

PEN CITY CURRENT

It's **Black & White** and **Read** all over

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www.pencitycurrent.com

Cookbook project

YOUTH PROJECT: 16-year-old looking to publish book for food insecure

BY CHUCK VANDENBERG
PCC EDITOR

FORT MADISON – It's special when youth give of their time to help others.

A Fort Madison girl wants to take that a step further and parlay her time working at the Fort Madison food pantry into becoming a publisher.

And her works, which will be given away for free, will help those who need food assistance learn how to best utilize the food they are getting.

Abrie Asay, of Fort Madison, is asking for help in preparing a cookbook for those with food insecurity.



ASAY

Asay spends four or five hours a week at the Fort Madison Food Pantry and used to work for the food pantry in her former hometown in Minnesota.

The home-schooled student started working on the project several months ago.

"I have a lot of experience under my belt in that area," said the 16-year-old of working at food pantries.

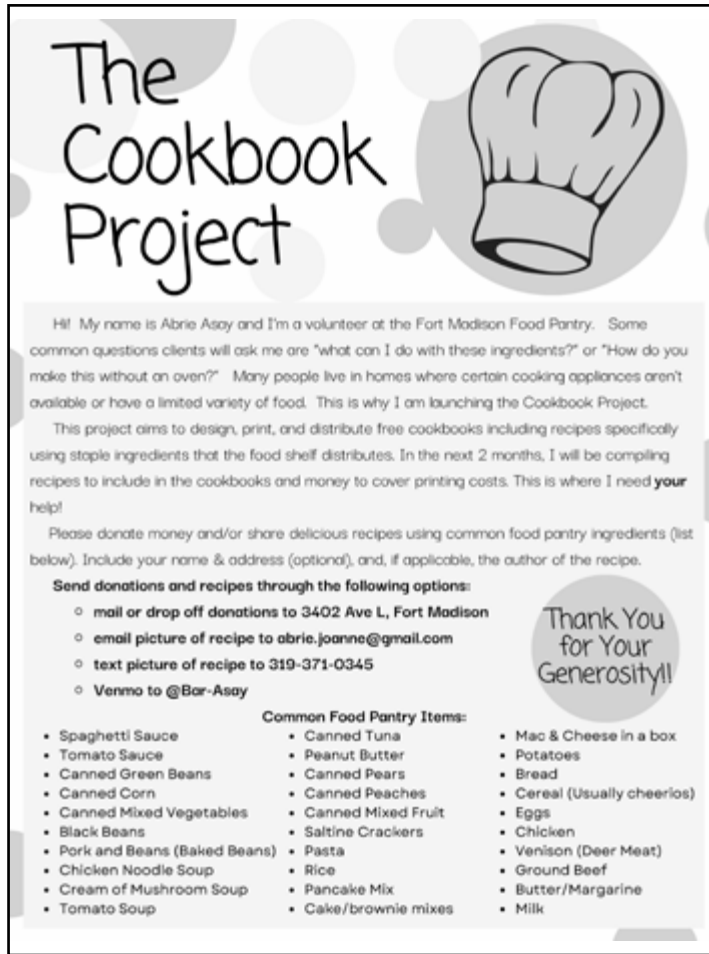
"I want to help people who need food, learn how to do more with that food. How to make a cake mix if you don't have an oven, or what to do with black beans, or make a pot of chili."

Asay is looking for recipes from locals to build a manuscript that can be handed out at the local food pantry. But she also wants to share the cookbook with other food pantries so more people can best use the food that they receive.

Asay said her upbringing showed her how to make the most out of what was in the cupboard and refrigerator.

"My mom is an amazing cook and she could come up with amazing meals with whatever was in the house. That kind of inspired me to do this for others. But I'd also like ideas from other people," she said.

People with recipe ideas that include common food pantry items can either drop them off at the Fort Madison Food Pantry; mail to 3402 Avenue L, Fort Madison IA 52627; or email information to abrie.joanne@gmail.com. Information



Courtesy Image

Fort Madison's Abrie Asay is looking for help in putting together a recipe book for those suffering from food insecurity. She's looking for recipes and donations to publish the book.

should include the name and address of the person submitting the recipe and, optionally, the author of the recipe.

Asay is also asking for donations to offset the costs of printing. She said getting the books professionally bound

See **RECIPES**, page 7

House passes bill aimed at pipelines

STATE NEWS: Amendments curtail bill, but companies would need 90% voluntary compliance on easements

PCC Staff

DES MOINES — Today, the Iowa House passed HF 565 71-20-9 to restrict hazardous carbon pipelines, with a last-minute amendment that stripped out critical provisions including a moratorium on pipeline permitting until federal safety regulations on hazardous carbon pipelines were finalized and provisions that required carbon pipeline companies to adhere to local laws. The legislation now heads to the Senate.

The vote came hours after scores of landowners, residents and advocates rallied at the Capitol in support of the bill's passage without the amendments. As passed, the legislation would restrict eminent domain until a hazardous pipeline company had maintained 90% of their proposed route through voluntary easements.

Opposition to the carbon pipelines is at a fever pitch. Just last month, hundreds of Iowans rallied at the Capitol for a ban on eminent domain for the proposals. The latest Des Moines Register/Mediacom Iowa Poll found that fully 78% of Iowans oppose eminent domain for carbon pipelines. According to Food & Water Action polling, 80% of voters favorable to Kim Reynolds oppose eminent domain for the carbon pipelines.

Food & Water Watch Senior Iowa Organizer Emma Schmit issued the following statement:

"Without the tireless efforts of Iowans across the state, legislation to restrict hazardous carbon pipelines would not have made it to the House Floor, let alone pass. But we must go further.

"Hazardous carbon pipelines are unnecessary, unsafe, and unwanted. As Summit, Navigator and Wolf parade their profiteering proposals before the Iowa Utilities Board, Iowans are making our opposition to these scams loud and clear.

WEST POINT

Jones gets contract for Pollmiller trail improvement

Trail closed as resurfacing work begins at park

PCC Staff

WEST POINT - The Lee County Conservation Board selected Jones Contracting Corp. as the contractor for the Pollmiller Trail Reconstruction

Project during their March board meeting as they came in with the lowest bid.

Jones Contracting Corp. closed the trail to begin work on March 20th. The project will involve the removal of the full length of asphalt trail extending from Pollmiller Park Road into West Point's South Park and replacing it with a 10-foot wide concrete path.

The project completion date is entirely weather dependent, but the LCCB is confident in Jones Contracting Corp's work. The new trail will be well worth the wait.

A safety concern required a change to the current route of the trail. To account for this change, the new con-

See **LCC**, page 7

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WEATHER

OpenWeatherMap

THU 23 Mar.....Mostly cloudy with chance of thunderstorms, 47° F/ 32° F
FRI 24 Mar.....Chances of rain then snow, 50° F/ 33° F
SAT 25 Mar.....Mostly cloudy with chance of rain, 49° F/ 31° F

IOWA LOTTERY

LUCKY FOR LIFE 03/21.....7 25 36 38 43, Lucky Ball: 3
MEGA MILLIONS 03/21.....121 25 27 40, Mega Ball: 11 Megaplier: 2
PICK 3 03/21 MIDDAY.....5 3 8
PICK 3 03/21 EVENING.....15 9
PICK 4 0321 MIDDAY.....0172
PICK 4 03/21 EVENING.....6 3 7 0

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Obituaries

OBITUARIES

CAROLYN E. HERRON

Carolyn Elaine Herron, 82, of Keokuk, IA died Tuesday, December 20, 2022 at River Hills Village in Keokuk.

She was born May 5, 1940, in Keokuk, IA the daughter of Milton and Lola Westermeyer Bradley. Carolyn graduated from Argyle High School with the Class of 1959.

She was united in marriage to Ross Herron in Keokuk. He preceded her in death.

Carolyn and Ross, co-owned and managed Herron's Color Center in Keokuk for many years. Later, after selling the business, she was the Deputy County Clerk for Lee County.

After several years in Muscatine, Iowa, they moved to Harlingen, TX where she and Ross co-owned and managed the Sundance RV Park for over 10 years.

Carolyn was a member of the Keokuk Methodist Church and the St. Paul United Church of Christ. She was a member of Eastern Star and served as Grand Matron and was also a member of King's Daughters and Sons.

Carolyn was a sports fanatic, particularly a fan of Iowa Hawkeye Football and Basketball. She was an avid reader and loved playing cards. She enjoyed getting together with friends and family and visiting over a cup of coffee. In her younger years, Carolyn enjoyed playing High School Basketball and working on the family farm in Argyle. She always



HERRON

enjoyed physical activity and walked a mile every day until just prior to her death.

She is survived by two sons, Mark Herron (Linda) and Nicholas Herron both of Bridgeville, PA, two daughters, Candace Bryant (Tom) of Keokuk and Mary Hershberger of O'Fallon, IL, seven grandchildren, Bailey Herron, Tonya Davis, Kayla Bryant, Dana Bryant, Thomas Bryant, Bradley Hershberger, Megan Horn, seven great-grandchildren, and several nieces and nephews.

She is also survived by four siblings, Craig Bradley (Angie) of Elgin, IL Marilyn Dose of Waverly, IA, Sharon Varner (Jim) of Iowa City, IA, and Curtis Bradley of Mooresville, IN.

Besides her husband, she was preceded in death by her parents.

A Celebration of Life will be held at 11 a.m., Saturday, April 1, 2023 at the Living Waters Assembly of God Church in Keokuk with Pastor Mark Herron and Pastor Larry Wallingford officiating. Burial will be in the Montrose Cemetery. Following the burial a reception will be held at the church.

In lieu of flowers, memorials may be made to River Hills Assisted Living Activities Department.

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.

OBITUARIES

JOE W. WORLEY

Joe W. Worley, 77, of Lomax, Illinois, passed away at 11:05 p.m. Sunday, March 19, 2023 at the Memorial Hospital in Carthage, Illinois.



WORLEY

Joe was born September 25, 1945 in La-Harpe, Illinois the son of Henry Virgil and Hazel May (Torrence) Worley. On July 15, 1970 he married Marcia Stull at the Lomax Nazarene Church.

Joe was raised and educated in Lomax. He worked as an Iron Worker with the Local 577 for many years. He also worked as a farm hand for several local farmers. He enjoyed hunting, especially coon hunting. He won several competition hunts over the years. Joe accepted Jesus Christ as his Lord and Savior.

Survivors include his wife of 52 years, Marcia, four children: Jo Ann Worley, Adam and Andy Worley all of Lomax and Amber Worley of Ft. Madison, Iowa; ten grandchildren: Austin, Kristen, Chadlin, Josie, Henry, Cheyan, Caden, Catlyn, Christian and Seth; seven great-grandchildren: Hunter, Adalee, Maverick, Chad, Averie, Patience and Vaughn; one sister Sally Maynard and two brothers; Nick and Gene Roark.

He was preceded in death by his parents; one son: James Warren Worley; one sister: Judy Grisham and two brothers: Gilbert and Maurice Worley.

The family will receive friends from 10:00 a.m. until 11:00 a.m. Thursday, March 23, 2023 at the Pontoosuc Community Church.

The funeral service for Mr. Worley will be held at 11:00 a.m. Thursday, March 23, 2023 at the Pontoosuc Community Church. A luncheon will follow at the church.

Banks & Beals Funeral Homes is assisting the family.

A memorial fund has been established for the Pontoosuc Community Church. To leave an online condolence for the family, please visit Joe's obituary at banksandbeals.com.

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 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:

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

- 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 together they deliver an outstanding 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?

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.

Call NOW! (319) 524-3339
James Healthcare & Associates, Inc.
612 Main Street

"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

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

319-524-3339

Obituaries/Local News

OBITUARIES

MICHELLE D. HENZE

Michelle Dawn Henze, 55, of Hamilton, Illinois, passed away on Saturday, March 18, 2023, at University of Iowa Hospital in Iowa City, Iowa.

Michelle was born on January 13, 1968, in St. Louis, Missouri, the daughter of Frank and Carolyn (Davis) Schuermann. She graduated from Warsaw High School in 1986, and was united in marriage to L. Dale Henze on June 27, 1987. He survives.



HENZE

Michelle loved spending time with and watching her grandchildren and was a reverend, filling in at area pulpits for many years. She was a member of The Rock Church in Quincy, where she served in many aspects of worship. Michelle loved to travel, and she served the Lord in music ministry throughout the United States with her husband. Her happy place was the outdoors, especially the beach. Michelle's faith was first in her life, but her family was a close second. She loved taking care of and spending time with her family, and had a knack for organizing people's lives. People could always depend on her for her wise counsel and answers to questions. Michelle had a massive sweet tooth, and was known to never turn down a chocolate muffin or a back rub. Michelle was characterized by her resilience in life, but throughout everything, she wanted people to know that she was never scared for heaven.

Michelle is survived by her husband L. Dale Henze of Hamilton; two daughters: Breanna (Matthew) Irish of Lomax, Illinois, and Oakley Henze of Hamilton; five grandchildren: L. Axel Henze, Lindale Henze, Julius Henze, Oryn Irish and Everett Irish; her adopted parents: Frank and Carolyn Schuermann of Warsaw; her biological mother Pat (Carl) Tortorice of Quincy, Illinois; her brother Mark (Angie) Schuermann of Warsaw; and three half-siblings: Travis, Carson and Annette Tortorice. Other survivors include many nieces, nephews, cousins, and other family members. Michelle is reunited in heaven with her biological father.

Michelle's life will be celebrated with a funeral service at 2 pm on Saturday, March 25, 2023, at Printy Funeral Home in Warsaw, with burial to follow at Oakland Cemetery in Warsaw. Visitation will be held on Saturday from 11 am to 2 pm at Printy Funeral Home directly before the service. Memorials may be directed to the family in care of Dale Henze for expenses.

Tributes and condolences may be left at www.printyfuneralhome.com. Printy Funeral Home of Warsaw is in charge of arrangements.

United Methodist Church sets Palm Sunday dinner

FORT MADISON - The Ft. Madison United Methodist Church will resurrect their annual Ham Dinner on Palm Sunday, April 2nd, after a long few years of Covid. The church service will begin at 10:45am with a Prelude by the Bell Choir directed by Lisa Knipe. Teri Welborn will direct the Choir with more special music and she will also play our newly repaired pipe organ. The sermon will be given by Pastor Nancy St. Clair.

Please join us for a delicious Ham Dinner serving from 11:30am - 1:00pm. For a Free Will Offering, you will be served: Virginia Pit Ham, cheesy potatoes, corn, green beans, a variety of salads, a variety of desserts, rolls, lemonade, ice tea or coffee. Proceeds from the Ham Dinner will be used for local mission projects.

The Ft. Madison United Methodist Church is located at 9th Street and Avenue E. A handicapped accessible elevator is located on 9th Street. There is also a door to the basement located in the alley. The dinner will be held in the church basement.

Touching the Community with Care

LEE COUNTY HEALTH DEPARTMENT
 #3 John Bennett Drive, Fort Madison
 (319) 372-5225 . www.leecountyhd.org

OBITUARIES

MARCELLA N. FUNCK

Marcella N. Funck, 94, of Fort Madison, Iowa passed away on Monday, March 20, 2023 at the West Point Care Center. She was born on December 2, 1928 in Saint Louis, Missouri to Louis Niemeyer and Loretta O'Halloran Niemeyer. She married Robert E. Funck, Sr. on August 22, 1953 in Saint Louis. He preceded her in death on August 2, 2002.



FUNCK

Marcella was a loyal sister, wife, mother, grandmother, and great-grandmother. Her family was her whole world. Whether she was cooking her famous dressing, overseeing a wiffle ball game, crafting, watching Jeopardy, or beating everyone at pinochle, her life was full of joy. She was happy to welcome all of her children's and grandchildren's friends into her home as if they were her own. Marcella was a devout Catholic and an active member of Holy Family Parish.

Marcella is survived by a large and loving family: seven daughters, Janice (William) Mansheim, Columbia City, Oregon, Rosemary (Lyle) Buckingham, Topeka, Kansas, Linda (Tim) Peitz, West Point, Dolores (Douglas) Stam, Bourbonnais, Illinois, Nancy (Daniel) Stout, Keller, Texas, Patricia (Nile) Scott, Walburg, Texas, and Mary (John Weber) Funck, Friendswood, Texas; two sons, Robert E. (Gretchen) Funck Jr., Wilmette, Illinois. and Joseph (Shari) Funck, Marion; 21 grandchildren, 22 great grandchildren, and one brother Robert (Audrey) Niemeyer of Weslaco, Texas. Besides her husband, she was preceded in death by her sister, Sr. Janice Niemeyer D.C., one grandson Russell Buckingham, and one great granddaughter Caroline Fernandez.

Friends may call after 2:00 p.m. on Friday, March 24, 2023 with the family to receive friends from 4:00 to 6:00 p.m. at King-Lynk Funeral Home & Crematory. A rosary will be recited at 6:00 p.m. following the visitation. The funeral mass will be held at 10:00 a.m. on Saturday, March 25, 2023 at Ss. Mary & Joseph Church with Rev. Joseph Phung officiating. Burial will be held at Soldiers' Circle in Oakland Cemetery. A memorial has been established for Holy Trinity Catholic Schools. Online condolences to the Funck family may be left at the King-Lynk Funeral Home & Crematory website: www.kinglynk.com.

IT'S TIME



Colorectal cancer screening saves lives!

The recommended age for colorectal cancer screening has been lowered from 50 to 45 because colorectal cancer cases are on the rise among young and middle-age people. Colorectal cancer is one of the only cancer screening tests that can prevent cancer by finding precancerous polyps in the colon or rectum and removing them before they become cancer or find cancer early when it may be easier to treat. There are several screening options available. So, if you are over the age of 45, or at high risk for colorectal cancer, talk to your doctor about when to start getting screened and which screening option is best for you.

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

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Sports



At top, Lady Hounds Taylor Johnson, Camille Kruse, and Molly Knipe hold up their all-conference honors for the recently completed basketball season. The three were also named to the All-Academic Team. At right, Knipe was honored as the Hounds' all-time leading rebounder at the team's banquet this week.

Courtesy images



Iowa's spring turkey hunting season starts April 7

DES MOINES - Thunderous calls from competing Toms trying to out-do one another for the attention from nearby hens, rattles through Iowa's timber each spring. This annual ritual is witnessed by hunters who attempt to mimic the call of a lonely hen, to attract a frustrated Tom to come search her out.

That's no easy task.

Iowa's spring turkey hunting begins April 7 with a youth only season, followed by four shorter individual gun/bow seasons and one long archery-only season beginning April 10.

"Do your scouting before the season and be prepared for all types of weather. It doesn't guarantee success, but you will be in much better position to bag a gobbler," said Jim Coffey, forest wildlife research biologist with the Iowa Department of Natural Resources. "We are in the turkey's territory. They live there, this is their home field and they have the advantage."

For the hunters who head to the timber each spring, success is measured by the pursuit of the birds, hearing them gobble and the opportunity to see them come in. Iowa issues around 50,000 tags each year, with roughly 22 percent getting filled, which equates to a harvest of around 11,500 birds.

"Turkey hunting is an intimate sport done at close range," Coffey said. "Research indicates that shots of less than 30 yards are the most successful."

Because it is so intimate, it's important for hunters to give each other space. If a hunter walks into another's area, they should say in a loud, clear voice 'Hey - turkey hunter over here,' Coffey said.

"Don't wave at them to get their attention, don't create movement. The person should turn and walk directly away," he said. Other safety tips include not wearing red, white or blue (colors on a male turkey head and waddle), avoiding tunnel vision, and properly identifying the target and what's behind it.

Hunters should also write out their hunting plan that identifies the hunt location, who's on the hunt and outlines their role, describes how the hunt will unfold and when the hunters are expected to return home. Hunters are encouraged to leave a copy of the plan with someone or somewhere easy to find, in the event of an emergency.

Iowa turkeys had good production last year across most of the state, led by the central and east central regions.

"The two-year-old birds are the most likely to gobble and the most likely to move and make up the bulk of the hunter harvest," he said. This time of year, turkeys focus on food sources like waste grain, fresh greens (grasses, clover, the green tips on wild raspberries) and insects and it's why most are seen scratching. Male or bearded turkeys are legal for harvest.

Hunters who bag a turkey are required to report their harvest on the DNR's website at www.iowadnr.gov, by phone on the toll-free number listed on the tag, through a license vendor, by texting the registration number to 1-800-771-4692 or through the Go Iowa Outdoors app, then write the confirmation number on harvest report tag that is attached to the leg of the turkey. Harvest must be reported by midnight on the day after it is tagged, or before taking it to a locker or taxidermist, or before processing it for consumption.

"Reporting the harvest is important because it provides information on our bird population, and where and when these birds are being harvested," Coffey said.

Hunters may purchase up to two tags for Iowa's four spring turkey seasons as long as at least one of the tags is for the fourth season. Each year it all begins with the youth only season.

The purpose of the youth season is for adults to mentor the youth without any competition from other hunting adults.

"Adults serve as a guide, make suggestions and keep the youth focused on the hunt," he said. "It's an opportunity to pass along some woodsmanship skills as they youth build knowledge of the outdoors."

Youth turkey licenses purchased before the youth season closes and are not filled during the youth season may be used in any of the subsequent seasons until filled or the season ends.

2023 Iowa Spring Turkey Seasons (Gun/Bow)

Youth: April 7-9

Season 1: April 10-13

Season 2: April 14-18

Season 3: April 19-25

Season 4: April 26-May 14

Resident archery-only season: April 10-May 14

Licenses and Fees needed (not including landowners/tenants)

Hunting license (age 16 and older), habitat fee, and a wild turkey license

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Classifieds/Public Notices

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PUBLIC NOTICES

**PUBLIC NOTICE
MEETING MINUTES
REGULAR MEETING
MONDAY,
JANUARY 9TH, 2023
7:30PM, CITY HALL**

A budget workshop was held at 6:30pm prior to the regular council meeting.

The regular meeting of the Donnellson City Council was called to order by Mayor Dave Ellingboe, with Council Members Moeller, Marshall, Newton, Estrada & Weber present.

Motion by Newton, second by Marshall to approve the agenda: all ayes.

Citizen comments – None.

Motion by Moeller, second by Weber to approve the minutes of the December '23 meetings: all ayes.

Motion by Marshall, second by Estrada to approve the December '23 financial reports: all ayes.

Motion by Newton, second by Estrada to approve the December '22 disbursements and January '23 bills to be allowed: all ayes.

Clerk was advised to contact Lee County Auditor and ask to be placed on the Board of Supervisors agenda to discuss the resurfacing project on 180th Ave.

Brian Gaylord addressed the council regarding bringing a car wash to town and what requirements it would take.

Motion by Newton, second by Moeller to approve Resolution No 2023-01 Naming Pilot Grove Savings Bank as the Bank Depository for 2023: RCV all ayes.

Appointments by Mayor – Mayor Pro Tem - Moeller, Parks & Buildings - Estrada & Weber, Streets & Sidewalks - Newton & Estrada, Water & Sewer - Marshall & Weber, Insurance & Salaries - Marshall & Moeller, Public Safety - Newton & Estrada, Library - Moeller & Weber.

Motion by Moeller, second by Marshall to approve setting public hearing date regarding FY2024 Max Levy for February 13th 2023 7:30pm @ Donnellson City Office Building 802 Pershing Ave Donnellson, IA 52625: all ayes.

Motion by Moeller, second by Newton to approve Resolution No 2023-02 establishing compensation of \$200 per hour for City Attorney Steve Leidinger with Lynch-Dallas: RCV all ayes.

Motion by Marshall, second by Moeller to set date to open bids on 2000 Chevy CC31003 one ton dump truck for February 13th, 2023 @ 7:30pm: all ayes.

Motion by Moeller, second by Newton to set date to open bids for weekly garbage and curbside recycling 3 year contract on February 13th 2023 @ 7:30pm: all ayes.

Budget discussion held. Police Report – There were 35 calls for service, 8 traffic stops & 2 citation. 18 building checks were done during the day & night time hours.

Water/Sewer Superintendent Report – Will be training on the new GPS tracking system this week, also will be attending certification classes the end of the month.

There being no other

business to come before the Council, motion by Marshall, second by Moeller, Mayor Ellingboe declared the meeting adjourned: all ayes.
Dave Ellingboe, Mayor
Attest: Rebecca Schau, City Clerk

Summary of All Receipts: General \$23,560.83 Capital Equipment Reserve \$0 Road Use Tax \$10,376.86 Employee Benefit \$1,272.05 Local Option Sales Tax \$17,316.56 Debit Service \$23,378.76 Rathbun \$0 ARPA \$0 Water \$22,151.02 Water Sinking USDA \$1,816.00 Sewer \$27,990.51 Sewer Sinking \$0. Summary of All Disbursements: General \$26,006.14 Capital Equipment Reserve \$0 Road Use Tax \$3,199.56 Employee Benefit \$1,327.91 Local Option Sales Tax \$6,039.00 Debit Service \$0 Capital Project Fund \$0 Rathbun \$0 ARPA \$0 Water \$51,593.58 Water Sinking \$1,816.00 Sewer \$36,110.94 Sewer Sinking \$28,924.55.

DONNELLSON TIRE & SERVICE, Mudflaps/floorliner..... 155.47
AFLAC, Supplement Ins 80.76
MASTERCARD, Misc Supplies..... 203.43
WINDSTREAM, Phone/Internet 481.02
ALLIANT ENERGY, Electric..... 5,239.54
GRRWA, Landfill fee..... 953.00
MCFARLAND SUPPLY, Office Supplies 61.97
DAHMS AUTOMOTIVE, vehicle repairs 203.80
MID AMERICAN ENERGY, Gas 457.55
EFTPS, FED/FICA TAXES 3,628.48
IPERS, IPERS-REGU-

LAR..... 2,621.49
TODD HERDRICH, Cell-phone/Mileage 378.95
DONNELLSON LUMBER CO 547.92
DAILY DEMOCRAT, PROCEEDINGS ... 131.22
TREASURER, STATE OF IOWA, STATE TAXES 1,545.00
STOREY KENWORTHY, Clerk Receipt Book 179.81
HUFFMAN'S FARM AND HOME, Shipping/Supplies 61.08
DONNELLSON FIRE ASSN, Levy 6,354.24
MARTIN EQUIPMENT, Backhoe Repairs 2,002.11
MUNICIPAL SUPPLY, Clamps 963.45
PAUL'S PLUMBING, Furnace at Maint Shop 62.00
MARC, Nuke lift degreaser 4,559.50
CITY OF WEST POINT 3,188.00
WEX BANK, Fuel 1,523.69
BROZENE HYDRAULIC SERVICE, Mount & Supplies 22 Dodge Ram 1,173.06
VERIZON, Data 120.03
JM ELECTRIC, INC, Camera Installation 968.20
USPS, Postage..... 161.48
MICROBAC LABORATORIES, Testing..... 13.75
IOWA DEPARTMENT OF REVENE, Water Excise Tax..... 1,205.49

IOWA DEPARTMENT OF REVENE, Sales & Use Tax 293.84
RATHBUN REGIONAL WATER, Bulk Water 5,964.80
ALVIN KREBILL, Repair 00 Chevy 425.92
KOHLMORGAN HAULING, Trash Service 4,335.00
LYNCH DALLAS, P.C., Attorney fees 95.00
INGRAM, Books ... 516.24
DEMCO, Library Supplies 77.56
RSM US LLP, IT 48.00
WOODSMITH, Magazine 45.00
ACCESS, color copies 52.86
ION ENVIRONMENTAL SOLUT, Sewer Testing 845.00
KELLY PRINTING SUPPLIES, Printer ink ... 84.95
KUNES AUTO GROUP, 22 Dodge Ram 3500 71,712.34
SUPREME RADIO COMM, Pager/Charger 762.45
BIRDS & BLOOMS, Magazine 12.98
SUNNY ROBBINS, DVDs/CDs 80.16
HANDYMAN HUNOLD, Install handrail 300.00
CENTRAL LEE SCHOOL, Post Prom..... 50.00
DENNIS HAMMER, Labor 320.00
CARY HOCKER, Labor 90.00
JANE ELERDING, Side-

walk permit/grant .. 250.00
TNH EMBROIDERY & PRINTING, Embroidery ... 105.93
SILVERSMITH DATA, GPS MARKING SYSTEM 5,750.00
PAYROLL CHECKS, TOTAL PAYROLL CHECKS 14,251.89
CLAIMS TOTAL 145,695.41

**PUBLIC NOTICE
MOUNT PLEASANT
CITY COUNCIL
REGULAR MEETING
MINUTES
Mount Pleasant, Iowa,
February 22, 2023**

The Mount Pleasant City Council met in regular session on Wednesday, February 22, 2023, at 5:30 p.m. at City Hall, 307 East Monroe Street, second-floor meeting room. The meeting was called to order by the Mayor and the roll being called there were present Steven K. Brimhall in the Chair and the following named Councilmembers- Present: Engberg, Crull, McWilliams, White, Griffith, Batty
Absent: None
It was moved by Councilmember Griffith and seconded by Councilmember White that the Council approve the following consent agenda

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Classifieds/Public Notices

PUBLIC NOTICES

items with one roll call motion vote:
 the minutes of the February 22, 2023, City Council meeting;
 the payment of bills totaling \$198,543.25;
 the Report of officers;
 the request from Main Street Mount Pleasant for use of Central Park for year 2023 events to sell alcohol and close parking spaces;

the request from Relay for Life Henry County to rent Central Park, blocking off parking spaces on the northeast corner of the square, June 23, 2023;
 the amplified sound permit for Relay for Life, June 23, 2023 in Central Park from 5-9 p.m.
 Roll call vote 6-0.
 Bob Gerdes, Midwest Old Threshers, gave the

Council an update on the 2023 Midwest Old Threshers Reunion and thanked the City for their support.
 Joy Lapp and Jeff Thomas, Historic Preservation Commission, gave their annual report to the Council.
 A request to purchase the undeveloped alley in the 1100 block of N. Lucas and N. Broadway was presented and directed to the Planning and Zoning Committee.
 Councilmember McWilliams moved and

Councilmember Griffith seconded that the Council approve the agenda as printed with the deletion of item 9.a).
 Roll call vote 6-0. Motion carried.
 It was moved by Councilmember Griffith and seconded by Councilmember Engberg that the Council adopt the following entitled Resolution No. 2023-20:
RESOLUTION SETTING A PUBLIC HEARING ON AN ORDINANCE TO AMEND THE OFFICIAL ZONING

MAP OF THE CITY OF MOUNT PLEASANT, IOWA, BY REZONING AND CHANGING THE DISTRICT CLASSIFICATION OF CERTAIN REAL PROPERTY COMMONLY KNOWN AS 1600 & 1800 W WASHINGTON ST FROM "M-1 LIMITED INDUSTRIAL DISTRICT" TO "M-2 LIGHT INDUSTRIAL DISTRICT"
 Roll call vote 6-0. Resolution adopted, signed by the Mayor and hereby made a portion of these minutes.
 It was moved by Councilmember McWilliams and seconded by Councilmember Crull that the Council read for the first time the following proposed ordinance:
AN ORDINANCE TO AMEND THE CODE OF ORDINANCES OF THE CITY OF MOUNT PLEASANT CHAPTER 25
 Roll call vote 6-0
 It was moved by Councilmember Engberg and seconded by Councilmember Batty that the Council approve the purchase of three mowers and trimmers from Armstrong Tractor, Donnellson Iowa for a purchase price of \$41,000 for the mowers and \$3,590.87 for the trimmers. Motion approved, 6-0.
 Teresa Rose, Library Board, gave update on the new Children's Discovery Center and that they have started the strategic planning process.
 It was moved by Councilmember Crull and seconded by Councilmember Batty that the Council adjourn. Motion carried. Adjourned at 5:51 p.m. to meet in a regular session on Wednesday, March 8, 2023.
 Steven K Brimhall, Mayor
 ATTEST: Lori Davis, City Clerk

PUBLIC NOTICE MINUTES FOR THE LEE COUNTY CONSERVATION BOARD MEETING DECEMBER 21, 2022 BOARD MET VIRTUALLY VIA GO TO MEETING

1. Called to Order at 12:00 p.m.
 Roll Call: Alton x Pollpeter x Moore x Patrick x VanPelt x
 Staff Present: Huebner, Veihl, Steele
 Supervisor. Absent
 2. Discussion and Possible Action on Pollmiller Trail Plan Change
 Huebner stated that a change to the original Pollmiller Trail Plan was to stop the new concrete 200 feet before it comes to the road in Pollmiller Park to be able to reroute the trail in the future. The current placement of the trail is a safety hazard because it ends right where the road turns. This change would mitigate this safety issue. Temporary lime chip would be laid in place of the original trail until a new addition is added to the trail.
 Motion by Alton to end the trail paving 200 feet before the road to mitigate a safety issue and allow for a future extension of the trail
 2nd: VanPelt Motion Carried
 3. Adjournment
 Motion by VanPelt to adjourn the meeting at 12:21 p.m.
 2nd: Alton Motion Carried
 Tom Pollpeter, LCCB President
 Caroline Veihl, LCCB Secretary

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Iowa News/ From the Front

New trail will be widened, concrete

LCC - Continued from Page 1

crete path will end approximately 200yds away from Pollmiller Park Road and will connect to the road temporarily with a gravel trail. This will allow for a future reroute of the trail to move it away from the turn in the Pollmiller Park Road.

This has been a safety concern for walkers and bikers crossing the road where drivers often take the turn too quickly and do not have high visibility of those coming off of the trail. The new route will take pedestrians through the prairie and come out across the road from a parking lot, which will allow for better visibility for drivers.

The goal is to acquire the funding for this second

phase of the Pollmiller Trail over the next year.

The LCCB is excited to see work begin on this project. Planning and acquiring funding for this project began in 2021. This is a heavily used trail and new concrete pavement will improve the user experience for years to come.

About Lee County Conservation: Lee County Conservation manages 30 individual parks, wildlife areas, historic sites and water recreation access points - encompassing some 2,796 acres across the county. The mission of the Lee County Conservation Board is to promote conservation of local natural resources and to provide parks and conservation areas, outdoor recreational opportunities, and environmental education for the public.

Auto complaints top 2022 AG's list

DES MOINES – Attorney General Brenna Bird has released the top consumer complaints received by the Attorney General's office in 2022. Last year, the Iowa Attorney General's office received over 4,000 consumer complaints across more than 30 different industries.

"We're protecting consumers and holding scammers accountable," said Attorney General Bird. "We see cases all too often where scammers convince people to give up their personal information or large sums of money by taking advantage of people's emotions. Our office will keep fighting to protect Iowans from these terrible crimes by working with fraud victims and raising awareness on how to recognize a scam or fraudulent business. Our goal is to stop the scam."

The Consumer Protection Division protects Iowan consumers from becoming fraud victims, ensures fair competition in the marketplace, and informs the public about consumer fraud.

Top 10 Consumer Complaints in 2022, by industry:

1. Auto

The Iowa Attorney General's Office received 532 automotive related consumer complaints, involving misrepresentations in the sale of new or used cars, disputes over automobile warranty details, as well as faulty repair and servicing issues. Signs you may be getting scammed include a seller's reluctance to produce the vehicle's history or sudden, surprise recommendations for complicated car repairs.

2. Healthcare

The Iowa Attorney General's Office received 447 healthcare related consumer complaints. Complaints involve disagreements over health insurance payments, billing related to hospital and doctor visits, and consumer dissatisfaction with supplemental purchases. Health fraud is also common and can be

prevented by always consulting with health care professionals and by watching out for medications that promise a "quick fix" and claims of "risk-free" money-back guarantees.

3. Home Improvement

The Iowa Attorney General's Office received 359 home improvement related consumer complaints. Complaints include the failure of contractors to finish or complete jobs and poor workmanship quality. Look out for contractors who ask for money up front. To better protect from fraud, it's also good practice to request an estimate of the expected work and get a contract with terms and conditions signed in writing.

4. Imposter

The Iowa Attorney General's Office received 341 imposter scam related consumer complaints. Common scams include fake job offers, online shopping scams, lottery scams, romance scams, and IRS/social security scams. Consumers can avoid scams by doing business only with established sellers, being wary of unsolicited texts and calls, and by avoiding wiring money electronically to people you have not previously met.

Donations, recipes need for book

RECIPES - Continued from Page 1

would cost about \$2,500, but she could do it herself for \$800. She'd rather put a professional touch on it and then offer the manuscript for free for others to produce for their food pantries.

Donations can be made at the same contact information or a Venmo to @Bar-Asay.

Asay said she's been thinking about doing a cookbook for sometime, but a scholarship opportunity through the Herbert Hoover scholarship for Iowa juniors came up and she applied for it.

"I got my plan figured out and now I'm trying to get it going," she said.

Common items at food pantries include soups, canned vegetables, peanut butter, cereals, potatoes, bread, eggs, and venison.

Asay said most people don't realize how flexible venison is as a protein.

"I feel like if we're going to put all this effort into giving people food to cook good meals, they should be able to use it effectively to make a wide variety of meals," she said. "We get questions like that all the time."

"We get tons of venison but people don't know how to cook it. They don't know it's pretty much like beef, and you can use it in tacos or chili or many other things," she said.

"I want people to have a good variety of meals to make even though they are limited on food varieties and equipment."

Asay hopes to have the books completed and ready for distribution with the Food Pantry's Christmas baskets, so she'll collect recipes for the next two months before putting the manuscript together. Then she wants to start printing 300 copies and go from there.

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