

THE STURGIS NEWS

Delivering For Sturgis and Union County

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School Board Makes Recognition; Views UCLA Presentation

The Union County Board of Education met in regular session on Monday night with Dr. Terra Hancock and all board members present. Board member Donnie Gatten attended the meeting via Zoom.

Prior to the beginning of the business session, John Paris, principal of Union County Middle School, presented the "Heart of a Brave" award to Erica Alvey, a member of the food service department at the school.

Board members then heard the superintendent's report, the attendance report, and a presentation by Dani Smith, the lead teacher at the Union County Learning Academy.

In her report to the board, Dr. Hancock presented an overview of student and staff activities during the month. Her written report, emphasized student achievement at the elementary, middle school, and high school levels. She also told members the middle school has been awarded an "Access to Algebra" grant, and the high school academic team's future problem solvers won regional competition for the second consecutive year. Students at Uniontown Elementary School have begun a school-wide attendance reward system, and any day attendance is above

96%, the students earn a star.

The attendance report for the sixth month of school – January 16 thru February 16 – showed the district with an average attendance of 92.85%. Attendance for the individual schools showed Morganfield Elementary, 92%; Sturgis Elementary, 94%; Uniontown Elementary, 95%; Union County Middle School, 90%; Union County High School, 91%; Union County Learning Academy and Virtual Learning Academy, 76%; Pre-K, 97%; and Victory Tech, 100%. Dr. Hancock noted the extreme weather and a peak in illness during the month affected attendance numbers.

Ms. Smith presented a video showing many of the activities at UCLA. She told members that UCLA emphasized "learn and serve", and students have worked very hard to achieve that goal. UCLA has 106 students enrolled. Twelve of those students are in-person students. The remaining 94 students are enrolled in virtual learning. Ms. Smith told members the reasons for students doing virtual learning are varied. Some of those students are taking care of a family member in failing health;



ERICA ALVEY, SECOND from left, received the Heart of a Brave award at Monday night Union County School Board meeting. Alvey is the cafeteria manager at Union County Middle School. Pictured with Alvey are UCMS Principal John Paris, Superintendent Dr. Terra Hancock and board member Chad Hagan.

some have other family duties; and many are the only source of income for a family. She emphasized the importance of providing the virtual opportunity for students.

Of the 106 students enrolled in UCLA and virtual learning, 34 and prospective graduates, according to Ms. Smith, and 17 of those students are participating in work-based learning. The learning academy has three

teachers and one aide.

Following the meeting, Ms. Smith noted the learning academy needs to be viewed as an "opportunity" for students who might not otherwise be able to receive an education. Board members thanked Ms. Smith for the presentation and expressed their support for the work being done by UCLA.

Amy Morris, chief financial officer for the Union County Schools,

presented the financial report for the seventh month of the fiscal year. Board members approved that report, the payment of bills, and the expenses for the superintendent's office.

The board also approved 17 items on the consent agenda. Among those items were change orders, tentative allocations, a memorandum of agreement with Moreland University, a request to apply for a Kentucky AED grant,

donation acceptance, travel report, requests for fund-raisers, trip requests, leaves of absence, and the approval of a hiring transition plan for a food service administrative assistant.

No further business came before the board, and the meeting was adjourned after a 45 minutes session.

The next regular meeting of the Union County Board of Education will be Monday, March 23, 6:00 P.M.

Union County Fiscal Court Approves Hires

Union County Fiscal Court met in a short session Tuesday morning with magistrate Jerri Floyd conducting the meeting due to the absence of Judge/Executive Adam O'Nan.

The court made quick work of the agenda, approving several new hires, opening requests for qualifications and awarding a bid.

The hiring of Addison Hendrickson, Barbara Decker and Hope Fornear as seasonal gatekeeper employees at Moffit Lake was approved with magis-

trates giving the okay for Kalise Jones to be a substitute employee at the recreational area. Steve Sanders and Dale Walker were hired as groundskeepers. Their employment is effective March 15.

In other personnel matters, Greg Sturn was hired a general labor at the road department effective Tuesday.

Magistrates also opened two requests for qualifications for a watershed medeling and planning for a hazard mitigation grant program. Those two proposals were taken

under advisement.

A bid for new software for at least three county departments was approved by the court on Tuesday. GovTrac received the bid for software that will benefit the HR department, the road department and the business office. The program has other tracs the county could opt to include if they choose. Jonathan Baird noted that only one bid was received for the software and recommended moving forward with the upgrades. The court concurred.

In other county busi-

ness, magistrates heard an update on the pickle ball courts at Legion Park in Morganfield. According to Sean Sheffer, eight courts are ready for pickle ball action. He added that this will be one of the best complexes in western Kentucky. Kim Humphrey added that a grand opening is planned for March 13. The duo also shared information about an app that will allow pickleball players to reserve a court, and although courts can be reserved, two court will remain open for walk-in players.

The app will allow the

county and city to track the number of players and how often the courts are used. Humphrey noted that the city and county will soon sign a maintenance agreement on the complex.

Other business to come before the court included the approval of training incentive pay in the amount of \$5445.28 for magistrate Bo Girtten and the approval of transfers and claims.

The meeting adjourned at 9:37 with the court's next regular meeting scheduled for March 10, at 9:00 a.m.

It's Important To Know The Warning Signs Of Heart Disease

The World Health Organization reports that ischaemic heart disease, also known as coronary artery disease, is the leading cause of death across the globe. Ischaemic heart disease accounts for 13 percent of the world's deaths, affecting people from all walks of life and every corner of the globe. The WHO also notes that deaths attributed to ischaemic heart disease rose by 2.7 million between 2000 and 2021, the largest uptick in deaths of any disease in the world during that time.

Data from the WHO underscores the threat posed by ischaemic heart disease. But humanity is not helpless

against the disease. In fact, many risk factors are within a personal's control, suggesting that a concerted effort to educate the public about the risk factors, and how to avoid them, could have a profound and life-saving impact. The National Heart, Lung, and Blood Institute reports that almost half of all adults in the United States have at least one of three key risk factors for ischaemic heart disease, and the Heart and Stroke Foundation of Canada indicates nine in 10 Canadians have at least one risk factor for heart conditions, stroke or vascular cognitive impairment.

One of the more significant hurdles to beating heart disease is raising awareness of its risk factors among the billions of people across the globe who have at least one of those factors, even if they don't know it. According to the NHLBI, the following are some notable risk factors for heart disease.

- Age: Heart disease risk increases with age, but anyone can develop it. For men, risk increases significantly around age 45, while women's risk increases more rapidly around age 55.
- Environmental/work conditions: Indoor or outdoor air pollution increases

risk for heart disease. The NHLBI notes that air pollution may cause or worsen conditions like high blood pressure or inflammation, which are known risk factors for heart disease. Long and/or irregular working hours (55 hours or more per week); exposure to toxins, radiation, secondhand smoke, or other hazards; work-related stress; and sedentary positions throughout a workday are some work conditions associated with an elevated risk for heart disease.

- Family history/genetics: A father or brother diagnosed with heart disease prior to age 55, or a mother or sister diagnosed before

age 65, is a risk factor for heart disease. The NHLBI also notes research has found that some genes are linked to a higher risk of heart disease.

- Lifestyle habits: Unhealthy lifestyle habits that increase heart disease risk include a sedentary lifestyle, excessive alcohol consumption, insufficient sleep over a prolonged period of time, smoking, and poor diet.

These are some heart disease risks that people should be aware of as they seek to improve their overall health. More information about ischaemic heart disease can be found at nhlbi.nih.gov.