

Governor, county health board give guidance

Mask up and social distance to beat COVID-19

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Iowa Governor Kim Reynolds gave a short speech on Monday to put in place some new guidelines in the fight against COVID-19 as cases continue to rise across the state. The Lee County Board of Health followed up on Tuesday with a set of guidelines it would like the citizens of Lee County follow.

Area residents should do the following for social distancing:

- Limit the number of interactions you have with people from outside your household on a daily basis.
- Avoid all large gatherings of people. Many recommendations specify a large gathering is more than 10 people. The more

people that are in one place at one time, the more risk there is for everyone involved.

- Stay home if you are sick with any illness.

Contact Lee County Health Department. Call 800-458-6672 or 319-372-5225 or your healthcare provider for advice on how long to isolate.

- Consider being tested for COVID-19 if you are sick or have been exposed to a known case.

- Follow the advice you are given in regards to testing, isolation, and quarantining.

As far as hygiene, the guidance is the same as it has been since the beginning of the pandemic. Residents should wash hands frequently, with warm soap and water, use hand sanitizer when necessary and clean and disinfect surfaces appropriately.

The governor's guidance



Reynolds

on masks includes wearing them indoors when unable to social distance for 15 minutes or longer. The same requirements will go for visitors and employees inside state buildings and the governor strongly encouraged other businesses to follow this lead.

The Lee County Board of Health says people should wear a face covering every time leaving home when they may be within six feet of someone from outside the household.

"The purpose of your face covering is to protect others and the purpose of their face covering is to protect you. If you find yourself in a place where other people are not wearing face coverings appropriately, you are at great risk. You should consider leaving or avoiding that place altogether," the statement reads.

The board said exceptions for face coverings include children less than 2-years-old as well as individuals with a

legitimate medical condition that would preclude them from wearing a mask.

"However, it is anticipated that the majority of people in our community can wear a face covering, and 100% usage in public is expected to get the maximum benefit from this measure," the statement said.

The governor's proclamation also includes other measures that will impact some businesses.

Restaurants and bars will have to close to in-person services at 10 p.m. There will be no bar seating.

Masks are required when not seated, such as when playing games, dancing, etc. There is to be six feet between groups. Groups are to be limited to eight people or less unless a larger group is all one household. Groups should stay seated when eating or drinking to limit congregating.

SEE COVID, PAGE 11

Dunn releases second poetry book

She also creates publishing company

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Teresa Dunn had a good response with her first book "Poetry Expressions." She of course, continued to write during and after the production of that book and soon had enough for a follow-up book, "Poetry Expressions 2."

She said something she did differently this time around was starting her own publishing company, Dunn's Publishing. She is going through Kindle Publishing to have the books printed, of which she said, as of Sunday, she had sold 50 of her second edition.

"The new book has more poems," she said. "It deals with the same things as the first one."

Dunn started writing after her therapist suggested she start a journal to express her feelings. She was coming to grips with her childhood, having an abusive father while growing up.

She decided this time

around to be her own publisher, being disappointed in some of the pacing of production for the first book. She also said she thought there could have been more promotion for the first book.

While not ready to take on projects from other authors for her publishing company, she said that is a possibility in the future. She has plans before she does a project like that.

"I want to get a little more experience," she said.

First, she has plans for a third poetry book as well as a novel. She said she did not want to give away her idea for her novel just yet, but as a hint, she said it will be about relationships and communication in them.

A good portion of Dunn's poetry focuses on Christianity, she said. Dunn attends Cornerstone Church in Keokuk and said the pastor's wife told her that her poems about God were a blessing to her.

Anyone who is interested in the book, can find it on Amazon or Goodreads. Cost is about \$10.

Dunn had some advice for younger people. She said one thing they should be doing is writing things down and keeping a journal. Those



Author Teresa Dunn has released her second book of poetry, "Poetry Expressions 2." She plans on a third volume as well as her first novel in the future.

thoughts might lead them to a book as hers did for her.

Here is a sample of Dunn's work from "Poetry Expressions 2."

THE BLUE SKY

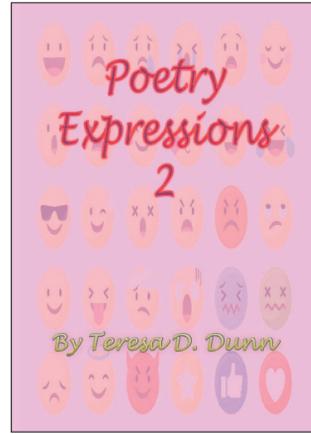
The sky is blue as if we could swim in it.

The beauty of seeing it clearly.

The top of the trees never reach the sky

As if God never wanted us to find Him.

The tallest skyscraper



The cover of "Poetry Expressions 2" has emojis in the background, with poetry being an emotional medium.

doesn't even reach the sky

As if it were built to watch planes fly by.

The planes that fly up in the sky can't touch it.

Because the sky is not touchable.

Only God can touch the sky.

The blue sky is there for us to glorify.

And praise the Creator of it, God.

The beauty of God's creation of the blue sky.

KCSD receives \$50,000 grant to fight hunger

Grant based on impact of COVID epidemic on student nutrition

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The Keokuk Community School District has received a great in the amount of \$50,000 from No Kid Hungry.

According to the grant application, "The No Kid Hungry School Nutrition Grant Opportunity will provide funding to school districts to enable districts and schools to maximize the child nutrition programs and other emergency food

programs and resources to ensure children and families have access to healthy meals at school and at home."

Sarah Hackett, food service director for the district, applied for the grant on Oct. 29, and it was approved on Nov. 9. Considering the extensive application, this was a remarkable turnaround time.

One of the questions on the application reads, "With schools being shut down or having different learning plans, actions to minimize community hunger has been severely challenged. What strategies are you implementing in your



Hackett

district to ensure that you are feeding and supporting the neediest students and families in your community?"

Since the district has been proactive in this area, the answer was, "We have a pick-up location for 100% virtual student meals T-F, we're sending home meals with our hybrid students for the following distance learning day, and we have a weekend backpack program to provide meals for students over the weekend. If a student is home for isolation or quarantine, they can make arrangements with the school to have meals picked up for them by a family member."

Elsewhere on the application it was noted that the district enrollment exceeds 1,900 students and that over 101,000 meals were provided

from the start of the COVID-19 related shut down to the start of the new school year.

The application goes on to say: "Grant funds will also be provided to communities experiencing economic hardship and having existing or increasingly high COVID-19 infection rates. In determining economic impact, No Kid Hungry will review data points to include: free and reduced eligible students, unemployment rates, child food insecurity rates, and the social vulnerability index score."

Keokuk has been sufficiently impacted to qualify for this grant and the money will be used to continue to provide meals for students who might otherwise be nutritionally challenged.



ALL-STATER
Bailey Bender named to all-state chorus from KHS.

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CITY BACKING
Keokuk backs plan for river improvement.

INSIDE TODAY



NOTABLE
Though the Paul Rowe Museum has spent a lot of time closed, there have been improvements. Read about that and other Clark County news on Page 4.

DEATHS
James M. Shaw, 67, Warsaw, Ill.: Page 5
Irene M. Jackson, 104, Carthage, Ill.: Page 5
Norma Whewell, 85, Carthage, Ill.: Page 5

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