

PEN CITY CURRENT

It's Black & White and Read all over

Tuesday, August 1, 2023 | 7 pages | Volume 7 • Issue 133



www.pencitycurrent.com

WP sets Walker memorial

FLAGPOLE: Freedom Rock, Schmitz donate to Walker memorial in West Point

WEST POINT – Paul Walker would've thought much ado about nothing, but the town of West Point thinks a bit differently.

On Monday night in the city square in West Point, the Freedom Rock Committee and city officials commemorated a flagpole and plaque donation in honor of former West Point Mayor Paul Walker.

Walker died on Feb. 8 of this year after battling an illness. He was serving as the city's mayor at the time.

The Freedom Rock Committee had some funds left from the Veterans' Memorial and they were looking at adding something to the memorial. Funds donated to the Veterans' Freedom Rock project were leftover and a committee member suggested using those funds in honor of former Mayor Walker.

West Point City Administrator Randy Welding said the pole had been ordered for some time, but they had trouble getting it shipped.

Jessie Gregory of Gregory Concrete Construction poured the foundation for the flagpole and Brian Schmitz of Schmitz Funeral Home donated the plaque with Walker's name on it.

Gregory poured the concrete with a dark sheen on it to make it stand out.

"We just wanted to do something with it to make it stand out a bit," Gregory said.

"Paul and I had a good relationship. If he knew I was working in town, he would come and find me to chat, and it wasn't always about work. That's just the



Photo by Chuck Vandenberg/PCC

The family of former Mayor Paul Walker, his son Jay D. (left) and wife Bess Walker, raise the flag for the first time on the Paul Walker Memorial Flagpole in West Point Monday night.

guy he was."

Paul's wife Mary Beth "Bess" (Geers) Walker said Paul might have been a little humbled by the dedication.

"It wasn't him. He always said it takes

this whole community to do things," she said behind tears. "That's the way I see it."

See WALKER, page 4

FM YMCA to close centers in Donnellson

STAFFING CITED: YMCA says staffing, training is too difficult to maintain

BY CHUCK VANDENBERG
PCC EDITOR

DONNELLSON – The child care situation in Lee County has become a little more bleak.

On Friday, the Fort Madison YMCA informed families of children under their care at the Donnellson facilities that they will be closing both facilities at the end of the workday on Friday.

The Fort Madison Family YMCA Early Learning Center and the Fort Madison Family YMCA Learning Center will both close their doors on Aug. 4.

Fort Madison YMCA Executive Director Ryan Wilson said it was a difficult decision and he's aware the decision adds to the pressure of child care slots in Lee County.

"It is with a heavy heart that we have come to the decision to close our childcare centers in Donnellson, effective the end of the workday on Friday, August, 4," Wilson wrote Friday on the center's Facebook page.

"It is essential that our staff receive additional training to provide the highest quality of care for your children in a safe environment. This decision has not come easy, our goal has always been to support families in the community. We want only the best for the children and families we currently serve."

Wilson said the YMCA is looking at different avenues for the childcare centers and they have no reopening date set. He said more staff is needed along with necessary training before any reopening could occur.

"We will communicate any future information with our current families first and then share it with the public," he said.

The center had recently closed an

See YMCA, page 7

JUDICIAL VACANCY

Four to be interviewed for District 8 judge seat

PCC Staff

LEE COUNTY - A list of candidates for the upcoming 8th District vacancy created by the pending retirement of District Judge Michael Schilling has been winnowed down to four.

According to a release from the

district court on Monday, Schilling said interviews will take place on Friday.

Schilling submitted his letter of retirement, effective September 12. The 8th Judicial District was granted approval to fill the vacancy and the application deadline closed at 4:30 p.m.

Monday.

The following four candidates have submitted their applications: Jennifer S. Bailey of Burlington; Trent A. Henkelvig of Danville, Justin C. Stonerook, Lee County Attorney's Office; and Shane M. Wiley of Burlington.

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WEATHER

OpenWeatherMap

TUE 01 Aug.....Chance of early showers, then mostly sunny, 86° F/ 67° F
WED 02 Aug.....Showers & thunderstorms likely, 79° F/ 66° F
THU 03 Aug.....Partly sunny & warm, 85° F/ 68° F

IOWA LOTTERY

LUCKY FOR LIFE 07/30.....5 9 19 44 46, Lucky Ball: 15
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Obituaries/Lee County News



Photo by Chuck Vandenberg/PCC

Members of the Lee County Republican Party purchased four full tables (40 seats) to the 2023 Republican Party of Iowa's Lincoln Dinner on July 28th, 2023 in Des Moines. Pictured are Fort Madison's Linda Wheeler from Fort Madison and on the right is Linda Moander from Keokuk.

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OBITUARIES

DIANE R. PILKINGTON

Diane Roseria Pilkington, 64, of Niota, Illinois passed away at 11:38 a.m. Saturday, July 29, 2023 at her home.

Diane was born December 9, 1958 in Fort Madison, Iowa, the daughter of Louis and Donna (Russell) Pilkington.



PILKINGTON

Survivors include four children: JI (Elaine) Ramatowski of Fort Madison, Dustin (Luisa) Ramatowski of Enterprise, Alabama, Willie Boyer of Niota and Adelle (Jeff) Todd of Niota; 16 grandchildren: Hailey, Zoe, Benjamin, Naomi, Alicia Ramatowski, Derrick Goldsby Ashanti's Chatman, Gabriel Ramatowski and Jade Ramatowski, Annabelle Boyer, Ayden Kelly, Karissa Trout, Ithan Schmidt and Aleeya, Izabella and Gunner Todd and one

great-grandson: James Poe VI. Also surviving are two sisters: Angie (Adrien) Robinson of Cornelius, North Carolina and Linda (Jim) Wilson of Nauvoo and four brothers: Leland (Debi) Pilkington of Henryetta, Oklahoma, Roger Pilkington of Niota, Rick (Kris) Pilkington of Carthage, Illinois and David (Kim) Pilkington of Mt. Pleasant, South Carolina.

She was preceded in death by her parents and one brother: Kenny Pilkington.

Diane was raised and educated in the Nauvoo area. In her earlier years, she lived in Chicago, where she managed a Pella Windows & Doors, she later moved to Texas, where she owned and operated a roofing company. Diane returned to the Niota area to raise her family. She was a selfless and giving person who went out of her way to ensure family and friends were well cared for. She enjoyed painting, writing music, gardening and spending time with friends and family.

Cremation has been entrusted to Schmitz-Banks & Beals Funeral Home.

A visitation will be held from 9:00 a.m. until 11:00 a.m. Saturday, August 5, 2023 at Schmitz-Banks & Beals Funeral Home in Nauvoo.

A time of remembrance will be held at 11:00 a.m. Saturday following the visitation.

Inurnment will be held at later date in Sts. Peter & Paul Catholic Cemetery in Nauvoo.

A memorial fund has been established in her memory. Contributions may be made to the Diane R. Pilkington Memorial Fund. To leave an online condolence for the family, please visit Diane's obituary at sbbfuneralhome.com.

Pen City Current obituary policy

Pen City Current runs obituaries one time at no charge to funeral homes and they run the day they are submitted in most cases. They are also run as submitted by the funeral homes. Reposting of obituaries due to changes can only be requested by the submitting funeral home and will be assessed a \$15 reposting fee.

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It's Black & White and Read all over

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Obituaries

OBITUARIES

ROSANNE M. BERTSCHI

Rosanne M. Bertschi, 88, of Nauvoo, Illinois, passed away at 3:15 a.m. Sunday, July 30, 2023 at Maple Grove Memory Care in Carthage, Illinois.

Born on August 18, 1934 in Fort Madison, Iowa, the daughter of Ed and Dorothy (Dachroth) Reinhardt. On March 30, 1958, she married Richard Duane "Jim" Bertschi at the Christ Lutheran Church in Nauvoo, he preceded her in death on August 17, 2022.



BERTSCHI

She is survived by three daughters: Kristi (Paul) Parrish of Nauvoo, Kelly (Rick) Karpawicz of Morton, and Lori (Brian) Boyer of Nauvoo; five grandchildren: Kayla (Kenny) Haas, Tim (Amber) Parrish, Jessica (Ralph) Vasquez, Abbey (Nick) Mitchell, and Austin (Jordyn) Boyer; seven great grandchildren: Anna and Maci Haas, Gage and Gara Parrish, Ira and Sonny Mitchell, and Miles Boyer; two sister-in-laws: Janice McCarty and Betty Bertschi. Also surviving are several nieces and nephews.

She was preceded in death by her husband Richard, her parents, sister Sandy Bremhorst, and brother-in-law Bernie Bremhorst.

Rosanne grew up on a farm east of Nauvoo. She was a 1952 graduate of Nauvoo High School and attended Culver Stockton College for one year. After college she went on to be a bank teller at the State Bank of Nauvoo for 34 years. She was a devoted member of the Christ Lutheran Church in Nauvoo. She was a loving wife, mother, grandmother, great-grandmother and friend, everyone always felt welcome around her. Rosanne enjoyed dancing with the love of her life, Jim, and spending time with her family and friends.

Friends may call from 9:00 a.m. until 1:00 p.m. Thursday, August 3, 2023 at the Schmitz-Banks & Beals Funeral Home in Nauvoo, where the family will receive friends from 11:00 a.m. until 1:00 p.m.

The Funeral Service will be held at 1:00 p.m. Thursday, August 3, 2023 at Schmitz-Banks & Beals Funeral Home with Pastor Mark Anderson officiating.

Burial will be at the Nauvoo City Cemetery.

A memorial has been established in her memory for Maple Grove Memory Care or Blessing Hospital Hospice.

Schmitz-Banks & Beals Funeral Home is assisting the family with arrangements. Online condolences to the family may be left at www.sbbfuneralhome.com.

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we'll be back soon!

Pen City Current will not publish an e-Edition Wednesday, August 9 through Thursday, August 24 for our annual summer break. The e-Edition will resume Friday, August 25. The news will still be published on our website.

Thanx for reading!

PEN CITY CURRENT
Black & White and Red all over

www.PenCityCurrent.com

OBITUARIES

M. RAE HOLTkamp

M. Rae Holtkamp, 90, of Salem, Iowa passed away on Sunday, July 30, 2023, in Mount Pleasant, Iowa.

Born February 15, 1933, to James G. and Genevieve M. (Sanders) Russell, in Chicago, Illinois, she moved with her mother to Iowa in the years following her father's death in 1937. She graduated from St. John's High School in 1951 and on May 30, 1953, she married Clarence (Sage) Holtkamp, in Houghton, Iowa.



HOLTkamp

She studied painting under Carl Fracassini at Iowa Wesleyan College; then completed coursework at National School Studios in Eden Prairie, Minnesota, painting oils over commercial black and white photographs. She colorized photographs with oils at Dyll Photography Studios in Mount Pleasant, Iowa.

Her family, faith, home, and yard as well as art and antiques remained passions throughout her life on the farm.

Those thankful for sharing in Rae's life are her children, Laura Holtkamp, Salem, Iowa; Ann Holtkamp Meehan (Mike), Cedar Park, Texas; and Chris Holtkamp (Kelly), Village of Lakewood, Illinois; grandchildren, Kathryn Frary (Sam DiFederico), Bryant Humiston, Lexi Holtkamp, Ally Holtkamp, great grandchild, Callahan DiFederico, and stepbrother, Carl Ward of Waynesboro, Georgia.

She was preceded in death by her husband, parents, stepfather Edwin Ward, and stepbrothers, George Ward, Gerard (Gus) Ward, and Raymond Ward.

The Holtkamp family will greet friends from 9:30 - 10:30 a.m. Thursday, August 3, 2023, followed by Mass of Christian Burial to begin at 10:30 am at St. John the Baptist Catholic Church in Houghton, Iowa, with Reverend Dan Dorau as Celebrant. Burial will follow at St. John's Cemetery, Houghton. In lieu of flowers, memorials are requested for St. John the Baptist Church. Barr-Holtkamp Funeral Home is honored to serve the Holtkamp family, and an online guest book can be found at www.barrholtkampfuneralhome.com.

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From the Front

A plaque and flagpole were put up on the northwest corner of the shelter house in the West Point City Park Monday to commemorate the work of former Mayor Paul Walker.

Photo by Chuck Vandenberg/PCC



Community was part of Walker's legacy

WALKER - Continued from Page 1

The Walkers' son Jay D. Walker had a lighter perspective.

"He would say that he didn't deserve any of this and it was the community that did it all and he just played a role in that," Jay D. said.

"Inside, he would be tickled pink. But he'd be halfway across the park for a beer by now."

Current West Point Mayor Joseph Loving said he asked Paul what he would want for a dedi-

cation in some of their conversations.

"I often asked Paul when we were in the park or working together, 'What do you want done when you are done. Do you want a bench or something?' and he never really gave me an answer," Loving said.

"Because, to him, it was no big deal."

Loving said Walker would have been happy with the dedication despite his humble approach.

"He put a lot more time in than people know. He cared for this community and would stop to talk to people if he saw them at the Rock and he wanted this community to look

very nice. I'm just trying to continue with that."

Walker served in the United States Army from 1967 to 1969 in Korea during the Vietnam War. He worked as a driver's education teacher and coached football, basketball, and track for the Fort Madison Community School System. Paul was an entrepreneur with Sunshine Child Care and also drove for Merschman Seeds. He was the mayor of West Point for 26 years and was the Sweet Corn Festival chicken chairman for twenty years, a member of the North Lee County Foundation, and served on numerous other boards.

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Fort Madison Family YMCA

Classifieds/Public Notices

PEN CITY CURRENT CLASSIFIEDS

PUBLIC NOTICES

**PUBLIC NOTICE
MEETING MINUTES
Fort Madison
Community School
District**

**Regular Board Meeting
07/17/2023 - 06:00 PM
Central Office,
Board Room
1930 Avenue M
Fort Madison, Iowa
52627**

Public Comments are welcome. They are limited to 3 minutes. Any member of the public who wishes to participate in public comments must be physically present at the meeting and follow the appropriate sign in procedures. Finance: Ross/Wilkerson Attendees

Voting Members Dianne Hope, Director Josh Wykert, Board President Lois DiPrima, Director Brad Menke, Director Carol Ross, Director Mio Santiago, Vice President Paul Wilkerson, Director Non-Voting Members Dr. Erin Slater, Superintendent Kim Harmon, Dir. of Curriculum, Sp. Ed & Student Services Sandy Elmore, Director of Business Services

I. Call meeting to order and determination of a quorum The meeting was called to order by President Wykert at 6:00 p.m. II. Recognition of guests President Wykert welcomed members of the audience in attendance and explained the procedures for the meeting. III. Reading of Foundation documents The Board read and reviewed the Foundation documents consisting of the Vision, Mission and Belief statements and the Goals for the Fort Madison Community School District. IV. Monthly communications A. Student Representa-

tative Report - There was none. B. PK-6; 7-12 Renovation and Construction Update The Board received an update on the progress of the Middle School PK-6 and High School 7-12

Renovation and Construction project. C. District Successes! Superintendent Slater shared a highlight video that was being distributed on the social media platforms of the Fort Madison Community School District. D. Superintendent Goal Report Superintendent Slater shared and reviewed the Indicators of Progress report. E. District Presentation 1. Afterschool Programming Update - Keely Kangas

Keely Kangas shared information regarding the After the Bell and Jumpstart programs. V. Approve the agenda Motion made by: Mio Santiago Motion seconded by: Lois DiPrima Voting: Dianne Hope - Yes Josh Wykert - Yes Lois DiPrima - Yes Brad Menke - Yes Carol Ross - Yes Mio Santiago - Yes Paul Wilkerson - Not Present VI. Consent Agenda Motion made by: Lois DiPrima Motion seconded by: Brad Menke Voting: Dianne Hope - Yes Josh Wykert - Yes Lois DiPrima - Yes Brad Menke - Yes Carol Ross - Yes Mio Santiago - Yes Paul Wilkerson - Not Present A. Minutes

1. Regular Board Meeting - June 26, 2023 B. Financial Reports 1. June Balance Sheet 2. Revenue Summary Report 3. Expenditure Report 4. Student Activity Report C. Accounts payable 1. June General Account Board Bills for Approval 2. July General Account Board Bills for Approval 3.

Student Activity Account Board Bills for Approval 4. Nutrition Account Board Bills for Approval 5. American Express Board Bills for Approval D. Consider personnel resignations School E. Consider employment of personnel 1. Chris Meinert - Choir Instructor, MS 2. 23-24 Jumpstart Staff F. Consider contract modifications 1. John McCannon - Teacher, HS 2. Sarah Tweedy - Teacher, MS 3. David Vance - FFA Advisor 4. Patrick Lamb - Additional Duty - District Safety G. Consider leave of absence H. Consider open enrollment requests I. Other reports 1. 22-23 Donations 2. 22-23 Fundraisers 3. MS/HS Renovations and Additions Project Summary VII. Action Items A. Director of Curriculum and Student Services B. Superintendent 1. Consider approval of Activities Department handbook for the 2023-2024 school year Motion made by: Lois DiPrima Motion seconded by: Mio Santiago Voting: Dianne Hope - Yes Josh Wykert - Yes Lois DiPrima - Yes Brad Menke - Yes Carol Ross - Yes Mio Santiago - Yes Paul Wilkerson - Not Present 2. Consider approval of additional leadership payments for the 2023-2024 school year Motion made by: Dianne Hope Motion seconded by: Lois DiPrima Voting: Dianne Hope - Vote Not Recorded Josh Wykert - Vote Not Recorded Lois DiPrima - Vote Not Recorded Brad Menke - Vote Not Recorded Carol Ross - Vote Not Recorded Mio Santiago - Abstain Paul Wilkerson - Not Present 3. Consider approval of FMHS Class of 2023 graduates Motion made by: Dianne Hope

Motion seconded by: Brad Menke Voting: Dianne Hope - Yes Josh Wykert - Yes Lois DiPrima - Yes Brad Menke - Yes Carol Ross - Yes Mio Santiago - Yes Paul Wilkerson - Not Present 4. Chronological Policies for Review Motion made by: Lois DiPrima Motion seconded by: Brad Menke Voting: Dianne Hope - Yes Josh Wykert - Yes Lois DiPrima - Yes Brad Menke - Yes Carol Ross - Yes Mio Santiago - Yes Paul Wilkerson - Not Present 1. Policy 700.00: Purpose of Noninteractional and Business Services 2. Policy 701.01: Deposit of Funds 3. Policy 701.04: Governmental Accounting Practices & Regulations 4. Policy 701.05: Fiscal Management 5. Quarterly Policies for Review Motion made by: Brad Menke Motion seconded by: Lois DiPrima Voting: Dianne Hope - Yes Josh Wykert - Yes Lois DiPrima - Yes Brad Menke - Yes Carol Ross - Yes Mio Santiago - Yes Paul Wilkerson - Not Present 1. Policy 213: Public Participation in Board Meetings 2. Policy 402.02: Child Abuse Reporting 3. Policy 402.05: Required Professional Development for Employees NEW C. Board Secretary/ Director of Finance 1.

Consider approval of Superintendent Contract for 2023-2024 Motion made by: Lois DiPrima Motion seconded by: Mio Santiago Voting: Dianne Hope - Yes Josh Wykert - Yes Lois DiPrima - Yes Brad Menke - No Carol Ross - Yes Mio Santiago - Yes Paul Wilkerson - Not Present 2. Consider approval salary list - AFSCME Motion made by: Dianne Hope Motion seconded by: Lois DiPrima Voting: Dianne Hope - Yes Josh Wykert - Yes Lois DiPrima - Yes Brad Menke - Yes Carol Ross - Yes Mio Santiago - Yes Paul Wilkerson - Not Present 3. Consider approval of PK-6 playground equipment Motion made by: Dianne Hope Motion seconded by: Brad Menke Voting: Unanimously Approved 4. Establish a Competitive Quotation Opening date of August 8, 2023 at 2:00 PM for the Fort Madison Community School District Furniture project Motion made by: Lois DiPrima Motion seconded by: Mio Santiago Voting: Unanimously Approved 5. Consider approval of updated 2017 AIA B103 contract with DLR Group Motion made by: Mio Santiago Motion seconded by: Lois DiPrima Voting: Unanimously Approved VIII. Discus-

sion Items A. Director of Curriculum and Student Services B. Superintendent 1. Chronological Policies for Discussion The policies were reviewed. 1. Policy 701.03: Financial Records 2. Policy 507.09: Wellness 2. Quarterly Policies for Discussion The policies were reviewed and discussed. 1. Policy 104: Antibullying/Harassment Policy 2. Regulation 104-R(1): Anti-Bullying/Harassment Policy - Investigation Procedures C. Board Secretary/Business Manager D. Board Member Attendance The report was accepted as

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9-12 AND 1-3**

Classifieds/Public Notices

PUBLIC NOTICES

presented. E. Staff Attendance IX. Comments from the audience There were none. X. Legislative update - Legislative Priorities The legislative priorities from IASB were distributed for review and feedback. XI. Announcements A. Board Work Session: August 7, 2023, 6:00 pm - Central Office Board Room B. New Teacher Report - August 11, 2023 C. Superintendent Welcome Back: All Staff Report - August 16, 2023 D. Regular Board Meeting: August 21, 2023, 6:00 pm - Central Office Board Room E. Orientation: Kindergarten, 4th &

9th Graders - August 22, 2023 F. Classes Begin - August 23, 2023 G. Preschool Begins - August 28, 2023 XII. Adjourn The meeting was adjourned at 7:20 p.m.

**PUBLIC NOTICE
GREEN BAY LEVEE &
DRAINAGE DISTRICT
REGULAR MEETING
MINUTES
THURSDAY,
JUNE 29, 2023
7:00 P.M.**

The Green Bay Levee & Drainage District met at the regular meeting on Thursday, June 29, 2023

at 7:00 p.m. at the Wever Firestation, Wever. Present were trustees Rick Kuntz, Mike Walker and Brandon Bonar and clerk, Kimberly Spear. Also present were other members of the community.

All votes are unanimous unless otherwise indicated.

Spear read the minutes from the regular meeting held on May 25, 2023. Moved by Walker, seconded by Bonar, to approve the minutes. Motion carried.

Pat Kaltefleiter gave the Pump Master report. The river stage was 7.9.

Moved by Bonar, seconded by Kuntz, to accept the Pump Master Report as presented. Motion carried.

Members from IFC were present to present site plans for the barge loading project. Moved by Walker, seconded by Kuntz to approve the barge permit application pending USACE final Corp approval. Motion Carried.

A representative from World Insurance was present to discuss the current status of insurance. Moved by Kuntz, seconded by Walker to approve the insurance

package presented with World Insurance pending the addition of other levee buildings. Motion carried.

Discussion was had regarding the hunting on district property and possible liability.

Moved by Kuntz, seconded by Bonar to not allow any hunting on district property. Motion carried.

Discussion was had on the CRP contracts. The district was approved for the new CRP program to reseed the section in question. All other CRP contracts are updated for 15 years.

There is still no definitive answer regarding elevating the levee. UMIMRA is going to D.C. to be proactive in pushing for 408 permits.

Current balances are \$-597,399.27 in the Operating Fund.

At 8:22 p.m. Kuntz made a motion to adjourn, seconded by Bonar. Motion carried.

The next regular meeting of the Drainage District will be Thursday, July 27, 2023.

Respectfully submitted by Kimberly Spear, Lee County Auditor's Office.

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Business News/From the Front

Boy was left alone for several minutes

YMCA - Continued from Page 1

investigation by the Iowa Department of Health and Human Services over a complaint filed with the department on June 23. The complaint is the fifth at the two centers since 2022. The YMCA purchased the centers in the spring of 2020.

The most recent complaint was around a 4-year-old boy who was left unattended for anywhere from three to seven minutes. The boy had been sequestered due to an illness waiting for a parent to pick him up.

According to a report filed by HHS, staff took two different groups for walks and forgot the boy was sleeping at the time. When he awoke, no one was in the building. The center was assessed two violations for not being aware of the children in the center, and not following procedures for a sick child.

Through the investigations, no licensure changes were administered by the state, but the center was cautioned that additional violations could result in licensure status changes.

Wilson said the issue was resolved and staff training was initiated, but the board had already decided to close the centers due to staffing shortages.

"The health and safety of all the kids is our priority and this situation was an unfortunate one within our childcare centers. We are thankful nothing more came from it. Our staff was made aware of the situation immediately, it was handled and we met HHS requirements. However, it wasn't this incident that led to the closing of our centers," he said.

Wilson said anyone with questions concerning the closures can contact him at 319-372-2403 ext. 5 or at ryan.wilson@fortmadison.org.

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Des Moines County sponsoring entrepreneurship competition

BURLINGTON – The Greater Burlington Partnership is seeking entries to the 2023 Des Moines Entrepreneur Competition. A prize pool of up to \$10,000 in cash and other valuable business assistance will be distributed to winners. Any cash awards made by the Judges will be in the form of reimbursable grants.

The deadline to register for the competition is August 30, 2023. Business plans do not need to be submitted at this time. The deadline is just to register for the competition. Business plans will be due at a later date.

The Entrepreneur Competition is for new, independent, for-profit ventures in the seed or start-up stages in Des Moines County. In addition to new ventures, the following may enter the Competition:

- Existing part-time or hobby ventures that are now look-

ing to establish on a more permanent basis are permissible as long as the net revenue generated by that venture was <\$60,000 in 2022.

2. The acquisition of an existing business located in Des Moines County provided however that the acquisition must have taken place in the most recent twelve (12) months AND the new owner must have a specific, demonstrable plan to transform and expand the business' footprint, permanent employment and/or primary product produced.

The full official rules and entry forms can be found at GreaterBurlington.com/EntComp.

While there are no restrictions this year on the type of business that can enter, in future years the competition will focus on certain business sectors that are lacking in the region.

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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
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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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