

# Community CALENDAR

American Legion Post

**Richland Public Library**

Tuesday/Wednesday/Thursday: 2:30-6:00  
Friday: Noon-5:00  
Saturday: 10:00-1:00  
Closed Sunday and Monday.  
For more information call 319-456-6541

**Wilson Memorial Library**

Mondays 10-6pm  
Tuesdays, Wednesday, and Thursdays 10-5pm  
Fridays 10 a.m.-5 p.m.  
Saturdays 8-12.

**Sigourney Public Library**

Monday/Tuesday/Wednesday/Thursday 11 a.m. to 7 p.m.  
Friday 11 a.m. to 6 p.m.  
Saturday 11 a.m. to 3 p.m.

**Hedrick Public Library**

Monday/Thursday/Friday 2 - 6 p.m.  
Tuesday 1 - 5 p.m.  
Wednesday 12 - 4 p.m.  
Saturday/Sunday Closed

**What Cheer Public Library**

Monday 12:00-6:00 p.m.  
Wednesday 8:30 a.m. - 3:30 p.m.  
Friday 12:00-5:00 p.m.  
Saturday 9:00-11:00 a.m.

**Sigourney Kiwanis**

Serving the community since 1969. Kiwanis meet Wednesdays, from 12 to 1 p.m. at Keokuk County Bowl, visitors are welcome.

**Free Grace Recovery**

Wednesdays at 7 p.m. at Free Grace United at 107 E

Broadway St. What Cheer. For: All Addictions: any hurt, habit or hang up. Come as you are. Childcare provided. Everyone is welcome. freegrace.tv/recovery

**Old Keota Business**

Anyone having old photos of former Keota businesses, please contact Larry Gale Sanders. The photos will be used in a Keota Business Pictorial Album.

**Keota Food Pantry**

The food pantry in Keota is open on the last Sunday of the month at the United Church of Faith, 10-11 a.m. Anyone needing food is invited.

**Richland Community Food Bank**

Located at Richland Methodist Church, 106 W South St. Richland, (319) 456-2251 Sherry Jipp. Open Tuesday and Wednesday 9:30-11:30 a.m. and Thursday 5-7:00 p.m.

**City of Keota Public Meeting**

Public meetings will be held on the First and Third Monday of each month, at 7 p.m. at Keota City Hall. Special Meetings will be posted at City Hall.

**Keota School Board**

The Keota School Board meets the second Thursday of each month, typically at 6 p.m.

**Keota VFW Auxiliary**

The VFW Auxiliary meets the third Tuesday of each month, typically at the VFW building.

**Keokuk County**

**Historical Society**

Open Wednesdays and Thursdays from 9 a.m. to 2 p.m. KCHS will be closed the weeks of Thanksgiving, Christmas, and New Years. During winter, when school is cancelled, KCHS will be closed.

**Keokuk County Supervisors**

The Keokuk County Board of Supervisors meets weekly on Mondays at 8:30 a.m.

**Alcoholics Anonymous Sigourney**

AA Meetings at Community Outreach Center-Sigourney: Wednesdays at 8 p.m. for more information, call (319) 461-6869.

**Narcotics Anonymous-Sigourney**

NA Meetings Community Outreach Center-Sigourney: Thursdays at 6 p.m. 615 S Jefferson St Sigourney

**Food Pantry-Sigourney**

Food Pantry Community Outreach Center-Sigourney: Call the Lord's Pantry at 641-224-2588 or contact a minister

**Keokuk County Public Health**

Keokuk County Public Health is here to serve you. We offer an array of services such as: home health services, immunizations, education, diabetic care, foot care, partner's program, etc. We have walkers, wheelchairs, shower chairs, canes, etc. to loan out free of cost. Please call us if you or a loved one is in

need. For more information, call (641) 622-3575.

**Alcoholics Anonymous-Keota**

AA every Monday at 7 p.m. at the Good Neighbor Fellowship Church on Broadway.

**Alzheimer's Support**

Alzheimer's Support Group meetings are held the first Monday of each month at the Presbyterian Church in Washington at 6:30 p.m.

**Take Off Pounds Sensibly**

Weekly meetings Tuesdays, 4:30pm - 5:30 pm. Keokuk County Extension Office, 641-777-1653

**Grief Share**

Sigourney Christian Church, 308 S Jefferson St on Wednesdays at 1 p.m., beginning Nov. 6. No charge.

**Fiddle Dee Dee**

3rd Wednesday of every month, 10 a.m. to 2 p.m. Junk Journal Workday. Bring your own junk journals to build and work on. You can collaborate, share supplies, or ideas.

**Keokuk County Democrats Open Meeting**

First Tuesday of the Month. Meet & Greet at 6:30 p.m. Meeting at 7:00 p.m.

**Webb Masonic Lodge #182**

A.F. & A.M. Meets first Tuesday every month. Dinner 6:30 p.m.; Stated meeting 7:30 p.m. For more information call 641-660-4605



## Keokuk County Retired School Personnel Minutes: March 18, 2026

By Mary Williams, Secretary

The Keokuk County Retired School met on Wednesday, March 18, at Hope Lutheran Church in Sigourney. Fifteen members were present. President Sandy Steinke called the meeting or order at 2:00 P.M. She thanked the church ladies for the wonderful treats. Sandy introduced the program speaker, Abby Sieren. Abby teaches Agriculture in the Classroom at Keota, Sigourney, and Tri-County schools.

Abby works with the children to teach them the importance of agriculture and the industries composing the agriculture business. Abby works with the elementary students by playing Ag Bingo with them and teaching them the facts about agriculture. Abby had the members present take part in Ag Bingo. Those who won received a fake tattoo to take to their grandchildren. Children in her ag classes raise young chicks and watch them hatch. They learn about all the industries connected to agriculture such as milk production facilities, jobs of those who work in farrowing houses, animals that produce our food, how to preserve grapes and other crops, and careers in agriculture that are available. Abby's classes are once a month for thirty minutes in each classroom. Abby sent home a word search for the members to take home containing 95 words related to agriculture.

President Sandy Steinke called the Business Meeting

to order at 2:40 P.M. Mary Williams read the minutes of the October meeting. Pat Hultman moved and Linda Greeson seconded to approve the minutes as read. Linda Crouse gave the Treasurer's Report. Currently there is \$1,550.94 in Checking, and the Scholarship Fund has \$360.74 in it. Vicki Griner, Membership Chair, said that retirees from Sigourney, English Valley, and Keota, will be contacted about joining KCRSP. Linda Miller, District Six Representative, contacted our group about retirees in Iowa and Washington Counties who could be contacted for membership as their groups have disbanded. KCRSP applied for a scholarship to recruit new members and we received \$400.00. A basket of information about KCRSP will be sent to local schools to recruit new members.

Under New Business, June Rice encouraged members to turn in volunteer hours. Last year, eleven people turned in volunteer hours. 2,021.5 hours were turned in last year. June encouraged more to turn in hours this year. Sandy encouraged members to share program ideas for the new year. Nathan Wood will speak at the May meeting. He is a Sigourney native and the next Superintendent of Sigourney Schools. The next meeting will be on April 15 at Hope Lutheran in Sigourney. The program will be Boost Initiatives. Presenters will be Kristin Woods and Gary Iosbaker. Meeting adjourned at 2:55 P.M.

## Births, Engagements, Weddings, Anniversaries

- story (no photos) runs for FREE
- story with black and white photo- \$12
- story with color photo- \$24

\* Some restrictions may apply.

If the story is an invitation to a celebration or request for cards, it must run as an ad.

### Share your story!

Contact us at 641-622-3110

info@sigourneynewsreview.com

120 E Washington St, PO Box 285  
Sigourney, IA 52591

# MENUS

**Keota**

March 26th  
Breakfast: Breakfast Bar, Graham Snacks, Banana, Juice Choice, Milk Choice.  
Lunch: Taco Salad, Romaine/Fresh Tomatoes, Refried Beans, Pineapple, Chips and Salsa, Cinnamon Puffs, Milk.  
March 27th  
Breakfast: No School.  
Lunch: No School.  
March 30th  
Breakfast: Strawberry Boli, Pears, Juice Choice, Milk Choice.  
Lunch: Hamburger on a Bun, Romaine Lettuce, Tomato Slice, Sweet Potato Fries, Fruit Cocktail, Oatmeal Cookie, Milk.  
March 31st  
Breakfast: Sausage Patty, English Muffin/Jelly, Pineapple, Juice Choice, Milk Choice.  
Lunch: Macaroni and Cheese, Meat Balls, Peas, Fresh Baby Carrots, Apples, Wheat Bread & Jelly, Milk.  
April 1st  
Breakfast: Breakfast Egg Wrap, Orange, Juice Choice, Milk Choice.  
Lunch: Chili Cauliflower, Cucumber, Orange, Chips, Cinnamon Roll, Milk.

**Tri-County**

March 26th  
Breakfast: Breakfast Pizza  
Lunch: Chicken Pot Pie, Mixed Vegetables, Applesauce, Biscuit.  
March 27th  
Breakfast: Cheese Omelet and Toast  
Lunch: Turkey & Bacon Croissant, Carrots and Ranch, Grapes, Baked Chips.  
March 30th  
Breakfast: McGriddle Sandwich  
Lunch: Crispito, Rice, Corn, Peaches.  
March 31st  
Breakfast: Freezer Day  
Lunch: Chicken Tetrazzini, Peas, Carrots, Breadstick, Pineapple.  
April 1st  
Breakfast: Freezer Day.  
Lunch: Mairdite, Green Beans, 9-12 Baked Chips, Mandarin Oranges.

**Sigourney**

March 26th  
Breakfast: Fruit and Yogurt Parfait with Muffin, Assorted Cereal with Fruit Muffin, or Donut, Chilled Fruit, Assorted Fruit Juice, Milk.  
Lunch: Scrambled Eggs with French Toast Sticks, Cheeseburger, Garden Fresh Salad Bar, Pizza Bar, Sub Bar, Fresh Garden Salad, Tater Tots, Fresh Fruit, Chilled Fruit, Italian Bread, Milk.  
March 27th  
Breakfast: Sausage Biscuit, Assorted Cereal with Cinnamon Toast or Pancakes, Chilled Fruit, Assorted Fruit Juice, Milk.  
Lunch: Glazed Wings with Queso, Hot Dog, Garden Fresh Salad Bar, Pizza Bar, Sub Bar, Fresh Garden Salad, Baby Carrots, Seasoned Fries, Fresh Fruit, Chilled Fruit, Focaccia Bread, Milk.  
March 30th  
Breakfast: Egg and Cheese Breakfast Sandwich, Assorted Cereal with Toast with Margarine, or Funnel Cake Waffle, Chilled Fruit, Assorted Fruit Juice, Milk.  
Lunch: Honey Bacon Glazed Tender Sandwich, Corn Dog, Garden Fresh Salad Bar, Pizza Bar, Sub Bar, Fresh Garden Salad, Seasoned Fries, Fresh Fruit, Chilled Fruit, Italian Bread, Milk.  
March 31st  
Breakfast: Lemon Strawberry French Toast Casserole, Assorted Cereal with Fruit Muffin or Donut, Chilled Fruit, Assorted Fruit Juice, Milk.  
Lunch: Walking Taco, Buffalo Chicken Grilled Cheese, Garden Fresh Salad Bar, Pizza Bar, Sub Bar, Fresh Garden Salad, Refried Beans, Seasoned Fries, Fresh Fruit, Chilled Fruit, Milk.

**Goodwin Senior Dining Center (Wellman)**

March 27th  
Hamballs, Sour Cream Mashed Potatoes, Broccoli, Apple Snicker Salad.  
March 30th  
Scrambled Eggs, Sausage Patty, Fruit Salad, Muffins.  
**Milestones (Sigourney & Delta)**  
March 25th  
Chicken Fettuccine, Pasta, Tossed Green Salad, Dressing, Peach Crisp, Breadstick.  
March 26th  
Loose Meat Sandwich, Potato Salad, Seasoned Fries, Fruit.  
March 30th  
Pot Roast, Roasted Red Potatoes, Buttered Carrots, Wheat Roll, Frosted Cake.  
March 31st  
Ham and Beans, Tossed Salad, Dressing, Peaches, Cornbread.

**Pekin**

March 26th  
Breakfast: Pancakes, String Cheese, Fruit Choice, Juice Choice.  
Lunch: Chicken Tetrazzini, Little Smokies, Broccoli, Baby Carrots, Peaches, Blueberries, WG Breadstick (7-12)  
March 27th  
Breakfast: WG Donut, Yogurt Cup, Fruit Choice, Juice Choice.  
Lunch: Pizza, Fish Sticks, Green Beans, Peas, Sidekicks, Bananas, WG Brookie.  
March 30th  
Breakfast: WG Cereal, String Cheese, Fruit Choice, Juice Choice.  
Lunch: Lasagna, Munchable, California Blend, Romaine, Cinnamon Apples, Craisins, WG Bread Stick.  
March 31st  
Breakfast: WG Pop Tart, GoGurt, Fruit Choice, Juice Choice.  
Lunch: Ham Slice, Uncrustable, Cheesy Potatoes/Sweet Potatoes, Pineapple, Jonny Pop, Easter Cake.

**English Valleys**

March 26th  
Breakfast: Fruit and Yogurt Parfait, Assorted Cereal With Fruit Muffin, Chilled Fruit, Assorted Fruit Juice, Milk.  
Lunch: Scrambled Eggs with French Toast, Cheeseburger with Tater Tots, Pizza Bar, Sub Bar, Fresh Garden Salad, Fresh Fruit, Chilled Fruit, Milk.  
March 27th  
Breakfast: Sausage Biscuit, Assorted Cereal with Cinnamon Toast, Chilled Fruit, Assorted Fruit Juice, Milk.  
Lunch: Glazed Wings with Queso with Focaccia Bread, Fish Sticks with Fries, Pizza Bar, Sub Bar, Fresh Garden Salad, Baby Carrots, Fresh Fruit, Chilled Fruit, Milk.  
March 30th  
Breakfast: Egg and Cheese Breakfast Sandwich, Assorted Cereal with Toast with Margarine, Chilled Fruit, Assorted Fruit Juice, Milk.  
Lunch: Honey Bacon Glazed Tender Sandwich, Corn Dog with Seasoned Fries, Pizza Bar, Sub Bar, Fresh Garden Salad, Fresh Fruit, Chilled Fruit, Milk.  
March 31st  
Breakfast: Donut, Assorted Cereal with Fruit Muffin, Chilled Fruit, Assorted Fruit Juice, Milk.  
Lunch: Walking Taco, Buffalo Chicken Grilled Cheese with Seasoned Fries, Pizza Bar, Sub Bar, Fresh Garden Salad, Refried Beans, Fresh Fruit, Chilled Fruit, Milk.  
April 1st  
Breakfast: Assorted Cereal with Cinnamon Toast, Waffles, Tater Tots, Chilled Fruit, Milk.  
Lunch: Glazed Ham with Roasted Pineapple or Chicken Patty with Hot Roll, Pizza Bar, Sub Bar, Mashed Potatoes, Green Beans, Fresh Fruit, Chilled Fruit, Lemon Crinkle Cookie, Milk.

## Bans on sugary foods in SNAP programs in Iowa challenged by recipients

**Lawsuit includes four other states' federal nutrition program beneficiaries**

By Shauneen Miranda, Iowa Capital Dispatch

WASHINGTON — A group of food stamp recipients sued the U.S. Department of Agriculture this week over its efforts to prohibit the benefits from being used to purchase certain non-nutritious items. Five consumers enrolled

in the Supplemental Nutrition Assistance Program, or SNAP, brought the lawsuit March 11 in the U.S. District Court for the District of Columbia. The recipients hail from Colorado, Iowa, Nebraska, Tennessee and West Virginia and are challenging the waivers in those states.

President Donald Trump's administration has so far approved waivers in 22 states

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## PROFESSIONAL DIRECTORY

<p><b>MEDICAL SERVICES</b> KEOKUK COUNTY HOSPITAL AND CLINICS <b>MEDICAL CLINICS:</b> <b>SIGOURNEY CLINIC</b> 641-622-1170 <b>BEHAVIORAL HEALTH</b> 641-622-1170 <b>HEDRICK CLINIC</b> 641-653-2437 <b>SPECIALTY CLINICS:</b> <b>CARDIOLOGY</b> 641-672-3360 <b>DERMATOLOGY</b> 515-348-6383 <b>ORTHOPEDICS</b> 641-621-2376 <b>PODIATRY</b> 641-622-1180 <b>WOUND CARE</b> 641-684-8448</p> <p><b>ABSTRACTING SERVICES</b> KEOKUK COUNTY</p>	<p>ABSTRACT CO. 100 S. Main St. Sigourney, IA 641-622-3321</p> <p><b>CARE FACILITIES</b> MANOR HOUSE CARE CENTER DEER VIEW MANOR Assisted Living, Intermediate and Skilled Care Facility 1212 S. Stuart St., Sigourney, IA 641-622-2142</p> <p><b>PRINTING SERVICES</b> THE NEWS-REVIEW Envelopes, Letterheads, Forms, Register Forms, Business Cards, Posters, Banners, Invitations and More 120 E. Washington St. P.O. Box 285 Sigourney 641-622-3110</p>
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