

# PEN CITY CURRENT

It's Black & White and Read all over

Monday, Feb. 13, 2023 | 11 pages | Volume 7 • Issue 37



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## LUCKY SEVEN



Photo by Chuck Vandenberg/PCC

Fort Madison senior Aidan Pennock gets control of Iowa City High's Landon Bell after a hip toss gave him control early in the first period of his semifinal match Saturday in Bettendorf.

### STATE BOUND: Thacher, Pennock, Smith, Riddle, Sokolik, and Swigart advance

BY CHUCK VANDENBERG  
PCC EDITOR

BETTENDORF – Fort Madison went into the late afternoon of Saturday's Class 3A state qualifier with 10 wrestlers still in reach of a spot at next week's state tournament in Des Moines.

By the end of the day seven Bloodhounds punched their ticket to next week's Iowa High School Athletic Association's State Wrestling Tournament at Wells Fargo Arena starting Wednesday. Class 3A action takes place at 6 p.m. Wednesday-Friday

with finals on Saturday, Feb. 18

With the new format the top three wrestlers in each weight class from the district events advance to the state final. That move opened the door for many wrestlers, but sucked a little of the excitement out of the district championship matches.

Four of the Bloodhounds advanced to the title match including Teague Smith at 170 lbs, Aidan Pennock at 152, Ike Thacher at 195, Daniel Sokolik at 220, and Nolan Riddle at 145.

See DISTRICT, page 10

### COUNTY NEWS

## County to look at possible hiring freeze to ease budget woes

BY CHUCK VANDENBERG  
PCC EDITOR

LEE COUNTY - With budget woes weighing heavily on the minds of county officials, supervisors will consider a seven-month hiring freeze

at Monday's regular meeting.

Supervisors will consider a resolution freezing any hiring by county department heads from March 1 through Sept. 30, 2023 as a way to help control additional county expenditures.

The resolution does not include appointments to commissions or compensation boards and does allow for exceptions to replace employees and even possibly hire employees, but no position can be advertised without

See FREEZE, page 11

### BUDGETS



## Political shift shows degree of county's budget woes

Last Monday I would have sworn I was in a black and white live episode of the Twilight Zone watching the Lee County Board of Supervisors.

If you haven't been watching (or reading!) shame on you, but county officials continue to feel the squeeze of pending budget pressures, especially in the wake of the closure of the Blessing Keokuk Hospital/Emergency Room.

That quite literally created a defacto mobile ER that's run by the Lee County EMS. Yes, there are several health clinics in Keokuk, but anything of a critical nature – stroke, heart attack, major trauma, all require immediate advanced life support.

That means a Lee County EMS crew has to transport to the closest ER which is in Fort Madison, Carthage, or Quincy, adding pressure to the county's budget to the tune of about \$1 million. That includes staffing a full-time rotation in Keokuk with additional transport capacity.

The twist in all this was at one point in the meeting you had two Republican county officials advocating for a property tax increase, and two Democrats being full-throated about conservative spending.

I put my notebook down and just started listening. I was recording, but I didn't want to miss any of this.

To be totally transparent, neither Garry Seyb, Jr. nor Tom Schulz, two of the three Republicans on the board, are of the

See POLITICS, page 11

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### WEATHER

MON 13 Feb.....Sunny and clear, 53° F/ 34° F  
TUE 14 Feb.....Rainy with gusty winds, 50° F/ 39° F  
WED 15 Feb.....Partly sunny and breezy, 51° F/ 29° F

### IOWA LOTTERY

LOTTO AMERICA 02/11.....2 3 24 28 46, Star Ball: 9 All Star Bonus: 2  
LUCKY FOR LIFE 02/11.....1 12 13 36 48, Lucky Ball: 6  
MEGA MILLIONS 02/10.....20 29 30 52 58, Mega Ball: 19 Megaplier: 3  
PICK 3 02/09, 02/10, 02/11 MIDDAY.....8 3 0, 2 3 6, 8 19  
PICK 3 02/09, 02/10, 02/11 EVENING.....7 0 4, 4 4 1, 5 3 0  
PICK 4 02/09, 02/10, 02/11 MIDDAY.....6 5 9 3, 6 5 2 0, 7 1 3 8  
PICK 4 02/09, 02/10, 02/11 EVENING.....0 1 4 7, 8 1 8 1, 1 9 6 3  
POWERBALL 02/11.....10 23 30 54 65, Powerball: 11 Power Play: 4

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# Obituaries

## OBITUARIES

### HAZEL I. LEE

Hazel Irene Lee, 92, of Keokuk, IA died Thursday, February 9, 2023 at her home. She was born August 25, 1930 in Wahoo, NE the daughter of Henry William and Ette Belle Taylor Meyers. Hazel graduated from Keokuk High School.



LEE

Hazel had been employed as a bartender and cook at several local businesses through the years.

She was one of the original seven founding members of the Southside Boat Club in Keokuk.

Hazel was a skilled seamstress and also enjoyed to crochet. She loved to spend time outdoors watching the hummingbirds, tending to her flowers and watching the koi fish in her koi pond. Hazel loved spending time at the campground in Alexandria, MO visiting with family and friends.

She is survived by two daughters, Cindy Leggett and Barb Davis both of Keokuk, one bonus son, Boone Protsman, eight grandchildren, Nici Johnson, Heidi Davis, Scott Davis, Dyas Kinkeade, Josh Leggett, Casey Davis, Angela Leggett and Andrea Leggett and fourteen great-grandchildren and five great-great grandchildren.

She was preceded in death by one son, Clifford Kinkeade, one great-granddaughter, Peyton Lee Davis and her companion, Chuck Cramer.

A gathering of remembrance will be held Thursday, February 16th, from 5-7pm at

the Vigen Memorial Home in Keokuk with family meeting with friends at that time.

A celebration of her life will be held at 2 p.m. Sunday, February 19th, at the Southside Boat Club in Keokuk.

The Vigen Memorial Home in Keokuk is assisting the family with arrangements.

Online condolences may be sent to the family at [www.vigenmemorialhome.com](http://www.vigenmemorialhome.com).

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## OBITUARIES

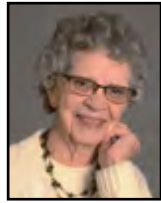
### LOIS T. PATTEN DELANEY

Lois T. Patten Delaney, 93, of Fort Madison, passed away on Thursday, February 9, 2023 at 12:56 PM at the West Point Care Center.

She was born on December 23, 1929 in Ft. Madison to Archie and Esther Bueter Patten and was a graduate of St. Joseph's High School. On January 28, 1950 she married Robert J. Delaney at St. Joseph's Church in Ft. Madison and he passed away on October 5, 1998. Lois was a homemaker and worked part time for twenty one years at the Daily Democrat. She was a longtime member of St. Joseph's Church, now Holy Family Parish. Lois was also a member of the Altar and Rosary Society, the Jean Epsy Chapter of the Daughters of the American Revolution and the old Fort Genealogical Society. She loved going to ball games always cheering for the Notre Dame Fighting Irish and the St. Louis Cardinals.

Her family was her pride and joy. She is survived by three sons, Michael (Robin) Delaney of Ft. Madison, Ron Delaney of Bloomington, IL and Tom (Peggy) Delaney of Downers Grove, IL; four grandchildren; two great grandchildren and several nieces and nephews. She was preceded in death by her parents; husband; two brothers, Jay and Francis in infancy; four sisters, Gertie Hundt, Rita Sokolik, Dorothy Kipp, Mary Sokolik and a sister in law, Dorothy Delaney.

The funeral mass will be held on Tuesday, February 14, 2023 at 11 AM at Ss. Mary & Joseph Church with Reverend John Stack officiating. The family will meet with friends from 10 AM until the time of the service at 11 AM. Burial will be in Gethsemane Cemetery. In lieu of flowers, a memorial has been established for Gethsemane Cemetery or Holy Family Parish and online condolences may be left at [www.kinglynk.com](http://www.kinglynk.com).



DELANEY

### CLIFFORD M. ZICK

Clifford Marlin Zick, Jr., 58, of Keokuk, died Wednesday, February 8, 2023 at Southeast Iowa Regional Medical Center in West Burlington, IA.

He was born February 8, 1965 in Keokuk, IA the son of Clifford Marlin and Peggy Clark Zick. Cliff graduated from Keokuk High School. On September 3, 1988 he was united in marriage to Liz Meadows in California. She survives.

Other survivors include his children, Alec Zick of New York, Anthony Zick of Keokuk, Aaron Zick of Keokuk and Alana Zick of Jersey City. He is also survived by a sister, Mandy Crowell, two brothers, Steven Zick and Thomas Zick all of Keokuk along with many nieces and nephews.

He was preceded in death by his parents.

He was employed at Keokuk Senior Lofts.

Cliff enjoying being outdoors, fishing, boating and camping. He also enjoyed constructing model cars. He was a huge sports fan enjoyed watching football, baseball, and wrestling. He was an avid Dallas Cowboys and St. Louis Cardinal fan. Cliff was an animal lover and always had a pet.

According to his wishes he will be cremated there will be no services.

Online condolences may be made to the family at [www.vigenmemorialhome.com](http://www.vigenmemorialhome.com).

The Vigen Memorial Home in Keokuk is assisting the family with arrangements.



ZICK



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It's Black & White and Read all over

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## Obituaries

### OBITUARIES

## RUSSELL E. FRAKES

Russell E. Frakes, 64, of Elvaston, IL died Monday, February 6, 2023 at his home, with his wife by his side.

He was born September 5, 1958 in Carthage, IL the son of John Henry and Ida Naomi Heidler Frakes.



FRAKES

Rusty was a veteran of the United States Army.

On April 26, 1980 Rusty was united in marriage to Karen Mason. She survives.

Other survivors include one daughter, Jeanie Frakes of Elvaston, IL, six grandchildren, Hunter, Hannah, Emma, Teri, Tanner and Eastin. He is also survived by two brothers, Michael Frakes of Elvaston, IL and Randall Frakes (Tonya) of

Hamilton, IL, two sisters, Sandra Frakes Dobson (Reinie) of Keokuk and Debra Frakes Faulkner of Hamilton, IL, three sisters-in-law, Cindy Mason (Lee) of Keokuk, Grace Burford (Joe) of Elvaston, IL and Mary Frakes of Hamilton, IL and two brothers-in-law, Harold Mason (Kelly) of Seymour, IN and Jamie Mason (Marybelle) of Tioga, IL and numerous nieces and nephews.

He was preceded in death by his parents, one son, Joshua Frakes and one brother, Terry Frakes and a brother-in-law, Donald Faulkner, a nephew, Anthony Frakes and a niece Barb Masterson.

He had been employed by Wixom Roofing.

Rusty loved the outdoors and was a passionate deer hunter. He also spent as much time as he could fishing and gardening. Rusty was a family man and treasured the time he spent with his grandchildren. He looked forward to hosting family events, especially their annual Halloween and 4th of July parties.

A memorial service will be held at 2 p.m., Thursday, February 16, 2023 at the Vigen Memorial Home in Keokuk with Pastor Larry Wallingford officiating. Military honors will be held following the service at the funeral home.

Visitation will be held prior to the service from 1-2 p.m., Thursday, at the funeral home with family meeting with friends at that time.

Memorials may made to the family, in care of Karen Frakes.

Online condolences may be sent to the family at [www.vigenmemorial-home.com](http://www.vigenmemorial-home.com).



### OBITUARIES

## JOHN D. LONG

John D. Long, 67, of Montrose, IA died Tuesday, February 7, 2023 at his home.

He was born December 10, 1955 in Keokuk, IA the son of Huston and Lorna Jean Moore Long. John graduated from Linn- Mar High School in Marion, IA with the class of 1974.

John was a veteran of the United States Navy.

On April 30, 1984 John was united in marriage to Beth Ann Westermeyer. She survives.

Other survivors include one son, Lucas Long, one daughter, Kate Long, three brothers, Chris Long of Arkansas, Rande Long of Keokuk and Mike Long (Brenda) of Illinois, mother-in-law Ruby Westermeyer of Keokuk one sister, Darcy Quick (Al) of Woodbine, IA, brothers-in-law, David Westermeyer (Chantel) of Montrose, IA and Mike Westermeyer (Chris) of Keokuk, good friend, Ron Philp of Ft. Madison, IA and numerous nieces and nephews.

He was preceded in death by his parents, one sister, Donna Long, brother-in-law, Ward Westermeyer, sister-in-law, Teresa Westermeyer, father-in-law, Calvin Westermeyer and one niece, Morgan Westermeyer.



John had been employed by Fruehauf for twenty-five years and then at Dial/Pinnacle Foods for ten years.

John loved the outdoors and especially enjoyed deer hunting, mushroom hunting, camping and riding his Harley and four-wheeler. He loved spending time with friends and having fun.

Memorials may be made to the donor's choice.

According to John's wishes, there will be no services.

The Vigen Memorial Home in Keokuk, IA is assisting the family with arrangements.

Online condolences may be sent to the family at [www.vigenmemorialhome.com](http://www.vigenmemorialhome.com).

# 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.



**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.**



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## Sports

# Central Lee girls bucked from post-season by Mustangs

BY JOHN BOHNENKAMP  
PCC Sports



Photos by John Lovretta/Special to PCC

Central Lee High School's Taylor Jones (30) drives to the basket during their game against Davis County Saturday at Central Lee High School in Donnellson. Central Lee lost 46-54.

DONNELLSON — Elimination losses hurt the most. Taylor Hickey showed the emotions of Central Lee's 54-46 loss to Davis County in a Class 3A regional quarterfinal on Saturday night. Which is why the first-year coach of the Hawks tried to make her players laugh after the game. "I told them we have an 8 a.m. practice tomorrow," she said, smiling through the sadness of the defeat. The Hawks (9-13) had troubles solving the changing defense of the Mustangs (9-13), who advanced to Wednesday's semifinal at Solon (20-2). Central Lee led by as much as eight points in the first half and was up 22-19 at halftime before Davis County took over the game. "We knew they ran a 1-3-1 defense and we struggled against that this season," Hickey said. "So we put a lot of emphasis on that in practice this week and it showed in the first quarter. We did really well against the 1-3-1, got some easy scores and we were passing the ball well." The Mustangs' transition to a man-to-man defense slowed the Hawks. "We've usually played well against a man defense, but their defense was so much more intense and I think we got a little frazzled offensively," Hickey said. "So we just couldn't put the ball in the hoop." The Mustangs opened the second half with a 7-2 run, and when Ella Porter scored inside with 4:15 left in the third quarter, Davis County was up 30-28 and would never surrender the lead again. Every time Central Lee scored, Davis County had an answer. The Hawks would stay close, and were within 46-44 with 1:52 to play after a 3-pointer from Makayla Morrison. But Porter scored on a putback of a Reese Humphrey miss and was fouled on the Mustangs' next possession, and after she made the free throw Davis County was in command again. Kenna Sandoval scored inside to cut the lead to 49-46, but Humphrey's 3-pointer on the next possession sealed the win. "When we would get the ball to the open player, the shots wouldn't fall," Hickey said. "And then we missed some rebounds, because they were taller than us, so we just couldn't respond." Porter led Davis County with 21 points. "We just couldn't stop her," Hickey said. "The post girls they have really work hard, and we're undersized. We have some young girls who work hard in the post, but they lack the experience. That's something we've got to work on." Morrison finished her career with a 21-point game. "I just hugged her after the game," Hickey said. "She's been a four-year starter on this team. This was a huge game for her on her home floor for the last time, and I thought she handled the pressure the best she could. She's meant so much for us." Freshman Taylor Jones added nine points for the Hawks. "We're going to miss the seniors," Hickey said. "But we've got a good group coming in and we have some young kids coming in to help out."



Central Lee High School's head coach Taylor Hickey talks with Mya Lampe (14) during their game Saturday against Davis County

Photos by John Lovretta/Special to PCC



Lunch Specials  
Feb 13-17  
11am - 1pm

Monday, February 13  
Carved Ham, Loaded Potatoes, Corn

Tuesday, February 14  
Tenderloin, Cheese Potatoes, Baked Beans

Wednesday, February 15  
Beef Stroganoff, Green Beans

Thursday, February 16  
Fried Chicken Dinners

Friday, February 17  
Fish & Shrimp Dinners

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## Classifieds/Public Notices

# PEN CITY CURRENT CLASSIFIEDS

### PUBLIC NOTICES

**PUBLIC NOTICE**  
**Lee County, Iowa**  
**Board of Supervisors**  
**Agenda**  
**DATE: Monday,**  
**February 13, 2023**  
**MEETING**  
**CONVENING TIME:**  
**10:00 A.M. (CDT)**  
**LOCATION:**  
**933 Avenue H**  
**Fort Madison, IA**

Urban Renewal Area  
 Consider Approval of Hold Harmless and Indemnification Agreement with Alex Meierotto For Demolition and Relocation of Building on Ambulance Base Property in Keokuk  
 Consider Approval of Resolution Establishing a Hiring Freeze  
 Consider Approval to Allow Chair to Sign Opioid Settlement Agreements with Teva, Allergan, CVS, Walgreens and Walmart  
 Consider Approval of Monday, February 6, 2023 Board Minutes  
 Consider Approval of Claims for Payment  
 Personnel Actions:  
 A. Step Increase- Sheriff's Office  
 B. Step Increase- Recorder's Office  
 Reports:  
 A. Recorder's Report of Fees Collected  
 B. Auditor's Report of Fees Collected  
 C. Sheriff's Monthly Report  
 Commission or Committee Reports  
 Adjourn  
 Possible Workshop to Follow  
 PUBLIC MEETING  
 CITIZENS WELCOME  
 Vision and hearing assistance available upon request  
 Contact Title VI Administrator  
 319-372-3705  
 County Website:  
[www.leecounty.org](http://www.leecounty.org)

**PUBLIC NOTICE**  
**FORT MADISON**  
**AIRPORT COMMISSION**  
**MONDAY,**  
**FEBRUARY 13, 2023**  
**6:00 P.M.**

**Municipal Airport**  
**50 Airport Road**  
**Fort Madison, IA 52627**  
**AGENDA**  
 ROLL CALL  
 APPROVAL OF MINUTES OF PREVIOUS MEETING BUSINESS:  
 1. Painting Grant Update  
 2. Farm Ground Terrace and Drainage Project  
 3. AWOS Grant / Update  
 AIRPORT MANAGERS REPORT  
 ADJOURNMENT

**PUBLIC NOTICE**  
**AGENDA**  
**FORT MADISON**  
**CITY COUNCIL**

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**SPECIAL MEETING**  
**Date: TUESDAY,**  
**FEBRUARY 14, 2023**  
**Time: 4:00 P.M.**  
 ZOOM Only Meeting  
<https://us02web.zoom.us/j/81033452143> Meeting ID: 810 3345 2143  
 Or Dial: +1 312 626 6799 US (Chicago)

ROLL CALL  
 AGENDA  
 1. (Blank) MOVED and (blank) SECONDED to approve the agenda, as written.  
 OTHER  
 2. (Blank) MOVED and (blank) SECONDED to approve a 14-Day Liquor License for Fork Catering

& Hospitality Group, Inc., 415 – 11th Street, effective February 18, 2023.  
 ADJOURNMENT  
 3. (Blank) MOVED and (blank) SECONDED to adjourn until Tuesday, February 21, 2023 at 5:30 P.M.

BOS Meeting  
 Mon, Feb 13, 2023  
 10:00 AM - 11:00 AM (CST)  
 Please join my meeting from your computer, tablet or smartphone.  
<https://meet.goto.com/288295653>  
 You can also dial in using your phone.  
 United States: +1 (571) 317-3112  
 Access Code: 288-295-653

If you would like to pose a question to the Board, please use the Chat feature and wait for the Chairman to address you. If you are participating by phone, please wait until everyone is done speaking before addressing the Board. Please keep your microphone muted to cut down on background noise. If you are participating by phone, press #6, this will mute your phone  
 Pledge of Allegiance  
 Approve Agenda  
 Public Input  
 Consider Approval of Contract with Heartland Business Systems for Microsoft 365 Migration And Network Refresh  
 Consider Approval of Haul Road Agreement with ITC Midwest  
 Consider Approval of Letter of Engagement with Dorsey & Whitney Law Firm for Services Related to Establishing

The GRASS is a LITTLE GREENER at  
 THE **Scotts Miracle-Gro**  
 COMPANY

## HIRING EVENT

Thursday, February 16 • 9-11am & 3-5pm  
 at 1910 48th Street in Fort Madison  
 On-the-Spot Interviews

**Positions Available:**

- Lab Tech, \$24.55
- Machine Operator, 3rd Shift, 20.40
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# Classifieds

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# HIRING EVENT

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**2pm-6pm**

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Sports

# Kruse surpasses 1,000 points as a Bloodhound



Photo by Chuck Vandenberg/PCC

Fort Madison senior Camille Kruse gets congratulated by teammates after surpassing the 1,000-point mark for her career at Fort Madison High School.

## FM rolling into post-season hot

BY JOHN BOHNENKAMP  
PCC Sport

FORT MADISON - Camille Kruse knew the significance of 1,000 career points.

"All my hard work paid off," the Fort Madison High School senior said after Friday's 55-24 win over Burlington.

Kruse became the first player in program history to reach the 1,000-point mark, and she did it on the Bloodhounds' Senior Night.

"It's crazy," Kruse said, who also became the program's all-time leading rebounder in the first quarter.

Kruse needed 17 points to reach the milestone, and that's what she got on a night the Bloodhounds (15-6 overall, 8-2 Southeast Conference) dominated the Grayhounds (4-14, 2-6).

Kruse scored the historic points on a drive to the basket with 6:01 left in the game. Fort Madison coach Toni Sargent immediately called a timeout so the moment could be celebrated.

"She's worked so hard in the program," Sargent said. "She's put in a lot of hard work, coming in and getting up shots on her own time.

"She's such a great team player. All the records she has — steals, assists, rebounds. You name it and she can do it."

"Just playing with my teammates, and hearing the crowd with everyone cheering, and it being almost our last home game, it just means a lot," Kruse said. "All of the support everyone has given me, and my teammates, it's a great feeling."

The game was never in doubt. Fort Madison led 24-5 at the end of the first quarter and 34-8 at halftime.

The only question was when Kruse would reach the milestone, and that might have accounted for the Bloodhounds getting out of rhythm in the second half, Sargent said.

"We probably put a lot of pressure on her, too, because we knew and she knew how many points she needed to get," Sargent said. "That's been kind of the hype the last few games. When we're hyping it up, it seems like we're trying too hard to make something happen."

Kruse was relieved when it finally happened.

"I was like, 'Thank God,'" she said, laughing. "But I was just trying to play basketball. That's my first priority. I just want to win. I can get those points either like today or I could get it on Wednesday (when the Bloodhounds open the Class 4A regional tournament). I just want to win. That's my first priority.

"I've had such good people to train with and work with, and they've just made me the player I am today."

Freshman Dayonna Davis added 16 points for the Bloodhounds.

It was the final regular-season home game for Kruse and fellow senior Molly Knipe — the Bloodhounds open regional play at home against Mount Pleasant on Wednesday — and Sargent got emotional when talking about what the two had meant to the program.

"I'm going to miss these two seniors," she said, tears welling in her eyes. "They were here when I started. And they'll mean more to me than they'll ever know.

"The girls don't care who scores or who does what. They all work well together. The seniors said it, it was a drama-free season. Everyone steps up when they need to."

# BACK PAIN?

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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 your 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 been 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:



**MYTH #2: Stiffness from Arthritis means you're 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:

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- fallen or dropped arches
- stiff vertebra joint
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- 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!"

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**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!

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- 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
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# Sports

## SOUTHEAST CONFERENCE

# Outside game scarce as Hound boys continue slide

BY PCC STAFF

BURLINGTON – Fort Madison’s slugfest through the Southeast Conference continued Friday night as the Hounds fell to Burlington 49-44 as the regular season winds down.

Hunter Cresswell again led the Bloodhounds with 20 points, but Merquiche Lewis led all scorers with 23 to help the Grayhounds to the win.

The Bloodhounds fall to 1-9 in the Southeast and 6-13 overall, with two more regular season game left at Muscatine on Saturday and then Ottumwa on Tuesday. The Grayhounds improve to 7-3 and 14-6 overall.

Burlington held a 13-8 lead at the end of the first quarter, but Fort Madison came around in the second period, holding BHS to just nine points.

Fort Madison turned to Cresswell in the second quarter for eight points and ran past the Grayhounds 19-9 for a 27-22 halftime lead.

The Bloodhounds have had trouble late getting the outside game going, while Cresswell gets the brunt of the defensive attention working inside the lane. Carson Rashid finished with eight points, while Noah Swigart and Leif Boeding each had seven.

Burlington turned the tables in the third quarter and held Fort Madison to just four points on a bucket each from Cresswell and Swigart.

Burlington would extend the lead to 14 at 47-33, but then the Bloodhounds would turn things around and make a rally. Trailing by 10 with less than three minutes left, Fort Madison would turn up the pressure and cut the lead to five with a minute left while the Grayhounds went cold from the free throw line.

But Fort Madison couldn’t cut into the lead any deeper in the final 60 seconds.

“We had our chances tonight. They missed quite a few free throws down the stretch,” Wilson said.



Photos by John Lovretta/Special to PCC

Fort Madison High School’s Nolan Guzman (21) shoots a free throw during their game against Burlington High School, Monday, February 13, 2023 at Burlington’s Johanssen Gymnasium.

# HTC shakes off Wapello in 2nd half of regional action

**ADVANCE:** Lady Crusaders get Class 1A No. 8 Winfield-Mt. Union on the road Tuesday

PCC Staff

FORT MADISON - Mary Kate Bendlage scored 22 points as Holy Trinity got out of the first round of Class 1A Region 8 post season basketball Thursday night.

Jenna DiPrima had 13 in the 52-36 win over Wapello at Shottenkirk Gym.

The Crusaders will take on Winfield Mt. Union on Valentine’s Day at Winfield in the second round with the winner of that facing the winner of Burlington-Notre Dame/WACO also at Winfield on Friday, Feb. 17. Both games start at 7 p.m.

The win is the fifth straight for Lady Crusaders and moves their overall record to 13-8. They finished the SEI Superconference in fourth place with a 7-7 record.

HTC held a slim 1-point lead at the end of the first quarter 13-12 behind Bendlage’s eight points. But the Arrows hung around in the second quarter making things interesting at halftime trailing by just four at 24-20.

Holy Trinity’s defense stepped up in the second half holding Wapello to just seven third quarter points and nine in the final period.

Teagan Snaadt heated up in the fourth scoring all five her points down the stretch to help the Crusaders to a 16-9 fourth quarter advantage to seal the win.

Mary Hellige also had five for HTC. Kayla Box had four and Anna Bendlage had three. in the win.

# Central Lee 8th graders move to 10-0

PCC Staff

DONNELSON - The Central Lee 8th grade boys rolled to a big win at Mediapolis on Monday 39-18. The Hawks gave up 8 points in the first quarter and then smothered the Bulldogs allowing only 10 points the rest of the way.

Brett Cook and Evan Fogarty led all scorers with nine points. Blake Davis had another good scoring game contributing seven points. Kaden Swan hit two threes for six points. Gage Van Ausdall chipped in three points and Caden Weber and Korben Moeller each added a

Fogarty led all rebounders with nine boards on the evening. Brett Cook, Van Ausdall, Fogarty, and Davis each had three steals.

On Tuesday, the Central Lee 8th grade boys basketball team got out to another fast start at West Burlington with a 30-6 halftime lead. The Hawks second half wasn’t as strong in the 42-28 win.

The Hawks were led by Fogarty with 14 points on the evening. Korben Moeller played one of his best offensive games of the year and finished with nine points. Cook and Davis each

chipped in five points. Carter Jones, Austin Fogarty, Kaden Swan, Van Ausdall, and Baylor Ferraria all contributed two points.

Fogarty led the team with four rebounds. Swan led the team with three assists and two steals.

On Thursday, the Hawks rolled to another win over New London, 53-18. The Hawks built an early halftime lead of 45-4. The team scored a season-high 26 points in the second quarter.

Swan and Fogarty led the offensive outburst with 12 points each. Cook added nine points on the evening. Davis and Van Ausdall each contributed six points. Carver Hayes pitched in three points. Austin Fogarty and Moeller each had two points. Parker Ellis rounded out the scoring by adding a free throw.

Fogarty led all rebounders once again with five boards. The team collected 24 steals. Moeller swiped six to lead the team. Van Ausdall had four to help the cause. Austin Fogarty, Swan, and Cook each had three. Moeller also led the team with two assists.

The 8th grade moves to 10-0 on the season. The Hawks will travel to Notre Dame on Monday and will have their season finale vs. Van Buren at home next Thursday.

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## District Wrestling

# Thacher and Smith take titles at Bettendorf

**DISTRICT** - Continued from Page 1



Photo by Chuck Vandenberg/PCC

Teague Smith gets a leg hold on Bettendorf's Armon Williams in the 1st-place match late Friday afternoon at the Class 3A district qualifier. Smith ended up with a 6-4 win to take the title and punch his ticket for the state tournament starting Wednesday in Des Moines.

Thacher, a junior, had the easiest road to the title at 195. Thacher wrestled a total of 86 seconds to take the title. In the 1st place match off the whistle, Thacher grabbed the back of the head of Bettendorf's Ronan Numkena and pulled him to the mat, and after about 20 seconds of control, Thacher registered the pin for the title. Thacher was ranked 8th in the state at 195 going into the match.

"He's just been on a roll," said Head Coach Ryan Smith. "He's a handful and he's looking very tough. Dominant. Not just squeaking out matches. He's looking very good."

Smith's match for the title at 170 was one of the most exciting matches of the night in the waning moments. Smith had a 6-4 lead with 10 seconds left in the match when Bettendorf's Armon Williams executed a last-second reversal as the two tumbled out of the circle when the timer hit 0. Officials originally ruled that the match was tied giving Williams a 2-point reversal, but the points were wiped away after a consultation when the two officials ruled time had expired on the match.

Head Coach Ryan Smith said he was absolutely sure time had expired.

"Yeah, there was just no time left for him to have executed that," Smith said. "They made the right decision."

Smith said he was happy for his son who missed qualifying last year, finishing 3rd at Iowa City West.

"I'm happy for him because he works hard. You know sometimes the best wrestlers don't make it. That's what's great about this new format. Before there were a lot of really good wrestlers who didn't get to go to state, and now more of those kids get to go," Smith said.

Teague Smith said he didn't wrestle his best match in the finals, but he was ecstatic to be able to go to Des Moines and represent Fort Madison. Smith said the added number of wrestlers at state doesn't change his mindset at all.

"It doesn't mean anything to me. It's just about wrestling. Going out there and competing," Smith said.

"I'm very excited about this. Last year I didn't make it and this year I went out and got the job done."

Sokolik forfeited his finals match against the state's top-ranked wrestler in Iowa City's Ben Keuter after securing a spot in the top three.

Sokolik advanced with pins in the first and second round at 220. The senior's been battling a knee injury for most of the season and opted to protect the injury rather than tussle with the University of Iowa signee.

Nolan Riddle and Bettendorf's Tyco Carmichael battled to a 0-0 first period score in the title match at 145. Riddle took the down spot and got wrapped up in a package about 18 seconds into the 2nd period and succumbed to the pin. But with the change in format, Riddle wasn't wrestling for much more than a better seed Wednesday.

"Today was pretty good. I can't ask for a lot more. I'm



Photo by Chuck Vandenberg/PCC

Fort Madison's Ike Thacher gets mobbed after winning the 195 lb. weight division in Bettendorf Saturday.



Photo by Chuck Vandenberg/PCC

The Bloodhounds' Aidan Pennock gets his hand raised after winning his semifinal match by pinfall Saturday.

going to state. Tyco is a good wrestler and I can hang with him on my feet. I struggled with him when I was down," Riddle said.

Riddle said he's ready for the state tournament.

"I'm ready for it. I've been training all year for it and I'm excited."

At 152 Aiden Pennock got in trouble early with Bettendorf's Elijah Mendoza and trailed 4-0 early after a takedown and nearfall. Pennock rolled out of a package to curb the damage, but Mendoza was able to rework the hold for the pin in the first period.

"Last year I was just a match away and lost and didn't get to go. This year my focus was getting to the finals and punching my ticket on my own terms," Pennock said.

"Now that I know I'm going to get there it really put a topping on my day, despite not wrestling very well in that last match."

Ryan Smith said almost every Bloodhound wrestled above their seed.

"I don't think there's a weight where we wrestled below our seed and there were quite a few where we wrestled

above our seed. Noah was seeded fifth and he finished third and actually wrestled for second so he knocked off some kids above him at 120," Smith said.

The new format did take some of the luster out of the title matches with both wrestlers in those matches being assured of a state entry. The matches were for bragging rights and seeding at the tournament.

"I'm not against the top three going. Because there have been many years, and not just us - other teams as well, where there were some really, really good kids that deserved to go to state and didn't."

Noah Swigart and Logan Pennock both locked up berths wrestling back through the consolation side. Swigart got a shot at 2nd place, but it was moot with the top 3 all going to state. Pennock finished second when the kid he was supposed to wrestle for a true second was given a medical forfeit.

"I didn't wrestle my freshman year. I was on the fence about it this year and people got me to wrestler and I don't regret it at all," Swigart said.

"This is just a phenomenal experience. I just want to wrestle hard up there and do the best I can."

Logan Pennock also finished third in 2022 and said something has clicked this year.

"This feels really good. I think I could have made the finals and competed," Pennock said. "I just got caught on my back."

"This feels really good to be able to go this year. Last year was an upset, but something clicked in my head this year and I've been wrestling better."

Emmett Kruse (160) and Cory Arnett (285) and Landon Rudd (182) all had chances to get to state but were stifled in their 3rd place matches. Kruse had a couple big wins on the day, but couldn't find a path out of a pickle in the consolation finals.

Kruse trailed just 6-3 going into the third period of the 3rd place match, but Dubuque Senior's Beau Healey tallied four near falls and a take down in the third period to pull a tech fall 19-4.

Davenport North's Jeremiah Henderson and Arnett engaged in hand fighting for most of the first two periods in the 285 lb. 3rd place match. Arnett went for a toss in the middle of the third that backfired and ended up with the Bloodhound on his back on the mat giving Henderson the points he needed to secure the win and the tournament berth.

Rudd went 1-1 on the day but lost to Burlington's Solomon Cordero in the 3rd place match by pin in the 3rd period.

Tatum Schelich and Hayden Woolever also participated Saturday, but were eliminated with two consecutive losses.

**From the Front**

# Board considers alternate funding to relieve budget crunch

**FREEZE** - Continued from Page 1

first coming to the Board of Supervisors for approval.

Supervisor Matt Pflug even suggested at a workshop following the last regular meeting on Monday that the county might consider a wage freeze in addition to the hiring freeze.

Initial budget discussions had included a 7% wage increase for county employees, but that figure has since been reduced to a projected 3.5% in anticipation of supervisors reducing those budget recommendations.

"This is a mess," Pflug said on Monday of the county's financial situation.

Officials are now looking at possibly using America Rescue Plan Act funding to help meet payroll and other obligations until spring property tax payments start coming into county coffers.

The county currently has about \$3.85 million in ARPA funds in an interest bearing account. However, they currently are also sitting on a resolution that obligates the county to \$5.4 million for the proposed new Lee County Health Department/EMS bay.

Preliminary estimates for that project came in initially at \$5.5 million in 2021, but the current construction landscape coupled with facility needs for the health department and the attached EMS ambulance facility came in closer to \$7 million in January.

The county has secured \$970,000 in

USDA funding for the building and is working with Southeast Iowa Regional Planning Commission on a \$600,000 Community Development Block Grant.

In a related agenda item, the county is also considering a letter of engagement with Dorsey and Whitney Law firm for services to establish an urban renewal zone on 7.7 acres of property donated to the county by the Glen Meller family in 2022.

That designation will allow the county to bond for any remaining funds necessary to construct the health department without going to voters on a bond issue. Voters can petition to have a special election on the measure, but that would require a signatory petition.

The county is also considering a hold harmless with Alex Meierotto to dismantle and remove the current Keokuk EMS bay to make room for a new county EMS facility on that property which has already been purchased by the county.

In an unrelated issue, supervisors will also consider five agreements with Teva, Allergan, CVS, Walgreens, and Walmart as part of national opioid settlement agreements. The county currently has about \$240,000 in settlement funds they are working on distributing per settlement guidelines.

# Philosophies on board flipped during budget crisis

**POLITICS** - Continued from Page 1

mindset that raising taxes is a good thing - far from it. They've made that known regularly at meetings. But it was what it was, and it was odd to observe.

Here were Matt Pflug and Ron Feller, both Democrats, saying the county needs to rein in spending, up to and including a wage freeze, while Seyb and Schulz said the county is in its current "mess" because we've always had the mentality of not moving the county's levy.

Budget Director Cindy Renstrom has said repeatedly the county should have bumped the levy up when the county took over the ambulance service in 2021. But revenue projections and assessment increases had the board believing the county could absorb the new department.

What they didn't, or couldn't, see was the closure of the Keokuk Hospital. That created a whole new dynamic. Funds from the hospital's foundation were transferred to the Keokuk Community Foundation and not to the county's ambulance operations.

Seeing these political philosophies flip is kind of a breath of fresh air as both sides advocate for what is best for the county moving forward.

One of the best things moving forward would be the passage of the EMS levy on March 7. This would allow the county to tax up to .75/\$1,000 of assessed valuation on property tax in the county. An advisory committee required by code will recommend what that levy would be set at if 60% of the voters approve the measure. But county officials have said even at 75 cents it won't offset all the

department's deficit spending.

But it would go a long way to helping curb the county's deficit spending as a whole, and it needs to pass. This is the ambulance service that you hope you never need, but always want there. It should be a state-mandated essential service, but in their infinite wisdom, the state created an opening for local governments to do it, but aren't aiming any funding to support it.

A company called Insight out of Michigan is looking at reopening the hospital and ER in Keokuk, which could help reduce some of the demand on the EMS, but just slightly. 9-1-1 calls always get an ambulance response and Lee County EMS has to currently turn down many of the transfer requests from Fort Madison due to capacity issues. If that's your loved one, that shouldn't sit well.

We have to fund our ambulance services, not just for our own families, but for our neighbors and their neighbors and their neighbors' families. The health care industry is taut regarding payments, reimbursements, and costs. It's up to us to take care of our own health, but it's also unfortunately and quickly becoming up to us to take care of others as well.

If nothing shows you the dramatic impact this service is having on the county budget, the shift of supervisors' politics to get it done, albeit temporary, should tell you the seriousness of what's happening in the county. And they'll be the first to say their politics at this point are.... Beside the Point.

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**WARNING  
SIGNS  
OF  
T1D**

- Headaches
- Weight Loss
- Blurry Vision
- Extreme Thirst
- Frequent Urination
- Increased Appetite
- Fruity Breath Odor
- Fatigue and Weakness
- Rapid Deep Breathing

