INSIDE: FM Chamber looking for annual award nominations • See page 3

PEN CITY CURRI It's Black & White and Read all over

Thursday, January 19, 2023 | 8 pages | Volume 7 • Issue 21

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Emily battles with heart

WALKER FAMILY: Community coming together to help family of 10-year-old, Emily



Courtesy Image

10-year-old Emily Walker gets a visit from her brothers. From left to right, Nathan and Jacob at the Stead Family Children's Hospital in Iowa City over the holidays.

BY CHUCK VANDENBERG PCC FDITOR

FORT MADISON - The community is coming together for a family whose 10-year-old daughter needs a heart transplant.

This story indeed touches the heart.

I sat with Brad Walker at SubArena on Tuesday morning to talk with him about his family's ongoing battle concerning their 10-year-old daughter Emily.

Emily has been diagnosed with cardiomyopathy and has spent much of the last four weeks at the Stead Family Children's Hospital on the University of Iowa Hospitals and Clinics campus in Iowa City.

Cardiomyopathy is a disease of the heart muscle that makes it harder for the heart to pump blood to the rest of the body. Cardiomyopathy can lead to heart failure. The main types of cardiomyopathy include dilated, hypertrophic and restrictive cardiomyopathy. Brad spoke with strength and courage about the path his family is on, the cutting edge medicine and staff at the Stead Family hospital, and the instincts he relies on to get through each day, and the pain his family enduring.



OLD FORT City to raze 38-year-old replica

Officials say someone jumped the gun, but later release shows city plans to close, tear down Old Fort

BY CHUCK VANDENBERG PCC EDITOR

FORT MADISON - Fort Madison officials have now decided to close the Old Fort replica in the city's Riverview Park.

Early Wednesday afternoon, Fort Madison Mayor Matt Mohrfeld and City Manager David Varley said no decisions about the facility had been made and someone had "spoken out of turn" about the Old Fort being torn down.

At 4:52 p.m. city officials put a press release indicating the buildings were coming down.

The press release entitled "City to Take Down Old Fort Buildings" was released after Varley and Mohrfeld's comments.

The release refers to a recently completed inspection of the Old Fort revealing leaking roofs, bowing out and falling walls, foundations that are crumbling, and several unstable buildings.

"Based on this inspection it was determined that the majority of the buildings in the Old Fort are structurally unsafe and not fit for occupancy. The buildings are over 35 years old and have outlived their life expectancy. Based on these findings, City officials have decided to close the Old Fort and will present to the City Council various options on how to go forward in a way that will preserve the Fort's place in the history of Fort Madison," the statement indicated. "The Old Fort in Riverview Parks sits in the floodplain and has been flooded on several occasions. This location makes it an unsuitable place to reconstruct the Fort. The City is looking at different options to be able to continue having the

Emily was playing sports earlier in the year and then came down with an illness that resembled the flu. Her brother Jacob 13, battled a cold, as well.

See **EMILY**, page 4



BRUNCH 9-10:30AM - ROLING HALL

For Questions Contact: Betty 319-372-8213

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WEATHER

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<u>OpenWeatherMap</u>
                            THU 19 Jan...
FRI 20 Jan ...
                          .... Mostly cloudy and cold, 33° F/ 26° F 🛛 🍝
SAT 21 Jan ..
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IOWA LOTTERY

LUCKY FOR LIFE 01/17	
MEGA MILLIONS 01/17	
PICK 3 01/17 EVENING	
PICK 4 01/17 MIDDAY	
PICK 4 01/17 EVENING	9574

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For the Record/From the Front

For the Record

Fort Madison Police Report 01/13/23 - 1:36 p.m. - Fort Madison police responded to a report of larceny/theft in the 800 block of Avenue G.

01/13/23 - 2:53 p.m. - Fort Madison police responded to a report of a property damage accident in the 2600 block of Avenue L.

01/13/23 - 3:00 p.m. - Fort Madison police responded to a report of larceny/theft in the 3400 block of Avenue N.

01/14/23 - 12:26 a.m. - Fort Madison police responded to a report of a burglary in the 4600 block of Avenue J.

01/14/23 - 5:36 p.m. - Fort Madison police responded to a report of a property damage accident in the 200 block of 1st Street

01/15/23 - 8:53 a.m. - Fort Madison police responded to a report of a stolen vehicle in the 100 block of Melody Terrace.

01/15/23 - 1:00 p.m. - Fort Madison police responded to a report of larcenv/theft in the 1000 block of Avenue F.

01/15/23 - 5:19 p.m. - Fort Madison police responded to a report of larceny/theft in the 4500 block of Avenue O 01/16/23 - 8:04 a.m. - Fort

Madison police responded to a

report of a hit & run in the Fort Madison area.

01/16/23 - 5:37 p.m. - Fort Madison police cited Theresa Lvnn Reiter, 56, of Fort Madison, at the intersection of 27th Street and Avenue L, on a charge of driving under suspension.

01/16/23 - 8:37 p.m. - Fort Madison police cited Joseph Edward Maggard, 44, of Fort Madison, at the intersection of 24th Street and Avenue L, on a charge of possession of a controlled substance - 2nd

01/16/23 - 10:49 p.m. - Fort Madison police arrested Joey Dale Ferguson, 65, of Fort Madison, in the 1800 block of Avenue I on warrants for 1st degree theft and forgery. He was taken to Lee County Jail.

01/17/23 - 3:33 a.m. - Fort Madison police arrested Larry Paul Whittemore, 53, of Fort Madison, in the 2000 block of Avenue D, on a charge of violation of a no-contact order - domestic. He was taken to Lee County Jail. 01/17/23 - 3:33 a.m. - Fort Madison police arrested Terri Bishop Hampton, 54, of Fort Madison, in the 2000 block of Avenue D, on a charge of violation of a no-contact order - domestic. She was taken to Lee County Jail

01/17/23 - 3:45 a.m. - Fort Madison police responded to a report of a burglary in the 1600 block of 37th Street.

01/17/23 - 11:07 a.m. - Fort Madison police arrested Benjamin Isaiah Mitchell, 39, of Fort Madison, at the North Lee County Courthouse, on a warrant for failure to appear - driving while barred. He was taken to Lee County Jail

01/18/23 - 2:45 a.m. - Fort Madison police arrested Serena Dawn Schnider 44 of Fort Madison, in the 800 block of 15th Street, on a warrant for failure to appear - driving while barred, and a charge of unlawful possession of prescription drugs. She was taken to Lee County Jail.

Lee County Sheriff Report 01/13/23 - Lee County sheriff deputies had no activity to report. 01/14/23 - Lee County sheriff deputies had no activity to report. 01/15/23 - Lee County sheriff deputies had no activity to report. 01/16/23 - Lee County sheriff deputies had no activity to report. 01/17/23 - Lee County sheriff deputies had no activity to report.

Hancock County Sheriff Report 01/01/2023 LANNING,



GARRETT W (21 of Warsaw II) Henderson County Warrant 01/04/2023 - LAWS, DAVID

A (41 of Pineville, KY) Hancock County Warrant BURKS

01/04/2023 CHARLES D (54 of Keokuk, IA) Hancock County Warrant

01/04/2023 - ALLMAN, KEN-NETH W (26 of Nauvoo, IL) Speeding, Driving While License Suspended, Operate Uninsured Vehicle

01/05/2023 - STIERN, ANNA N (27 of Augusta, IL) Adams County Warrant

01/06/2023 WICKERT. MARK A (67 of Plymouth, IL) Driving While License Revoked

01/07/2023 - MYERS, AUS-TIN L (24 of Hamilton, IL) Leaving the Scene of Accident, Failure to Reduce Speed to Avoid Accident

01/07/2023 - RANKIN, TY-SON R (20 of Golden, IL) Speeding, Reckless Driving

01/08/2023 - ANDERSON, RACHEL I (53 of Colchester, IL) Animals at Large

DESHONG 01/10/2023 -ISAAC A (27 of Carthage, IL) Driving While License Revoked 01/11/2023 - PHILLIPS,

JOHN J (58 of Plymouth, IL) Driving While Under the Influence of Alcohol, Improper Parking on Roadway

01/11/2023 - WILSON, TIM-OTHY D (44 of Camp Point, IL)

Hancock County Warrant – Violation of Order of Protection 01/12/2023 DODDS MORGAN L (22 of Blandins-

ville, IL) Animals at Large 01/13/2023 - KELLY, BRIAN E (50 of Augusta, IL) Driving

While License Revoked 01/14/2023 - HARDY, JA-SON S (40 of Basco, IL) Driving While Under the Influence of Alcohol, Driving While License Suspended, Failure to Reduce Speed to Avoid Accident, Leaving the Scene of Accident. Failure to Wear Seat Belt

01/14/2023 - MASON, MI-CHAEL L (44 of Keokuk, IA) Hancock County Warrant - Violation of Order of Protection

01/15/2023 Hancock County sheriff deputies had no activity to report

Those listed above are arrested on suspicion of a charge and are presumed innocent until proven guilty in a court of law.

City Council still to decide fate

FORT - Continued from Page 1

Fort as part of the city's history. These options include looking for a different location for a fort replica or museum, or possibly combining with an existing entity. The City's goal is to find a more permanent way to honor the Old Fort.

"The future direction that will be taken regarding the Old Fort will be made by the Fort Madison City Council."

The Fort was originally built with a \$10,000 Iowa Cultural grant and federal revenue sharing. The buildings were constructed by prison inmates and then disassembled and moved to the current location in Riverview Park in 1985. Other buildings were then added and dedicated in 1988 and opened to the public the week of the Tri-State Rodeo that year.

A Facebook post from "Our Old Fort Madison" correctly reported that Old Fort staff had been told the facility would close and be demolished, however city officials told Pen City Current that no decision had been made by the City Council about the future of the facility.

In an earlier Pen City Current post prior to the city's release, Varley said that "someone has spoken out of turn" and that options for the Fort are still on the table.

"We want people to realize that the Old Fort is part of our town's history and no decisions have been made yet. Somebody spoke out of turn. Somebody is posting something that shouldn't be posted," Varley said.

That line was reiterated by Fort Madison Mayor Matt Mohrfeld.

"We were preparing a press release that says we're definitely exploring options. Here's the short answer. After we inspected it, (Fort Madison Fire Chief Joey Herren and Building Director Doug Krogmeier) said this cannot be occupied. It is that far gone," Mohrfeld said.

"But there has been no concrete decision. The City Council has not gotten together. There could be recommendations from staff. But we're taking Joey and Doug's advice serious. It is not in a condition that we can have the public in it."



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Business News/Scene Around Town



Delaney, Wilson named Paul Harris fellows

FORT MADISON - Rotary, with the motto of Service Over Self, started in 1905 with the vision of one man — Paul Harris. After setting up his law practice in Chicago, Harris gathered several business associates to discuss the idea of forming an organization for local professionals. He envisioned a place where professionals of diverse backgrounds could exchange ideas and form meaningful, lifelong friendships.

Continuing the legacy of our founder, the Paul Harris Fellow program recognizes individuals who contribute, or who have contributions made in their name, of \$1,000 to The Rotary Foundation of Rotary International. The honor was established in 1957 to show appreciation for contributions that support our Annual Fund, Polio-Plus, or an approved Foundation grant.

On January 17, 2023; The Fort Madison Rotary Club recognized Robin Delaney and Ryan Wilson as our latest Paul Harris Fellows.

Making Dreams Come True Since 1911

Meet our loan officers from left to right: Scott Piper, Brett Wrieden, Justin Menke, and Nichole Nagel



Chamber seeking nominations for February awards dinner

FORT MADISON - The Fort Madison Area Chamber of Commerce seeks nominations for Citizen of the Year and Ambassador of the Year to be presented during the awards ceremony at their Annual Dinner on February 24th. Each year, the Fort Madison Partners Affiliates along with the Daily Democrat awards a Citizen-, Ambassador-, and Developer of the Year, for the previous year, during their annual meeting. This year's Annual Dinner is a Rodeo Hoedown theme and will be held and McAleer Hall.

The Citizen of the Year award is sponsored by The Daily Democrat and is given to an individual who has worked towards improving the quality of life in the Fort Madison area. To nominate someone for this award, please send a note including your name, the name of person you're nominating, and the reason for the nomination to Robin Delaney at the Daily Democrat, PO BOX 160 or by email: editor@dailydem.com.

The Ambassador of the Year award is

given the by Chamber of Commerce to a Chamber member employee whose efforts have made a considerable difference in the promotion of the organization and the community. To nominate someone for this award, please contact Savanna Collier at chamber@fortmadison.com or 319-372-5471 with your name, the name of the person you're nominating and the reason for the nomination.

Please submit your nominations by 12 pm on February 1, 2023. Each nominee will be recognized at the Annual Dinner.

The Fort Madison Area Chamber of Commerce is an affiliate organization of Fort Madison Partners. Fort Madison Partners is the umbrella organization which oversees the Fort Madison Chamber of Commerce, Fort Madison Economic Development and Fort Madison SIRRC. It serves to facilitate and coordinate efforts, services and resources of each individual organization as well as share strategic goals, working towards the common goal of making Fort Madison a great place to visit, live and work.

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Respiratory Season is Here

Complete with Influenza, respiratory syncytial virus (RSV), and COVID-19! The colder temperatures keep us all cozy and warm inside, but this closeness and the decreased indoor air flow only increase the spread of uninvited viruses.



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Keep your family safe during Respiratory Season by following these tips:

- Stay home if you are feeling sick.
- Get a vaccination/booster for any viruses circulating. In our region this includes flu and COVID-19.
- Wash hands often, especially after sneezing, coughing, using a bathroom, or blowing your nose. It is always important to wash your hands before touching your face.
- Avoid touching your eyes, nose, and mouth whenever possible.
- Cover your coughs and sneezes or cough into your sleeve.
- Disinfect any surfaces you frequently use, such as doorknobs, faucet handles, children's toys and remote controls.

If you do catch one of these viruses, consult your medical provider for any symptoms that are severe or concerning.



Walker Benefits

Benefits for Emily Walker planned for Feb. 11, 18

EMILY - Continued from Page 1

But as the summer wore on into August, Brad notice that Emily was struggling physically and encountering deep coughs and suffering headaches. In December, both Emily and her brother Jacob were suffering from common colds. Both took a couple days off and then went back to school.

Brad said Emily was back at school for a couple days and then struggled in P.E., and regressed a bit. They took her to the walk-in clinic where she was put on some medication. When Brad came home from work the next day, Emily still hadn't improved so he took her to the Fort Madison ER.

"Something was just not right. They took one look at her and knew she was very sick," he said. "Turns out she was positive for influenza, pneumonia, and had sepsis kicking in."

After an X-ray the doctor took one look at and called up to Iowa City right away.

The trip to the hospital came on Wednesday, Dec. 22, the same Wednesday that resulted in high winds and blizzard conditions. Walker said there were no ambulances readily available and they had to wait until about 1 a.m. to be transported.

"They wouldn't let me take her up. They would've had to take out the IV, and honestly the way the weather was, I wouldn't have wanted to have had an accident. It was brutal out there. I rode with her and we were getting blown all over."

Emily has been at the hospital since that time and now has what is called an LVAD, or Left Ventricular Assist



Device. The device had to be installed into the heart with an open-heart procedure.

The device is intended to take the pressure off the heart, which is oversized due to the extra pumping the heart is doing. Doctors have said that because of the size of her heart, the condition has existed for quite a while, but was never caught in physicals or previous doctor



visits.

"She's very nervous, so she's always run high. She hated getting blood work done," he said.

"It's so hard. You just feel like you let her down. The hardest part for me has always been the drive to and from Iowa City. Whenever I talked to anyone, that's when I get choked up the hardest. But when I'm with her I have to try extra hard to be strong, because that's what she needs."

In the middle of the interview, Brad got a call and an update from his wife that Emily had walked to the nurses desk and back to her room which was a big accomplishment. She then got to enjoy a Dairy Queen blizzard.

Walker said she likes to scan her wrist for her own medications and help the doctors take her temperature because it gives her a feeling of control.

"I never really thought of it like that until just now. But, yeah, I think it gives her a sense of some control. I mean, could you imagine being 10 years old and having all that done to you?"

The prognosis is that Emily will likely need a heart transplant. The LVAD is allowing the heart and lungs to get more efficient and stronger, which will be beneficial with the transplant. But in the meantime, Emily has to be plugged into a power source at all times to keep the LVAD device working.

Brad said it's gut-wrenching to think of the path forward, but in the same breath, he and his wife are so grateful for the staff at the hospital.

"What they do with the kids is just amazing." he said. Emily had her surgery on a Wednesday because that

side of her heart wouldn't pump on its own. Maria came home the following Saturday morning. "She said that was the hardest thing she's ever done"

"She said that was the hardest thing she's ever done," he said.

"Knowing what she needs in that hospital... she needs us to be as strong as possible. Just sitting up in a chair is like running a marathon to other people, and we have to be there for that physical therapy. My heart breaks two or three times a day just trying to push her."

Walker said they should be able to bring her home in 2 to 4 weeks but she has to stay plugged into the device. It has a long chord so she will be able to move around the school. He said there is also a battery that can be attached so she can get around, but she has to be attached to power all the time.

"They said she could live just fine with that, but to have a kid have to carry something like that..." he said. "The next step is the heart transplant. We didn't lie to her. You can't imagine telling a 10-year-old she needs a new heart. She broke down - 'I don't want anyone else hurting me'.

He said the family has decided the heart transplant is

See HEART, page 8

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Classifieds/Public Notices

CITY CURREN **CI** A

PUBLIC NOTICE LEE COUNTY BOARD **OF SUPERVISORS REGULAR MEETING** MINUTES November 21, 2022

The Lee County Board of Supervisors met at the Lee County Administration Building in Fort Madison on Monday, November 21, 2022 at 10:00 a.m.

Present: Matt Pflug, Garry Seyb, Ron Fedler, Rick Larkin, Charles Holmes.

All votes are unanimous unless indicated otherwise.

The Board opened the meeting by reciting the Pledge of Allegiance.

Moved by Larkin, seconded by Fedler, to approve the agenda. Motion carried.

There was no public input

Moved by Seyb, seconded by Holmes, to approve a change order to the contract with Carl A Nelson Company for a \$10,000 land survey that is necessary prior to construction. Motion carried.

Moved by Seyb, seconded by Fedler, to approve a 28E agreement with Central Lee School District for school resource officer services for August 23, 2022 through June 30, 2023. Central Lee School District will reimburse the county \$50,000. Motion carried.

Moved by Holmes, seconded by Larkin, to approve the 2022 Weed Commissioner's Report and 2023 Weed Commissioner Certification form. Alicia Schiller Haynes will serve as the Lee County Weed Commissioner for 2023. Motion carried.

Moved by Seyb, seconded by Holmes, to approve a Class C Retail Alcohol License for Powdertown Golf located 3695 Argyle Road, Keokuk for the time period November 21, 2022 through November 20, 2023. Motion carried. Moved by Holmes,

seconded by Fedler, to appoint Bill Smith to the Compensation Board as a representative for the Board of Supervisors to replace Kathy Gable who is unable to serve due to not living in Lee County. Motion carried.

Moved by Larkin, seconded by Seyb, to approve three tax abatement resolutions. Roll call: Larkin-aye, Seybaye, Holmes-aye, Fedler-aye, Pflug-aye.

RESOLUTION NO. 2022-107

WHEREAS, the Board of Supervisors of Lee County has by Ordinance Number VI-11 adopted a plan for a County-wide Urban Revitalization Tax Exemption District in Lee County, Iowa; and,

WHEREAS, Iowa Code Section 404.4 provides for prior approval of eligibility for a tax exemption by the governing body of the County; NOW, THEREFORE,

PUBLIC NOTICES

BE IT RESOLVED BY THE BOARD OF SU-PERVISORS OF LEE COUNTY, IOWA, that they hereby approve the application of: William and Megan Kruse 2644 Co Road 103 Fort Madison IA 52627

> For exemption from taxation according to the provisions of Iowa Code Section 404.3, §3. Said applications shall be forwarded to the County Assessor for review pursuant to the provisions of Section 404.5 Code of lowa.

PASSED AND AP-PROVED this 21st day of November 2022.

Lee County Board of Supervisors /s/ Matt Pflug, Chairman; /s/ Garry Seyb, Vice-Chair; /s/ Ron Fedler, Member; /s/ Rick Larkin, Member; /s/ Charles Holmes, Member; Attest: /s/ Denise Fraise,

Auditor. Motion carried. **RESOLUTION NO.** 2022-108

WHEREAS, the Board of Supervisors of Lee County has by Ordinance Number VI-11 adopted a plan for a County-wide **Urban Revitalization Tax** Exemption District in Lee County, Iowa; and,

WHEREAS, Iowa Code Section 404.4 provides for prior approval of eligibility for a tax exemption by the governing body of the County;

NOW, THEREFORE, BE IT RESOLVED BY THE BOARD OF SU-PERVISORS OF LEE COUNTY, IOWA, that they hereby approve the application of: Lucas and Kate Wells

1735 255th Street Donnellson IA 52625

For exemption from taxation according to the provisions of Iowa Code

Section 404.3, §3. Said applications shall be forwarded to the County Assessor for review pursuant to the provisions of Section 404.5 Code of lowa.

PASSED AND AP-PROVED this 21st day of November 2022.

Lee County Board of Supervisors /s/ Matt Pflug, Chairman; /s/ Garry Seyb, Vice-Chair; /s/ Ron Fedler, Member; /s/ Rick Larkin, Member; /s/ Charles Holmes, Member; Attest: /s/ Denise Fraise, Auditor. Motion carried.

RESOLUTION NO. 2022-109

WHEREAS, the Board of Supervisors of Lee County has by Ordinance Number VI-11 adopted a plan for a County-wide Urban Revitalization Tax **Exemption District in Lee**



- 2nd and 3rd shifts
- Starting wage \$19.90/hr, advance to \$21.60/hr in 12 months or less, advance to \$23.98/hr in 30 months or less
- Opportunities to earn up to \$29.46/hr
- \$.45 2nd shift / \$.65 3rd shift

Conagra Brands in Fort Madison, IA is EXPANDING! **INCREASED** starting wage for Production Technicians! Check out additional details and *job openings at* conagrabrands.com/careers and search for Fort Madison, IA.

- \$175 monthly Company contribution to pension from date of hire
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- 3-5 years of HVAC service experience OR an HVAC certification/diploma or completed apprenticeship program AND 1 year of HVAC field experience.
- Must have the required Universal EPA certification for handling refrigerants
- Experience in team processes, interpersonal communications, team building, facilitation, and self-management skills

- pay differentials
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- Starting wage \$28.27/hr with targeted standard wage of \$30.05/ hr
- \$.45 2nd shift / \$.65 3rd shift pay differentials
- Position is continuous shift operation
- 3% annual pay increases per contract
- \$175 monthly Company contribution to pension from date of hire
- 3% Company match to 401(k); 100% immediately vested
- Blue Cross Blue Shield PPO starting at \$27.69 per weekly payroll deduction
- Plus Dental, Vision, Life, STD and more!





conagrabrands.com/careers

6 - Pen City Current - Thursday, January 19, 2023

Classifieds/Public Notices



PUBLIC NOTICES

County, Iowa; and. WHEREAS, Iowa Code Section 404.4 provides for prior approval of eligibility for a tax exemption by the governing body of the County;

NOW, THEREFORE, BE IT RESOLVED BY THE BOARD OF SU-PERVISORS OF LEE COUNTY, IOWA, that they hereby approve the application of: Jay and Lindsay Lampe 1596 270th Avenue Fort Madison IA 52627

For exemption from taxation according to the provisions of Iowa Code Section 404.3, §3. Said applications shall be forwarded to the County Assessor for review pursuant to the provisions of Section 404.5 Code of lowa.

PASSED AND AP-PROVED this 21st day of November 2022.

Lee County Board of Supervisors /s/ Matt Pflug, Chairman; /s/ Garry Sevb. Vice-Chair: /s/ Ron Fedler, Member; /s/ Rick Larkin, Member; /s/ Charles Holmes. Member: Attest: /s/ Denise Fraise, Auditor. Motion carried.

Moved by Holmes, seconded by Fedler, to approve the Tuesday,



November 15, 2022 Board Minutes. Motioned carried.

Moved by Larkin, seconded by Holmes, to approve the payment of claims. Motion carried.

Moved by Seyb, seconded by Larkin, to approve a promotion for Mark Long from Part-time Paramedic to EMS Director, from \$24.82/hr. to \$92,778,40 annual salary. effective 11/21/2022 and a change for Jason Dinwiddie from EMS Interim Director to EMS Director of Operations, from \$108,18.40 annual salary to \$88,616.00 annual salary, effective 11/21/22. Motion carried.

Received and filed the Sheriff's Office Monthly Report for the month of October, 2022.

Committee Reports: Seyb reported on the **EMS Director interviews** and the new Health/EMS Building updated prints. Holmes reported on the early childhood development reports contract. Fedler had no report. Larkin reported on the **EMS Director interviews** and that the Lee County **Economic Development** Group decided not to meet in the months of November and December.

Pflug reported on Justin

Foster from Alliant Energy wanting to speak to the Board of Supervisors next week regarding the solar project in Wever.

At 10:23 a.m. a motion was made by Fedler, seconded by Holmes, to adjourn. Motion carried. The next meeting will be held on Monday, November 28, 2022 at 10:00 a.m. at the Administration Building in Fort Madison. Matt Pflug, Chairman Attest: Denise Fraise, Lee County Auditor

Claims paid November 21, 2022

Nxt Deg Comm, svs AAT Holdings, rent ABC Fire Extng, svs Access Enrgy, svs Ace Hardware, splys Advd Crctnl Hlth, svs Agriland FS, fuel ... 750.96 Airgas USA, splys Alliant Enrgy, svs Altorfer, equp .. 138742.56 Amazon, splvs 270.00 Animal House, edu Aqualitec Corp, svs AssuredPrtnrs, costs Jim Baier, svs 39.76 Bates Sntat, svs.... 480.00 D Beckinger, svs... 227.50 Blessing Hlth, svs Bnd Tree Med, splys C Brotherton, exps BTX lowa, svs..... 234.00 K Burke. svs 882.32 K Burkhardt, exps... 17.37 Calhoun-Burns, svs C Casey, exps 96.20 Cntl Fire Sprnklr, svs CJ Cpr/Assoc, svs Cullen Pest Cntrl, svs Democrat Co, publ Dly Gate City, publ.. 27.38 Daniels Jntrl, svs Dvnprt Printing, splys Diamnd Drugs, rx. 908.07 Dodd Prtg/Stat, splys Donnellson Tire. svs Dble A Glass, svs.... 24.75 Drake Hdwr. equp Eastern IA Tire, tires

Farm/Home, splys RFedler, exps 65.00 DFraise, exps 40.00 French-Reneker, svs R Heidbreder, exps Hellige Lawn, svs.. 400.00 hibu Inc, publ 143.00 Hope Haven, parts Hot Cleaning Sys, svs Huffman Wldng, equp HyVee, splys...... 1841.33 ICONNECTYOU, svs Ideal Rdy Mix, mtrl Impact7G, svs..... 2443.50 IA DOT, svs..... 12468.00 IA Div/Lbr Elvtr, prmt IA Prison Ind, splys IA St Pen, food.. 16757.00 ISAC, reg..... 200.00 Jays Auto, svs...... 51.40 Jet Gas, fuel 6965.37 C Johnson, exps... 212.00 JW Medical, equp Kirchner Trkg, svs Kohlmorgan Hlg, svs LeeCo Hlth, svs .. 7817.15 LeeCo Treas, costs LeeCo Treas, equp EMSLRC, edu..... 153.00

Lincare Inc, splys., 195.00 LJ Insurance, ins K McGinn, edu..... 340.00 Mediacom, svs..... 469.00 MidAmer Enrgy, gas MW Bed Bug, svs MW Grp Bnfts, costs Mohrfeld Elect. svs Motorola Sol, svs.. 137.16 Mncpl Emrgncy, unif JJ Nichting, parts O'Reilly Auto, parts OMG Midwest, svs EPing, svs..... 130.00 Postal Source, equp Prairie Farms, splys Premium Inspct, svs Quality Inn, lodg.... 350.00 Red Lion Rnwbl, svs L Risser, mtrls...... 3.48 A Roberts, dues..... 76.00 RSM US, svs 753.38 SJ Smith Co. svs 31.46 T Schroeder, exps 5.00 SEIRPC, svs...... 315.00 Sec/St, dues 60.00 G Seyb, exps...... 58.30 SIEDA, cntr...... 2344.26 SMS Pwr Train, svs K Spear, exps 22.00 Stericycle, svs...... 60.00 StoreyKnwrthy, splys Stryker Sales, splys D Sugars, exps..... 288.90 US Bnk Equip, equp VB Co Hosp, svs Verizon, svs 475.35 West Pt Utility, svs Wilhite Auto. svs Winners Circle, svs S Wixom, svs...... 475.00 M Wooster, svs... 2600.00

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From the Front



BACK PAIN?

Do You Have Hip Pain? Are You As Stiff As a Board When You Try to Get Up From a Chair? Have You Run Out of Hope?

How 5 Lies About Low BACK PAIN May Keep You Hurting, Frustrated & Exhausted...Forever!

NEW Scientific Breakthroughs Often Make Short Work of Low Back Pain...Just What Big Medical Centers and High Priced Clinics Are PRAYING You Never Figure Out On Your Own!

Hi, I'm Dr. Jason James, and if you've got any kind of back, hip or leg pain, your worries may be over in just a few minutes. Why? Because I'm the owner of James Healthcare & Assoc, clinic, and I've discovered what may be the best healing secrets for "bad backs"— EVER!



Dr. Jason James, D.C.

I'd be stupid to make such a claim if I couldn't back it up. But I am so confident we can help you back, I insist on giving you a **100% SATISFACTION PLEDGE** at James Healthcare. I hate empty promises, and I also hate the lies most folks have een told about their backs. That's why it's important I expose these MYTHS about back pain.

MYTH #1: Sciatica (pain down your leg) is always caused by a herniated disc!

No way ... even though most doctors will sell you a \$3,000 MRI at the first sign of leg pain. But they don't tell you about a 5-inch muscle in the hip that can squeeze the sciatic nerve. And it feels EXACTLY like you've got the worst slipped disc on earth. It's a major discovery and...

The good news is that it can be easy and inexpensive to correct! How? Just keep reading! But first, here's a picture to show you where the pain comes from: fallen or dropped arches stiff vertebra joint

- adhesions in leg muscle
- pinched nerve

It's NOT just your spine, and it's NOT just your muscles. As a matter of fact, if one of the major muscles that stabilize the spine is partly spasmed, a "2nd stringer" will have to carry the load. But this is a serious problem...

It's like having your plumber doing all the dangerous electrical work!

Sure, he may get it done, and it may work at first, but how long until there's a fire? Or your back locks up? Which leads me to our next myth:

MYTH #4: "It's Only a Muscle!"

Boy, it's scary how many people think muscle problems are no big deal. Unfortunately, tight, bound-up, and spasmed or tight muscles can wear out joints faster than you can say, "Charley Horse"!

That's why it's important to examine the spine AT THE SAME TIME as the muscles that control it. It's also why we've had such outrageous success with even the worst backs at James Healthcare. Because we deal with BOTH the spine and muscles at the same time. We have spine doctors (chiropractors), pain doctors (nurse practitioners) and muscle professionals (therapists) and

SCIENTIFIC BREAKTHROUGH:

A hidden muscle may be causing your SCIATICA! Does Your Back Seem "Too Old" for Your Own **Body?** Not everyone qualifies for treatment, so help us see if you do. If you check off even one box, drop what you're doing and call James Healthcare NOW. And bring this coupon when you come in for your **39-Point "Back-Pain Track-Down Exam"**. Now check off what describes you:

- Tension...always tight across the beltline Bent—crooked off to one side and can't stand up
- straight if your life depended on it
- Trigger Point...zinging pain to butt-cheek □ Stiff as a board...creak and groan when you first get
- out of bed in the morning Traitor...can't trust your back and what it's going to do—or when!
- □ Vice-like...constantly locked down tight!
- Shooting...vicious but short-lived
- Lumbago...hard to pin it down—just seems to hurt all the time, but it's hard to say where
- One-sided...right at that "bone" on one side
- Jack hammer...pounding off and on like a heartbeat or a toothache in your back
- Aching from 1-5 years Chronic pain for over 5 years

No one will try to sell you anything, and you make no commitment...you just find out what's wrong! P.S. Why You MUST Not Wait! Because of appointment availability, we can only honor this \$27 offer or bringing in a new or gently used winter coat through October 31, 2022. So don't say, "Well, maybe I'll be better tomorrow." Don't put your life on hold. Don't call in sick again. Live your life pain free! Tie your own shoes for a change.

Auction items needed for Feb. 18 benefit in St. Paul

HEART - Continued from Page 4

the best route.

"Our conversations, Maria and mine, have always been around how she can have the best quality of life. And that's where the heart transplant is the best way to go."

The family still has their Christmas tree up with Emily's presents still under the tree. Trying to navigate the holidays was difficult, but Brad said the Stead Family staff gave them an exemption to allow both Nathan and Jacob to come up for Christmas. The hospital has a restriction on visitations due to RSV and COVID spread.

Walker said both Menke & Co, his employer, and Holy Trinity Catholic, where his wife Maria works, have been incredible in giving the family the time they need to be with their daughter, and the boys at home.

Walker said he doesn't give any thought to the financial side of things.

"It doesn't matter. I haven't even looked at it. We'll figure all that out later, all that matters right now is my family, and Emily's health" he said.

Holy Trinity Catholic teacher and coach Melissa Freesmeier is part of a group putting together several fundraising efforts to benefit the family. She said it took very little to engage the HTC community and Fort Madison in pulling the projects together.

"There's just not a lot we can do except be there for this family and do these things," Freesmeier. "It's the last thing on their minds. We called people and it was 'yes, yes, yes, yes'. We had a meeting last week, everyone took their jobs and went with it."

An Emily Walker Benefit is set for Feb. 18 at the St. James Parish Center, 2044 Locust St, in St. Paul.

A free will donation is being accepted for a pulled pork dinner from 4 to 8 p.m.. Supervised kids' activities will be available during the dinner with a silent and open auction beginning at 6 p.m.

Freesmeier said auction donations are being sought for the event, along with any contributions of groceries and beverages for the dinner.

HTC graduate Mason Holvoet will be conducting the auction. Items can be dropped off at JM Electric, 2231 Hwy. 16 in West Point from 7 a.m. to 6 p.m. - until the auction.

Holy Trinity Family Parish is also inviting area communities to an Emily Walker weekend. A spaghetti dinner will be held from 5 to 7 p.m. at McAleer Hall on Saturday, Feb. 11 with a Euchre tournament starting at 7:30 p.m. Beer and Wine will be available. Sunday, February 12th will feature a brunch from 9 to 10:30 a.m. at Roling Hall and from 11 a.m. to 12:30 p.m at McAleer Hall for a free will donation.



#2• Stiffness from getting old...and it must be the reason for all your pain and stiffness!

Not true, because thousands of folks with arthritis in their backs have absolutely NO PAIN! Then why do YOU feel like your back will snap if you bend forward or twist too fast? Because the truth is:

Your stiffness may be caused by a hidden, even more dangerous problem than arthritis, and it can lead to a hip replacement!

You see, most folks believe that something mysterious (like maybe an "arthritis fairy"?) waved a wand over them, and they're cursed... doomed to suffer forever.

But did you know that many arthritis problems are CAUSED by a combination of unseen imbalances in the spine and surrounding muscles? It's the most common cause of hip replacements but not that hard to correct if we catch it in time. It's like the tires on your car...

If the alignment is off just a teeny-weeny bit, at first you don't notice, but over a few thousand miles you start to see signs of wear ... that is, if you're lucky enough to catch it before a flat on the freeway ruins your day. In your spine, you're lucky if you catch untreated imbalances before they ruin your spine! How to fix them? Just look at Myth #3.

MYTH #3: Your Back is "Out"!

Sure, that's exactly how it feels. But guess what, we found that's usually not the case. It sounds good, but we now know better. You see, there are 7 different reasons for that painful, locked-up and stuck feeling that causes so much misery:

- low-grade spasm
- pelvis torque and tension
- imbalance of hips

ogether they deliver an c ing way to help "bad backs". This ties in to Myth #5 and the diagram:

MYTH #5: "Muscle Relaxants" will help your muscles heal! Good grief, NO!

Your muscles tighten up for a reason, and muscle relaxants are like turning back the clock on a time bomb...you know it's still going to blow up! Sure, you may feel better now, but you'll pay later...and pay "in spades"! So don't fall for these lies about your low back. They'll keep you hurting, frustrated and exhausted forever!

WOULDN'T YOU RATHER:

Turn over in bed without pain waking you up?

Get up in the morning without being as stiff as a board

Be able to stand for as long as you want without sitting down for relief?

Lean forward over the sink without that "stabbing" in your back or leg?

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Dr. Jason James, DC Dr. Mack Kohnke, DC Ashley Neuweg, ARNP 612 MAIN STREET • KEOKUK, IA

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"I broke my back when I was 41 years old and have had problems from then on, until June 2017. Dr. James gave me my life back! I have very few back problems now. It is great to be able to do my everyday duties without back problems.."—Roger Kirchner

