

THE STURGIS NEWS

Delivering For Sturgis and Union County

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Know The Warning Signs Of Heart Disease

Heart disease is the leading cause of death across the globe. Data from the World Health Organization indicates that cardiovascular diseases, which are a group of disorders of the heart and blood vessels, claim roughly 18 millions lives each year. More than 80 percent of those deaths are due to heart attacks and strokes that oftentimes can be prevented.

The right lifestyle choices, which include eating a healthy diet and exercising regularly, can help people reduce their risk for cardiovascular disease. Learning to recognize warning signs of heart disease is another way individuals can reduce their risk of developing this global but often preventable threat.

• Chest pain: Chest pain is widely recognized as a sign of heart attack. However, many people experience chest pain without ever suffering a heart attack. So how can individuals distinguish chest pain suggestive of heart disease from less threatening types of pain in their chest, such as stiffness after strength training or discomfort stemming from a pulled pectoral muscle? According to the British Heart Foundation, chest pain related to heart attack is marked by feelings of heaviness, tightness or pressure in the chest. Pain or tightness in the chest that subsides after a few minutes may be indicative of angina, which the Mayo Clinic notes is a symptom of coronary artery disease caused by a reduction of blood flow to the heart.

• Stomach pain: People may not instantly associate stomach pain with heart disease, but in certain instances such discomfort might indicate a heart problem. The BHF notes

that a painful or burning feeling in the stomach can be indicative of a heart problem, including heart attack. Though it's not easy to distinguish between heartburn, which in spite of its name is a digestive issue, and stomach pain indicative of heart attack, it's best to avoid writing off abdominal pain as heartburn. The Mayo Clinic notes that many heart attacks do not involve sudden, crushing chest pain, and are instead characterized by a host of warning signs, including abdominal pain. The BHF advises anyone experiencing stomach pain who are unsure of its origins to contact a health care professional immediately.

• Arm pain: Pain in the arm is another potential indicator of heart disease. According to the Mayo Clinic, arm pain that appears suddenly and is severe could be a symptom of heart attack. This pain may occur alongside feelings of pressure, fullness or squeezing in the chest. The BHF notes that a heart attack is more likely to occur if the pain is going down the arm, particularly the left arm, or into the neck.

• Swelling in the lower legs: The National Library of Medicine notes that swelling in the legs, ankles or feet is indicative of a heart problem. Blood flow is adversely affected when the heart is not working at peak capacity, and that can contribute to what's effectively a traffic jam involving the blood in the veins of the legs. That backup causes the buildup of fluid in the tissues. Heart disease is a formidable and deadly foe. Learning to recognize the warning signs of heart disease might prove lifesaving.



CAMERON MILLER AND Paige Steward were crowned UCHS 2025 Homecoming Royalty on Saturday afternoon prior to the Braves game with Harrisburg, IL. Both Miller and Steward on are members of the varsity basketball teams.

To Our Readers . . .

Due to continued increases for production of The Sebree Banner and The Sturgis News, effective this month we will increase the cost of annual subscriptions and individual newsstand copies of both papers.

Over the years Catlett Publishing Company has tried to keep cost to our consumers at a minimum, but with continued increases in mailing costs over the last few years, an increase in the cost of aluminum printing plates two years ago along with several increases in the price of newsprint since 2021, as well as anticipated increases in the near future, we must

raise the cost of both mailed subscriptions and newsstand newspaper purchases.

The price of in-county and adjoining county subscriptions will increase to \$30.00 per year. Other places in Kentucky will pay \$32.00 a year and out of state subscriptions will rise to \$36.00. Papers purchased at the newsstands will be \$1.00 each.

While we regret having to make these increases, this is the only way for us to continue to serve our communities. We hope our customers understand and continue to support your local newspapers.

February is Heart Month

Council Appoints Interim Fire Chief; Discusses Water Loss

The Sturgis City Council met in regular session on Monday night with Mayor Billy Adams presiding and all council members present. City Clerk Sandra Germane and City Attorney Vickie Davis were also present.

Following approval of the minutes from two meetings in January, the council reviewed the monthly financial report. That report included extensive information dating back to July 1, 2024 and shows all accounts with a positive balance. While with city finances are improving, it is important to understand the obligations the city council faces are extensive, and efforts are ongoing to secure additional funding in order to keep the city moving forward.

One personnel matter and the city efforts to improve the water service for local residents were presented and discussed.

Mayor Adams informed the council that Sturgis Fire Chief Chad Cullen submitted his resignation as head of the local department on Monday morning. That resignation as effective Monday, February 3. Mayor Adams did not present any reason for the resignation and noted he would not be discussing personnel issues. The council approved the appointment of Marcus Wilson as interim fire chief. He will serve in that capacity until the mayor and council determine how and when the

position will be filled permanently.

Council member Hunter Davis undated members on the city's efforts to another water source as the first step in reopening the local water treatment plant and lowering water costs for citizens. Davis noted that test wells will be drilled on a recently acquired plot near the treatment plant. Once those wells are completed, water will be pumped continuously for a 24 hour period to determine the quantity of water available, and the supply will then be sent for testing to determine if quality is such that the wells can serve as a viable source of water. The city has made a substantial financial investment in this project, all with the aim of lowering water costs.

While discussing that project, Mayor Adams noted the city's water loss is still an issue. Water loss for past month was 48.95%. Public works employees recently repaired a lead on KY 109 which estimated at being a loss of about 40,000 gallons per day. "We are still looking for leaks," Mayor Adams said. The rate of water loss the past month nearly doubles the cost of water purchased by the city. According to Davis, the goal is to reduce the water loss to 15%. He also noted the Union County Water District, from which the city purchases its water, recently lowered the cost of

water by 15 cents per 1,000 gallons.

It was also noted officials from the Kentucky Division of Rural Water would be in Sturgis on Tuesday and today (Wednesday) with equipment that will help find leaks. That process will be extensive, and city residents are asked to be aware of areas which might have ground water standing that might indicate a leak.

In other business, Code Enforcement Officer Rick Mills reported that drone will be used in coming weeks to over fly the city and locate properties which might be in violation of the city's nuisance ordinance. There is no cost to the city for that operation.

He also noted that a property on Giles Street "is not a structure, but rather a brush pile," and three new landfills which will take demolition debris have recently opened.

The mayor asked that a request from Brothers Keepers Motorcycle Club to rent the senior citizen building and adjacent park on July 11-12 be "put on hold" until he can obtain additional information from club members. Mayor Adams noted the building rents for \$50.00 per day, and alcohol cannot be sold at an outside venue. That request is expected to be discussed again in March.

The emergency generator at the senior center has been installed, and the solar-powered radar signs have arrived

and are ready for installation. The mayor asked members approve placing both signs on trailers so they be utilized in various parts of the city.

Mayor Adams, Davis, council member Dennis Odom, the city attorney, and the city clerk are traveling to Frankfort tomorrow (Thursday) for a meeting with the Kentucky Infrastructure Authority board of directors. Purpose of that meeting is an effort to obtain the additional funding needed - through a loan - to fulfil the requirements for repairs to the city's wastewater treatment plan. That loan would be repaid over a 30 year period. According to the mayor, he is "optimistic" the city's request for the funding will be granted. The city needs nearly \$1 million more to fully fund the project. Some \$543,000 of that would have to be repaid at a cost of \$20,800 annually. Mayor Adams called that "doable".

He also noted he will be meeting with State Representative Suzanne Miles on Thursday to stress the importance of Sturgis receiving additional monies from funding set aside by the Kentucky General Assembly for infrastructure improvements across the Commonwealth. A meeting later is scheduled later in the month with State Representative Jim Gooch, Jr. and State Senator Robby Mills for the same dis-

ussion. "I want stress how important grant money is to Sturgis," Mayor Adams said.

Prior to adjournment, each council member had the opportunity to voice comments or concerns. Council member Theresa Greer told those gathered, "We need to keep working together" to make improvements to the community.

Davis urged council members and city residents to keep up efforts to limit the city's water loss.

Council member John Deibler noted he had heard from a visitor to the Sturgis Antique Mall concerning the lack of a handicapped accessible curb area in the vicinity of the building. That matter will be looked into to obtain additional information. Deibler also said he had requests from local residents to make repairs to the walking trail. "It is in need of repair," he said. City officials will look at options.

City resident Bernie Vinroe asked that Mayor Adams request a monthly police report from the Union County Sheriff's Department. The mayor will discuss that request with Sheriff Jason Thomas.

No further business came before the council, and the meeting adjourned at 6:45 P.M.

The next regular meeting of Sturgis City Council will be Monday, March 3, 6:00 P.M.