract to a Michigan

mountain bike trail contractor for the natural surface trail project.

Rock Solid Trail Contracting, LLC, of Copper Harbor, Michigan, was the lone bidder on the project with a total bid of \$1,200,441.76, which included a total base bid of \$1,030,017.36 and a \$170,424.40 alternate. The alternate consists of progressive lines. Rock Solid Trail Contracting’s sole bid plus the alternate came in at \$66,837.76, or 5.9%, higher than the engineer’s estimate of \$1,133,604.

The project, which has an anticipated completion date of May 15, 2024, is being funded with a combination of funding, including private contributions, general obligation bonds and grant funds. The total Capital Improvement Program project budget for design and construction is \$3,010,000.

In early 2021, the Parks and Recreation Department began working with Jay Chesterman and members of the mountain bike community to develop a plan for trails between Cone and Sertoma parks. The Chesterman Foundation funded a study and the group worked with the International

Mountain Bicycling Association to develop a master plan for mountain bike trails and other bicycle-friendly amenities. In celebration of Chesterman Company’s 150th anniversary, the Chesterman Foundation donated \$1 million to the project. Chesterman Company is an independently owned and operated Sioux City-based Coca-Cola bottling company.

During the winter, Cone Park offers a 700-foot main hill and Blue Bunny Hill, a shorter hill designed for people of all ages. Visitors can also skate at the park’s 5,400-square-foot refrigerated ice skating rink. Winter tubing first opened in December 2017.

Summer tubing made its debut at the all-seasons park in June 2022. Two lanes of plastic-type track on the main hill, which act like snow, are installed on the hill at the beginning of the summer season and removed before snow-making begins.

Cone Park was awarded the “outstanding attraction” honor from the Iowa Tourism Bureau and the Travel Federation of Iowa in 2019.

Heights

From A1

intentions of the space, Trinity Heights has also become a place to showcase artistic talent.

With the help of these artists who’ve been willing to lend their skills, Trinity Heights has been able to bring prominent Catholic figures and ideas to life.

Dale Lamphere has been the backbone of this artistic endeavor. Since the South Dakota native was commissioned in 1990 by Cooper for Mary Queen of Peace, his professional relationship with Trinity Heights has continued, as recently as 2021.

“I’m not Catholic, but I was certainly happy to work with them,” said Lamphere. “I met some wonderful people over the years and really have enjoyed my association with them.”

The sculptor first came into contact with Trinity Heights through Don Gallagher, who knew of Cooper and his intentions of having a statue of Mary placed in Sioux City.

Lamphere’s process began with preliminary sketches and creating a smaller maquette of the statue in clay, eventually having the clay made into a mold and working with a foundry to have it cast in stainless steel. When working on larger projects, such as Queen of Peace, Lamphere prefers to work with smaller-scale models beforehand because it’s easier to solve problems and fine tune when you can see everything up close.

He also finds most of his inspiration from the direct observation of nature in the Great Plains, which he always tries to incorporate when completing a project and was taken into consideration when ideating Queen of Peace.

“I pay close attention to my environment and the people around me,” said Lamphere. “The sweep of her skirt, in a sense reflects the wind and prairie grasses, and you know the movement we out here in the Great Plains. The wind is such a present factor and so everything is always in motion.”

After the completion of the Mary statue, Lamphere has been called back by Trinity Heights to create more additions to the space including, the Sacred Heart of Jesus, St. Michael, Moses, St. John Paul II, St. Francis and a statue of Cooper himself.

“I’m just a human like everyone else and I have to think, who am I to take these icons of faith and reinterpret them for our time,” said Lamphere. “And it’s great to do that, but it’s always very intimidating because these are such permanent things. So, I have to trust God has put me in this position because I am supposed to do it.”

But Lamphere isn’t the only artist to have work showcased at Trinity Heights. In 1995, a 22-foot-long life-size wood sculpture of the Last Supper, created by award-winning artist Jerry Traufler, was placed inside the St. Joseph Center. The works of Sondra Jonson have also been featured, most notably “Rachel Weeping for Her Children” in the Circle of Life Memorial to the Unborn.

“They’ve just blessed these



TIM HYNDS, SIoux CITY JOURNAL

The Sacred Heart of Jesus statue by artist Dale Lamphere was the second addition to the Trinity Heights Queen of Peace Shrine in Sioux City. The site, supported by donations, features numerous statues by Sturgis, South Dakota’s Lamphere as well as statues by other artists.

grounds with their beauty,” said Hegarty. “You’re not going to find it anywhere else. They’re simply amazing works of art.”

Beyond religion

There are also elements throughout Trinity Heights that aren’t fundamentally religious or directly connected to their Catholic beliefs.

Just down the hill from the statue of Jesus sits a large rock engraved with “God Bless America” surrounded by plaques dedicated to the veterans of Siouxland.

Trinity Heights added its veteran’s memorial to the site in 2011. Dan Stevens, executive director at the time, suggested that they place a tribute to the veterans on the grounds, but that you didn’t have to be deceased to be recognized.

It was partially inspired to commemorate the Trinity High School graduates who were deployed during World War II and didn’t come home, along with the Siouxland Vietnam War veterans they felt didn’t get the welcome back they deserved.

“You know our religious rights and our freedoms in this country we feel kind of go hand in hand,” said Hegarty. “So, we thought it was a wonderful thing to recognize those men and women that have served our great country with this tribute.”

Besides the memorial, anyone walking around the grounds will also notice benches and pillars decorated in the same plaques, often in memory of loved ones.

Trinity Heights runs on the generous donations and gifts of the Siouxland community, which they’ve been commemorating with

benches and plaques since its beginning.

“All those are all done just to recognize someone,” said Hegarty. “And a lot of people, they’ll come up and say, you know my mom, or my grandma or my parents just loved it up here. They’re gone now and I want to put a plaque up here for them So, it’s really a wonderful gift that they make a donation, and we get to recognize them with that plaque on the grounds wherever they choose.”

The future

Trinity Heights isn’t planning to stop growing their repertoire any time soon.

The projects that they are currently working on include a free-standing chapel separate from the one they already have in the St. Joseph Center. Now that COVID has relaxed, Trinity Heights is seeing a surge in large groups visiting the site and their current chapel isn’t large enough to accommodate.

They are also finalizing plans for a fountain that will be dedicated to the Holy Trinity, which they believe will be a natural fit for the space.

“So that again, we’ve just tried to continue to fire on that path, but it just seems to happen,” said Hegarty. “It’s just some of these things aren’t planned. And we call that divine intervention.”

Even though the 76-year-old Lamphere is looking to slow down and have a more balanced lifestyle, he is also open to future collaborations with Trinity Heights depending on the size of the project. He is astonished by the amount of growth it has made over time and wants to continue to be a part of



A statue of St. John Paul II by artist Dale Lamphere.

that evolution.

“What amazes me is that it’s such a sincere expression of faith ... there’s such a rich tapestry, so to speak, of all these different expressions of faith,” said Lamphere.

“And it continues to grow. I mean, it’s remarkable to me. I’m always surprised by when I visit how this has been added and that’s been done. Things have matured and it’s such a beautiful sight.”

Abortion

From A1

time that women have to seek an abortion from 20 weeks post-fertilization to as little as six weeks — before many women

know they are pregnant. The injunction Monday keeps the status quo — 20 weeks — for now.

The bill includes exceptions for pregnancies that are the result of rape in cases reported within 45 days, and incest in cases reported within 140 days. It also includes

exceptions for miscarriages, a fetal abnormality that would result in the infant’s death and for when the mother’s life is threatened.

Supporters say the presence of a “heartbeat” indicates life that merits equal protection under the law. Advocates for abortion

rights say the new law would end 98 percent of abortions that are currently legal in Iowa.

Seidlin’s order temporarily bars, or enjoins, the state of Iowa from enforcing HF 732, with the exception of a requirement directing the Iowa Board of Medicine to adopt

rules to administer the bill.

“Should the injunction entered today ultimately be dissolved, it would only benefit all involved, patients and providers alike, to have rules in place to administer the law,” Seidlin wrote in his order.

A fair wage: Free, fresh food

Volunteer farm workers in Vermillion earn greens rather than greenbacks

NICK HYTREK
nhytrek@siouxcityjournal.com

VERMILLION, S.D. — College students and bargains, especially when it comes to food, go hand in hand.

At a Vermillion vegetable and fruit farm, volunteers get quite the bargain by getting their hands dirty.

Over the past decade, dozens of volunteers — many of them University of South Dakota students — have earned greens rather than greenbacks at Heikes Family Farm.

In return for a few hours of pulling weeds, picking fruit and vegetables and other tasks, volunteers receive free tomatoes, peppers or whatever else is in season at the farm. It's also a bargain for Heidi Heikes, who operates the farm with her father, Sam Heikes.

"It helps with our labor costs. It just helps me so I don't have to do all the work," Heidi Heikes said. "There's always something for them to do."

In 2012, the father-daughter team started their community supported farm, in which shareholders pay an upfront fee in order to receive shares of the 50 kinds of freshly harvested fruit, vegetables and herbs. It wasn't long before they realized they'd need more help in addition to one or two part-time employees on their 1.5-acre farm.

Knowing student groups on the USD campus were always seeking volunteering opportunities, Heidi Heikes got word out on campus that she needed help on the farm during the growing season. As a bonus, volunteers would receive fresh food for their labors.

That promise of fresh food, plus fresh air, has proven popular, especially among international students, many of whom come from cultures in which



NICK HYTREK, SIOUX CITY JOURNAL

Hansa Krish, a University of South Dakota computer science graduate student from India, pulls weeds around tomato plants at Heikes Family Farm in Vermillion, South Dakota. Krish is one of several students who over the years have volunteered at the farm and in return receive fresh produce for their work.



TIM HYNDTS, SIOUX CITY JOURNAL FILE

Sam Heikes eats a freshly picked carrot at Heikes Family Farm in Vermillion, South Dakota, in this August 2015 file photo. Heikes and his daughter, Heidi Heikes, left, started the gardens on their family's homestead after Sam retired and had a desire to develop a community supported agriculture model in which people purchase shares in the garden in exchange for a share of the garden's produce.

fresh food is bought daily from local farmers at a market rather than a grocery store that ships in produce from growers hundreds



NICK HYTREK, SIOUX CITY JOURNAL

From left, Sai Sriman, Sai Neeraj and Hansa Krish weed around tomato plants at Heikes Family Farm in Vermillion, South Dakota. The University of South Dakota graduate students from India are among those who receive free produce in exchange for volunteer labor.

of miles away.

"They place great value in fresh food," Heikes said.

On a recent evening, roommates Sai Sriman, Sai Neeraj and Hansa Krish, all USD computer science graduate students from

India, pedaled their bikes to the farm, where Heikes put them to work weeding long rows of vegetables. For nearly two months, they've come two or three times a week to work.

"I love to garden. I used to gar-

den in my home. It's really like home," said Sai Neeraj, whose father farms, growing rice and chiles.

Hansa Krish is from an urban area and had no gardening experience. The lure of free fresh food drew him to join his friends, and it's been a fun experience, he said.

"It's organic, it's fresh. You can really smell the food," Krish said.

As an added bonus, he's discovered that a few hours working on the farm relieves stress from studying and school work.

"I'm completely new to this," Krish said. "I really like this."

Taking a break from pulling weeds, Sai Sriman said coming out to the farm beats the alternative.

"It's summer, and I have nowhere to go. I'm bored at home," he said.

With new vegetables coming into season continually and fruit from the farm's orchard on the way, the menu at the students' home will be anything but boring. Neeraj enjoys the fresh food so much, he comes to the farm on open market days and buys more.

"I prefer mostly to buy from here because as a farmer's son, I want to support the farmer," he said.

The three roommates are typical of many of the student volunteers, Heikes said. She's happy to see they enjoy the benefits of having a source of fresh food.

Heikes, too, benefits aside from having some extra help. While they all work, Heikes enjoys asking her volunteers about their backgrounds, their home climate and what kinds of food they grow there. She might even pick up a few tips from students who have a gardening background.

"There's been a lot of students," she said. "I've met a lot of people."

She hasn't yet met one who turned down the offer of a sack of free produce after some hard work.

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OPINION

Today's Bible Verse

The people served the Lord throughout the lifetime of Joshua and of the elders who outlived him and who had seen all the great things the Lord had done for Israel. **Judges 2:7**

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MY VIEW | TOM STIGLICH



Bud Light started a fight it was bound to lose

The ongoing “brew-haha” over a Bud Light ad campaign, a transgender TikTok star and a beer boycott, accompanied by right-wing heads exploding and an AR-15 tantrum, has created a perfect storm of shark-jumping. And this is just the tip of the iceberg.

Pardon the clichés, but this is what we’ve become—a continuous, live-streaming cliché of mass-produced outrage alternating between the apocalyptic and the absurd. If you’ve been hammocking the past

few months, you might have missed the comedy team known as Anheuser-Busch and its marketing department’s merry pranksters. The latter are the geniuses who thought transgender woman and TikTok sensation Dylan Mulvaney should partner with Bud Light for the March Madness basketball tournament.

To seal the deal, Anheuser-Busch sent Mulvaney a Bud Light beer can emblazoned with her visage to celebrate her viral “Year of Girlhood,” in which she described her experiences after identifying as a woman. As the expression goes, oh, boy. Mulvaney did her part and vamped with her personal beer can on Instagram, whereupon, suffice to say, things did not go according to plan.

Outrage ensued, with absurdity nipping at its heels. Sad to say, I missed Mulvaney’s year of girlhood, which I’m pretty sure was nothing like my own. As a kid, I did wish for a bow and arrows instead of a Chatty Kathy, but no one thought to suggest that I might really want to be a boy. Was I mocking boyhood when I snatched my brother’s baseball bat to terrorize the water moccasins sunning around the cypress knees lining our lake?

No. But according to Megyn Kelly—who has lambasted Mulvaney’s girl-content on TikTok and Instagram—Mul-

vane and other trans women are mocking woman- and girlhood. Mulvaney is 26 but dresses like a little girl as she explores the female kingdom. I’ll hand it to Kelly, who during her Fox News days told us not only that Santa Claus is White but also that trans-women will never be women.

The point for most people is, you be you—but leave me out of it. That goes for my children, too. Most people are too afraid to say it, but not Kelly. An influencer herself, she is probably considered a “transphobe” by people in the LGBTQ+ community. Is she? I don’t know and don’t care, but let’s try to be rational for a second.

To be phobic is to have an irrational fear of or an aversion to something. As used today, phobic connotes animosity or hatred as well, which might or might not be the case. What is true is that changing one’s sex through chemical or surgical alteration is alien to most people, many of whom hold no animosity toward anyone. Even so, they might question the direction their culture is taking and its effect on children. Mulvaney’s audience, by the way, skews younger than the legal drinking age.

Here’s what (BEG ITAL) I’m (END ITAL) phobic about—the manipulation of innocents through sophisticated targeting, and the political exploitation of issues that are intentionally misleading, unconstructive or hurtful.

In trying to be trans-friendly by tapping Mulvaney, Bud Light might as well have labeled their cans, “Vote Republican.” And now Republicans aren’t about to let the controversy cool down. No sooner was Mulvaney posing with her personal Bud than a boycott materialized, costing the company billions. In June, sales were down 28 percent. Joining the fray, LGBTQ+ activists protested Mulvaney’s treatment by the company, which tossed her aside like an empty beer can.

You can’t have a good war without violence. Enter Kid Rock, who made a video of

himself (of course) hefting his handy AR-15 and emptying a clip into four cases of Bud Light. To make his point clear, he dropped a couple of F-bombs on Anheuser-Busch and Bud Light. Then things got worse.

Anheuser-Busch tried to undo the damage by pandering to another group: the heterosexual, beer-guzzling men who once were its best customers. A fresh batch of ads and products left no stereotype unturned. New designs for beer cans included a limited-edition veterans Bud Light and a sports-hunting camouflage Bud Light. A TV ad created for the July Fourth holiday, attempting to parody the 1974 film “Blazing Saddles,” featured NFL star Travis Kelce and a bunch of guys popping their Bud Lights to the accompaniment of grunts.

Get it? Men. Beer. Grunting. Of course, men tend to be pander-averse. The boycott stands.

At least we have the U.S. Senate for adult edification. I’m kidding. What I meant to say is Sens. Ted Cruz (R-Tex.) and Marsha Blackburn (R-Tenn.) want an investigation into Anheuser-Busch’s partnership with Mulvaney to find out whether the beer company violated laws against marketing beer to children. Make up your mind: Are you worried about kids becoming transgender or drinking beer?

In a time of culturally encouraged identity confusion and gender fluidity, Anheuser-Busch tried to exploit a real-time identity crisis playing out in the form of a 26-year-old personality on TikTok. Shame on them. This to me is the real story.

After Bud Light abandoned her, Mulvaney fled to Peru where, she reports, she has found nice people, shaman ceremonies “worth 10 years of therapy” and happiness. Maybe when she returns, Mulvaney can share the most valuable lesson of her adventure: That happiness is found within oneself, not in the number of one’s followers or “friends.”

OTHER VOICES

If school promises sound too good to be true

We’d been driving a few hours. The warning signs were flashing, backs aching, bladders full. Time to stop. We were headed to Branson, Missouri. Branson is the Las Vegas of the Ozarks. But think Vegas sans gambling, and with a “heapin helpin” of southern, family values.

Outside Branson, we saw a huge sign screaming “Discount Show Tickets.” My wife craves discounts, and those warning signs persisted. We stopped.

As we stepped into the building, we entered THE TIME-SHARE ZONE. Nothing is what it seems, and everything is too good to be true.

Suddenly a light flashed in my head, “This isn’t a time share, is it? It was. Discounted shows were the bribe for a 90-minute captivity the next morning listening to “Vacation opportunities,” not time-shares.

The next morning, I skipped breakfast to make myself captivity mean. The first salesperson was a nice guy from Kingsley, Iowa. He denied we’d been matched, but we knew. He was the soft sell guy. He smiled a lot and assured us there was no pressure.

After, we sat through a slick, group talk complete with pretty photos and pretty promises about vacations being within our grasp. After that, we went back to the Kingsley guy, but his hard-edged manager hovered close.

He swooped in to give us prices. We said, “no.” About then, I became the mean negotiator. I obviously checked my phone for time and then asked, “Aren’t there hundreds of companies offering to help you escape time-shares?”

It was like farting in Sunday school.

With a growl in his voice, he scowled and assured, “That was the old-style plan.”

The last guy offered us a final chance for multiple opportunities, and quickly morphed from sunny salesman to a Trump/DeSantis blend.

Being held captive in the time-share zone reminded me of Iowa politics. Gov. Reynolds and her legislative minions are selling something

too good to be true, and like unsuspecting travelers, Iowa seems ready to believe.

Here are questions to break out of political captivity.

■ There’s a reason the middle name for every public school is “Community.” Do we really want to destroy our community schools, with chronic underfunding championed by a governor and a director of education who worships at the private school altar?

■ Everyone believes parents should be an integral part of their children’s education. But do we really want parents dictating day-to-day curriculum and running the school based on their political ideology? Which parents should be in charge?

■ We once joked about Mississippi being backward in education. Are we comfortable now with Iowa becoming the Mississippi of the Midwest?

■ Parents should be able to monitor books their kids read. But do we want parents making decisions about what books all children should read? Moms for Liberty should be more concerned about real pornography available to kids on parent funded cell phones rather than pretend there’s pornography in school libraries and classrooms.

■ Choice sounds great. But should public tax dollars be used for private schools when most rural parents have no choice within driving distance, there’s no fiscal accountability, and no one knows what it will really cost?

■ We want school boards representing the community. But do we want school board meetings, instead of discussing real issues, devolving into partisan wars over books and how to treat vulnerable LGBTQ kids?

Reynolds and her minions have become carnival barkers for culture wars instead of real problem solvers. Like in the time-share zone, they tell the truth because the truth will cause Iowans to flee captivity.

How do we escape? We ask tough questions and if we don’t get straight answers, we use our vote.

Bruce Lear, who lives in Sioux City, has been connected to public schools for 38 years. He taught for 11 years and represented educators as an Iowa State Education Association Regional Director for 27 years until retiring.



BRUCE LEAR



KATHLEEN PARKER

Old consensus on U.S. foreign policy is dead

Last weekend, President Biden revealed something striking about his reason for wanting to run again in 2024. During his interview for my show on CNN, I put it to him that even some of his most ardent supporters—those who think he has turned the economy around and restored relations with the rest of the world—believe he should “step aside and let another generation of Democrats take the baton.” I asked: “Why are they wrong?”

Biden responded by speaking solely about foreign policy. He argued that the world is facing dramatic change, and that the United States has a unique opportunity to bring together the world’s democracies. He insisted that he is succeeding at doing so, and that he wants to finish the job.

Having spoken to Biden before, I would say that central to his worldview is the belief that the world today is being shaped by challenges from autocratic states—Russia, China, Iran, North Korea—

and that the future will hinge on how the democracies respond to these challenges. Like anyone who wants to be president, Biden has a healthy ego, and he has wanted the job since he was a young man, but I think it’s fair to say he is also driven by a sense that the future of the international order is on the line.

The stakes are high—and they are made much higher by the fact that, for the first time since the World War II era, the basic issue of America’s engagement with the world is becoming a partisan issue. The United States stepped onto the world stage in 1917 to prevent a great power from dominating Europe. In 1945, after World War II, it stayed engaged to ensure peace and stability in Eurasia. But today, as Russia wages a brutal war in Europe that seems a throwback to World War II, there is deep division in America about staunchly opposing that aggression.

Consider the numbers: According to a recent Gallup poll, 79 percent of Democrats want to help Ukraine regain lost territory, even if that means prolonging the conflict. By contrast, 49 percent of Republicans would like to end the conflict quickly—even if that

means letting the Russians hold on to the territories they have acquired by force.

On NATO, Democrats approve of it by a wide margin, 76 percent to 22 percent, while Republicans are split, with 49 percent approving and the same number disapproving, according to a Pew Research Center survey conducted in March. On the broader issue of engagement with the world, 60 percent of Democrats in the same poll said they believe that “it’s best for the future of our country to be active in world affairs,” while only 39 percent agreed that “we should pay less attention to problems overseas and concentrate on problems here at home.” For Republicans those numbers are essentially reversed, with 71 percent wanting to focus at home and just 29 percent believing in an active world role for the United States.

This is not a settled issue. There is a debate within the Republican Party. Some senior figures, including Sen. Minority Leader Mitch McConnell (Ky.) and former vice president Mike Pence, are vigorously making the case for an active and engaged Amer-

ica. But the party’s base seems to be with the isolationists, as can be seen in the tilting stances of the weather vane speaker of the House, Kevin McCarthy (Calif.). From Donald Trump to his copycat, Florida Gov. Ron DeSantis, and the party’s most powerful media ideologist, Tucker Carlson, conservatives are increasingly contemptuous of America’s support for Ukraine and its strong alliance with Europe. Sen. Josh Hawley (Mo.) told the New York Times that although some Republicans remain staunchly interventionist, “That’s not where the voters are.”

As The Post’s Max Boot has pointed out, some conservatives claim to be against supporting Ukraine but in favor of confronting China. That, as he notes, is because China is an economic foe, run by the Communist Party. But this also has to do with the fact that many conservatives are not interested in an engaged foreign policy. They’re focused on building tariffs and walls, subsidizing domestic industry, raising xenophobic suspicions about Chinese students and Chinese Americans, and giving the Pentagon even bigger

budgets. This is a reprise of the old Jacksonian foreign policy of a fortress America.

The Republican Party might be returning to its roots. It bitterly opposed the United States’ entry into World War II (until Pearl Harbor). Even after the war, many Republicans opposed NATO and U.S. engagement with the world—even though they were strong anti-communists. (Then as now they claimed to want to focus on China.)

Dwight D. Eisenhower offered not to run against Sen. Robert A. Taft (the leading Republican of his day) if Taft would endorse NATO. Taft refused, so Eisenhower ran to preserve the United States’ engagement with the world and the international peace and stability that it brought. Alas, there is no Eisenhower to redirect the Republican Party today, and the stakes are as high as they were in 1952, if not higher.

As we look around the world, we see that the single biggest risk to the international order may lie not in the killing fields of Ukraine or across the Taiwan strait, but rather on the campaign trail in the United States.



FAREED ZAKARIA

Opening of third Nebraska casino pushes gaming receipts up slightly

\$1.35 million in state gambling taxes collected in June

CHRIS DUNKER
Lincoln Journal Star

Receipts from gaming taxes rose more than 5% in June following the opening of Nebraska's third casino in Columbus.

The Nebraska Racing and Gaming Commission reported \$1.35 million in taxes collected in June, up from \$1.29 million collected in May.

While the amount of taxes collected at WarHorse Lincoln and the Grand Island Casino Resort fell 8% and 9.8%, respectively, from the month prior, the opening of Harrah's Casino in Columbus helped move the statewide

total up.

Harrah's reported \$179,000 in gaming taxes from the two weeks it operated in June, according to a monthly report from the gaming commission.

WarHorse Lincoln generated a little more than \$764,000 in taxes in June, the commission reported, which is down from \$830,951 the month prior despite the start of sports wagering at the

casino.

The Grand Island casino generated \$414,337 in taxes last month, which was a decline of about \$45,000 from May.

Tom Sage, executive director of the gaming commission, said taxes generated through gaming remain steady.

"We think the numbers have been extremely steady," Sage said. "There was a small dip, but

for the most part we are very consistent year-to-date."

Lincoln and Lancaster County each received roughly \$95,500 in taxes generated through casino gaming in June.

Reach the writer at 402-473-7120 or cdunker@journalstar.com.

On Twitter @ChrisDunkerLJS



TIM HYND, SIoux City Journal

PHOTO QUIZ

Each week, the Journal will be publishing a photo of something you may see every day in Siouxland. Know where this image was taken? Answers may be submitted on the Journal's Facebook page at www.facebook.com/SiouxCityJournal. Last week's photo was a building featuring an American flag in Albaton, an unincorporated area in northwest Monona County.

Iowa nurse accused of theft, drug offenses

CLARK KAUFFMAN
Iowa Capital Dispatch

The Iowa Board of Nursing has suspended the license of a nursing home caregiver accused of accepting \$8,000 from a patient, being under the influence while on duty, theft and drug offenses.

In July 2022, the board of nursing charged Tiffany Banghart of Cedar Rapids with initiating an emotional or business relationship with a patient for personal gain, and with soliciting, borrowing or misappropriating money from a patient.

According to the board, Banghart admitted that while working as a home health nurse, she told a patient of financial hardships she was facing and accepted \$8,000 from the patient.

As a result of those charges, the board placed Banghart's license on probation for one year.

A few weeks later, in September 2022, Banghart was arrested and charged with theft, possession of methamphetamine, and possession of drug paraphernalia. Those charges are still pending. At the time of her arrest, Banghart was working in an Iowa nursing home and allegedly admitted to a board investigator she smoked marijuana on occasion. According to the board, a mental health evaluator then reported that Banghart was not "in a good head space to function effectively as a nurse."

In November 2022, Heritage Specialty Care, the nursing home where Banghart worked, notified the board of an incident. According to the board, the administrator of the facility reported that Banghart was on duty when she notified other staff members that she was falling asleep, unable to see her computer screen and was incapable of passing medications to patients. She was allegedly described by the staff as glassy eyed, with slurred

speech and erratic behavior.

When asked to submit to a drug screen, she allegedly refused and left the facility with keys to the narcotics-storage unit. A Cedar Rapids police officer went to her home to retrieve the keys and reported Banghart "must have taken more of what she already had when she left" Heritage Specialty Care, as her eyes were "wild and glassy." Banghart was fired.

On Dec. 1, 2022, Banghart was arrested on a charge of theft related to a shoplifting incident at a Walmart store. A trial on that charge was scheduled for July 5, and a bench warrant was issued for Banghart's arrest when she failed to appear in court.

A few days after the December arrest, Banghart was arrested again and charged with possession of marijuana, which resulted in a guilty plea to a lesser charge of possession of drug paraphernalia.

In January, the board filed charges against Banghart, alleging unauthorized possession or use of a controlled substance and being unable to practice nursing with reasonable skill and safety. At a recent board hearing, Banghart testified that the controlled substances police found on her on two separate occasions belonged to others and she denied being under the influence at work in November 2022. She allegedly said she had not sought substance abuse treatment as recommended because she believed it to be unwarranted.

The board ultimately concluded Banghart was not capable of safely practicing nursing and suspended her license indefinitely. The board's order indicates her license cannot be reinstated unless she completes treatment and establishes that the reasons for suspension no longer exist and it is in the public interest for her license to be reinstated.

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Pipeline company, Iowa opponents spar over definition of 'liquefied'

CO2 in pipelines isn't liquid, pipeline adversaries say

JARED STRONG
Iowa Capital Dispatch

An Iowa company should not get permit for a hazardous liquid pipeline because the carbon dioxide it wants to transport isn't a liquid, opponents of the project say.

The carbon dioxide that would be transported by proposed pipelines from ethanol plants in Iowa would exist as a "supercritical fluid" — a phase that is somewhere between a gas and a liquid. Thus, it does not qualify for a hazardous liquid pipeline permit, opponents of the projects argue.

Summit Carbon Solutions wants to lay more than 700 miles of pipe in Iowa to move the greenhouse gas to North Dakota for underground sequestration. The company says state lawmakers meant to include the supercritical status when they sought to regulate the transportation of "liquefied carbon dioxide."

State law does not explicitly define what that phrase means.

The dispute is part of a last-minute gambit by pipeline opponents to halt or delay a permit for Summit's project, which is set for a final evidentiary hearing with the Iowa Utilities Board next month. The company's permit process started nearly two years ago.

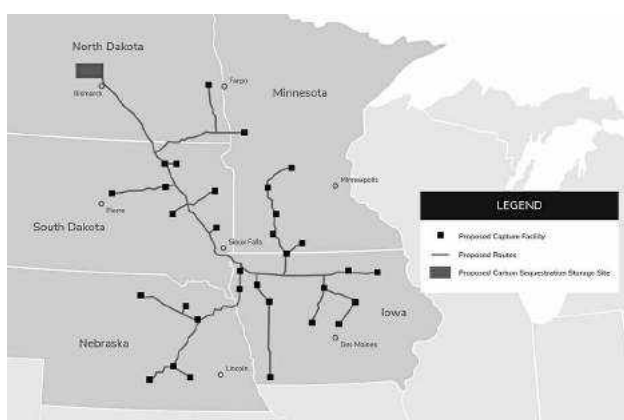
There are pending motions to delay the hearing and to dismiss the company's permit petition that were filed by Floyd County landowner George Cummins and the Sierra Club of Iowa. Several counties have joined the motions.

"And now, virtually on the eve of the hearings on Summit's petition, George Cummins asks the IUB to dismiss the petition because, in his view (really, his counsel's view), the IUB lacks jurisdiction over pipelines transporting 'supercritical' carbon dioxide," Summit's attorneys wrote in a response this week to the dismissal motion. They added: "That is wrong."

Cummins' attorney, Brian Jorde, who is representing dozens of landowners in several states who oppose the proposed pipeline, made a similar argument about "supercritical" versus "liquid" in a Hardin County court case. In that litigation, Summit sought a court order allowing it to survey private property.

A district court judge, who this week granted that request, dismissed the "supercritical" argument as "frivolous" and "nonsensical."

"It is clear from both Iowa law and federal law and regulations that Summit's pro-



SUMMIT CARBON SOLUTIONS

Summit Carbon Solutions intends to build more than 2,000 miles of carbon dioxide pipeline.

posed pipeline falls squarely within the definitions of hazardous liquid pipelines," District Judge Amy Moore wrote.

'It's in between'

Carbon dioxide can reach a supercritical fluid state when it is pressurized to more than 1,070 pounds per square inch (psi) at a temperature of at least 88 degrees, according to the federal Pipeline and Hazardous Materials Safety Administration, which regulates the construction and operation of the pipelines.

In that phase, it has a density that is similar to a liquid but moves like a gas.

"It's not gas, it's not liquid, it's in between," Linda Daugherty, a PHMSA administrator, told state lawmakers in March. "I kind of think of it like steam."

The supercritical phase is the predominant mode of operation for existing carbon dioxide pipelines in other parts of the country, Daugherty said.

Summit's pipeline network is expected to operate at pressures that range from about 1,200 to 2,150 psi.

"At the temperatures and pressures at which Summit proposes to transport CO2, the CO2 will behave much more like a liquid such that in a transparent pipe, the CO2 would look like flowing water or alcohol," said John Godfrey, a pipeline consultant in Oklahoma who provided Summit a written statement in support of the company.

He noted that PHMSA's oversight of carbon dioxide pipelines stems from the Hazardous Liquid Pipeline Safety Act of 1979.

Still, Cummins argues that there is a clear distinction between supercritical carbon dioxide and the "liquefied carbon dioxide" noted in state law, and as such the IUB doesn't have jurisdiction over Summit's project.

"If the Iowa Legislature intended 'supercritical' carbon dioxide be included ... then it would have added the word 'supercritical' to the definition of 'hazardous liquid,'" Cummins' motion for dismissal says. "The legislature did not do so."

The judge in the Hardin

County case said a purpose of the law was to protect landowners from environmental and economic damage that might arise from construction and operation of a hazardous liquid pipeline.

"Given the purpose of (the law), it would be nonsensical to hold that companies transporting carbon dioxide through pipelines at higher temperatures and higher pressures than carbon dioxide in its liquid phase are exempt from its requirements," Judge Moore wrote. "It is therefore clear that Summit's proposed pipeline is the exact type of hazardous liquid pipeline that the Iowa Legislature intended to be governed by (the law), regardless of the fact that the carbon dioxide being transported may not always meet a scientifically precise definition of 'liquefied' at every moment in the transportation process."

Permit process proceeds

The IUB has yet to issue an order in response to the motions to delay Summit's evidentiary hearing or to dismiss the petition entirely.

The hearing is set to start Aug. 22 in Fort Dodge and has the potential to go for months. Pipeline opponents have said the schedule doesn't allow landowners who are subject to eminent domain requests enough time to prepare.

The IUB has indicated that those eminent domain requests will be considered at the start of the hearing, whereas they have been traditionally considered at the end. There are more than 1,000 parcels subject to the requests.

A growing number of state legislators — along with former Congressman Steve King — have criticized the process for being too swift.

However, IUB chairperson Erik Helland said this week that there is no need to hold another scheduling conference, which the board uses to gain input about when deadlines and hearings should be set. His comments cast doubt on the possibility of a delay.

Reynolds to hold 'fair-side chats' with GOP presidential candidates

JOURNAL DES MOINES BUREAU

Iowa Republican Gov. Kim Reynolds will host one-on-one interviews with candidates running for the 2024 Republican presidential nomination at next month's Iowa State Fair.

Reynolds' campaign announced Monday on Fox News that she is inviting all 2024 GOP presidential hopefuls for a "fair-side" chat in the lead-off caucus state.

That includes former President Donald Trump, who took heat from Iowa Republicans last week after criticizing Reynolds, a popular two-term governor.

Trump took aim at Reynolds on Truth Social, taking credit for her 2018 election win and attacking her for remaining neutral in the 2024 primary.

The Republican Party of Iowa announced this month that it will hold its first-in-the-nation Republican presidential caucuses on Jan. 15, 2024, kicking off the fight for the GOP presidential nomination.

"The one-on-one style interviews will go beyond just the issues of a presidential campaign and allow fairgoers to see who the candidates really are," Reynolds' campaign said in a statement.

The interviews will take place at JR's South Pork Ranch and will be scheduled throughout the duration of the Iowa State Fair,

which runs Aug. 10-20.

Reynolds' campaign said it has already spoken with a number of presidential candidates and is in the process of finalizing dates.

The "fair-side chats" will be open to fairgoers and media, and a full schedule will be released as the fair draws closer, according to a news release.

"I couldn't be more excited to host the Presidential Candidates at our world-class Iowa State Fair, showcasing all we have to offer," Reynolds said in a statement. "These one-on-one 'Fair-Side Chats' offer the candidates an incredible opportunity to share their message directly with Iowans. With just six months to go until the Iowa Caucus, it's crunchtime!"

PAID ADVERTISEMENT

Popular CoQ10 Pills Leave Millions Suffering

Could this newly-discovered brain fuel solve America's worsening memory crisis?

Millions of Americans take the supplement known as CoQ10. It's the coenzyme that supercharges the "energy factories" in your cells known as mitochondria. But there's a serious flaw that's leaving millions unsatisfied.

As you age, your mitochondria break down and fail to produce energy. In a revealing study, a team of researchers showed that 95 percent of the mitochondria in a 90-year-old man were damaged, compared to almost no damage in the mitochondria of a 5-year-old.

Taking CoQ10 alone is not enough to solve this problem. Because as powerful as CoQ10 is, there's one critical thing it fails to do: it can't create new mitochondria to replace the ones you lost.

And that's bad news for Americans all over the country. The loss of cellular energy is a problem for the memory concerns people face as they get older.

"We had no way of replacing lost mitochondria until a recent discovery changed everything," says Dr. Al Sears, founder and medical director of the Sears Institute for Anti-Aging Medicine in Palm Beach, Florida. "Researchers discovered the only nutrient known to modern science that has the power to trigger the growth of new mitochondria."

Why Taking CoQ10 is Not Enough

Dr. Sears explains, "This new discovery is so powerful, it can multiply your mitochondria by 55 percent in just a few weeks. That's the equivalent of restoring decades of lost brain power."

This exciting nutrient — called PQQ (*pyrroloquinoline quinone*) — is the driving force behind a revolution in aging. When paired with CoQ10, this dynamic duo has the power to reverse the age-related memory losses you may have thought were beyond your control.

Dr. Sears pioneered a new formula — called **Ultra Accel II** — that combines both CoQ10 and PQQ to support maximum cellular energy and the normal growth of new mitochondria. **Ultra Accel II** is the first of its kind to address both problems and is already creating huge demand.

Over 47 million doses have been shipped to men and women across the country and sales continue to climb for this much sought-after brain fuel. In fact, demand has been so overwhelming that inventories repeatedly sell out. But a closer look at **Ultra Accel II** reveals there are good reasons why sales are booming.

Science Confirms the Many Benefits of PQQ

The medical journal *Biochemical Pharmacology* reports that PQQ is up to 5,000 times more efficient in sustaining energy production than common antioxidants. With the ability to keep every cell in your body operating at full strength, **Ultra Accel II** delivers more than just added brain power and a faster memory.

People feel more energetic, more alert, and don't need naps in the afternoon. The boost in cellular energy generates more power to your heart, lungs, muscles, and more.

"With the PQQ in Ultra Accel, I have energy I never thought possible at my age," says Colleen R., one of Dr. Sears's patients. "I'm in my 70s but feel 40 again. I think clearly, move with real energy and sleep like a baby."

The response has been overwhelmingly positive, and Dr. Sears receives countless emails from his patients and readers. "My patients tell me they feel better than they have in years. This is ideal for people who are feeling old and run down, or for those who feel more forgetful. It surprises many that



MEMORY-BUILDING SENSATION: Top doctors are now recommending new **Ultra Accel II** because it restores decades of lost brain power without a doctor's visit.

you can add healthy and productive years to your life simply by taking **Ultra Accel II** every day."

You may have seen Dr. Sears on television or read one of his 12 best-selling books. Or you may have seen him speak at the 2016 WPBF 25 Health and Wellness Festival in South Florida, featuring Dr. Oz and special guest Suzanne Somers. Thousands of people attended Dr. Sears's lecture on anti-aging breakthroughs and waited in line for hours during his book signing at the event.

Will Ultra Accel II Multiply Your Energy?

Ultra Accel II is turning everything we thought we knew about youthful energy on its head. Especially for people over age 50. In less than 30 seconds every morning, you can harness the power of this breakthrough discovery to restore peak energy and your "spark for life."

So, if you've noticed less energy as you've gotten older, and you want an easy way to reclaim your youthful edge, this new opportunity will feel like blessed relief.

The secret is the "energy multiplying" molecule that activates a dormant gene in your body that declines with age, which then instructs your cells to pump out fresh energy from the inside-out. This growth of new "energy factories" in your cells is called mitochondrial biogenesis.

Instead of falling victim to that afternoon slump, you enjoy sharp-as-a-tack focus, memory, and concentration from sunup to sundown. And you get more done in a day than most do in a week. Regardless of how exhausting the world is now.

Dr. Sears reports, "The most rewarding aspect of practicing medicine is watching my patients get the joy back in their lives. **Ultra Accel II** sends a wake-up call to every cell in their bodies... And they actually feel young again."

And his patients agree. "I noticed a difference within a few days," says Jerry from Ft. Pierce, Florida. "My endurance has almost doubled, and I feel it mentally, too. There's a clarity and sense of well-being in my life that I've never experienced before."

How To Get Ultra Accel II

This is the official nationwide release of **Ultra Accel II** in the United States. And so, the company is offering a special discount supply to anyone who calls during the official launch.

An Order Hotline has been set up for local readers to call. This gives everyone an equal chance to try **Ultra Accel II**. And your order is backed up by a no-hassle, 90-day money back guarantee. No questions asked.

Starting at 7:00 AM today, the discount offer will be available for a limited time only. All you have to do is call TOLL FREE 1-800-432-6020 right now and use promo code **NP723UA15** to secure your own supply.

Important: Due to **Ultra Accel II** recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back.

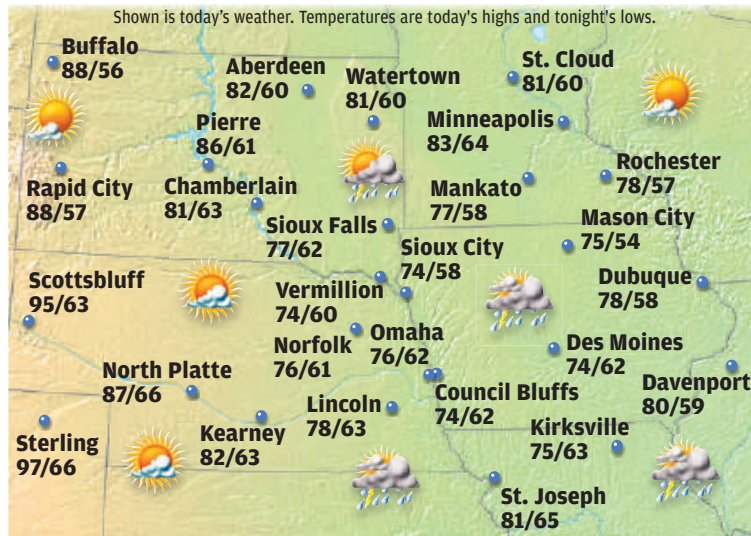
THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE. RESULTS MAY VARY. 15.

SIouxLAND'S FIVE-DAY FORECAST

Weather forecast cards for Today, Tonight, Wednesday, Thursday, Friday, and Saturday. Includes icons for sun, clouds, rain, and temperature/wind data.

REGIONAL FORECAST

A thunderstorm in the morning; otherwise, clouds and sun today. Humid in north-eastern Nebraska. Partly cloudy tonight. Periods of clouds and sunshine tomorrow; a thunderstorm in parts of the area in southwestern Minnesota. A thunderstorm in spots in southwestern Minnesota Thursday.



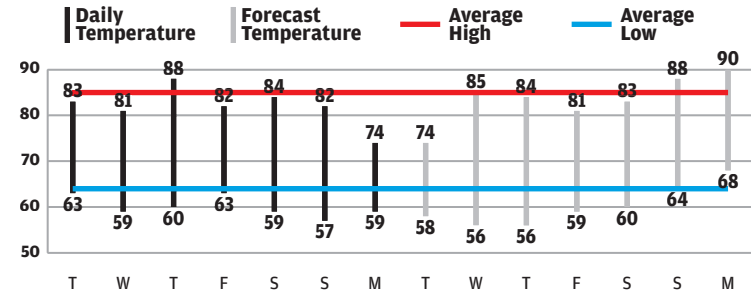
REGIONAL CITIES

Table listing regional cities with their current and forecasted high/low temperatures for today and Wednesday.

MISSOURI RIVER

Table showing Missouri River flood stage, monsoon activity, and 24-hour change for various locations.

TEMPERATURE TRENDS



ALMANAC

Sioux City through 2 pm Monday. Temperature, precipitation, and pollen data.

Pollen Today. Grasses, Trees, Weeds, Molds. Source: AccuWeather.

Cooling Degree Days. Degree days are an indicator of energy needs. The more the total degree days, the more energy is necessary to cool.

RealFeel Temperature Today. An exclusive index of effective temperature, wind, humidity, sunshine intensity, cloudiness, precipitation, pressure and elevation on the human body.

UV Index Today. Shown is the highest value of the day. Scale from 0 to 11+.

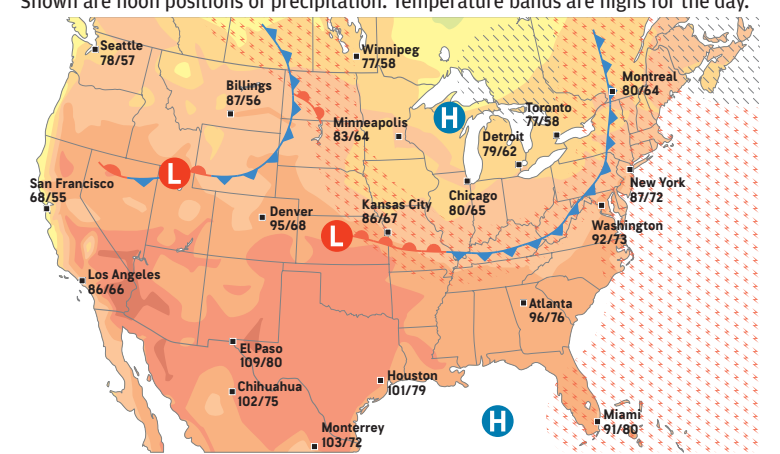
Today's Air Quality. Forecast index based on presence of man-made particulates affecting aspects of human health.

Skywatch. Rise and set times for the Moon phases: First Quarter, Full Moon, Last Quarter, New Moon.

Forecasts and graphics provided by AccuWeather, Inc. ©2023.

AccuWeather Get the AccuWeather app

National Forecast: As a front moves along, drenching showers and gusty thunderstorms will erupt and shift from the Appalachians to the coastal Northeast and the interior Southeast today.



Shown are noon positions of precipitation. Temperature bands are highs for the day.

Table of National Extremes Monday for the 48 contiguous states. Includes high and low temperatures and locations.

Bomgaars advertisement. Logo: 'bomgaars What You Need... When You Need It'. Text: 'Proudly Serving Siouland For All of Life's Daily Needs'. Lists products: Clothing & Footwear, Feed, Farm & Animal Health, Pet Supplies, Power Tools & Accessories, Seasonal Goods & Much More!

Nebraska sees strong income, GDP growth in first quarter

State ranked #2 in personal income growth, GDP growth

MATT OLBERDING Lincoln Journal Star

Nebraska performed better at the start of the year than almost any other state. According to the latest data released by the Bureau of Economic Analysis, the state ranked No. 2 in the country in both personal income growth and growth in gross domestic product in the first quarter.

On the personal income side, the bureau's analysis found that Nebraska residents saw an average 11.1% boost in the first quarter, which trailed only Maine's 11.4%. The state's real GDP grew 12.3% in the first quarter on an annualized basis, just behind 12.4% growth turned in by North Dakota.

months of 2023 compared to the same time period in 2022," Goss said in an email. He noted that exports of processed food fell 11.3% year-over-year during the period, while export of agricultural goods declined from \$483 million in the first four months of 2022 to \$311 million in the same period this year, a drop of more than 36%.

An economic index published by UNL's Bureau of Business Research also has shown strong economic growth for the state so far this year. The bureau's leading economic indicator has risen each of the first five months of the year, and its May report also showed strength in the manufacturing sector, which the bureau's director, Eric Thompson, attributed in part to the ag sector.

Stophiv Iowa advertisement. Text: 'We can stop HIV, Iowa. One key step? Get tested.' Includes QR code and website information.

Nebraska, North Dakota and South Dakota all had double-digit growth, while the next fastest-growing states, Kansas and Montana, had only 6% growth. All five of those states saw strong growth thanks to agriculture, the bureau said in a news release. The University of Nebraska-Lincoln in March estimated that the state's farm income fell to \$7.2 billion last year, down slightly from \$7.3 billion in 2021, but still a strong number. Creighton University Economics professor Ernie Goss said both of the university's monthly economic surveys showed that Nebraska had a strong first quarter, but he disagreed that the agricultural sector is what's driving economic growth.

"Thus, I disagree with the hypothesis that agriculture exports accounted for Nebraska's rapid Q1 growth," Goss said. Instead, he noted several other industries he believes contributed to the strong first-quarter growth, including construction, transportation and warehousing; leisure and hospitality; and manufacturing. Manufacturing is one sector where Goss said Nebraska clearly outperformed the country as a whole. "In our manufacturing supply manager survey, Nebraska's overall index rose above growth neutral between February and June, indicating that the state's manufacturing sector expanded at a healthy pace," he said. "During this same period of time, the U.S. manufacturing survey produced overall indices below growth neutral, indicating contraction."

Reach the writer at 402-473-2647 or molberding@journalstar.com. On Twitter @LincolnBizBuzz.

Brenna Bird announces fundraiser

'Brenna Bird's Big Barn Bash' is Aug. 5 in Adel

JOURNAL DES MOINES BUREAU Iowa Attorney General Brenna Bird will host her inaugural annual fundraiser Aug. 5 at the Dallas County Fairgrounds in Adel, she said in a tweet Monday.

Called "Brenna Bird's Big Barn Bash," the event will include "a chicken dinner, pie auction, family fun, and a very special guest," Bird said in the tweet. Bird is serving her first term as Iowa's attorney general. The Republican beat longtime attorney general Tom Miller, a Democrat, in last year's elections. Interested members of the public can RSVP by emailing lauren@cgdelivers.com or calling (515) 663-6791.