

# PEN CITY CURRENT

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Monday, October 23, 2023 | 7 pages | Volume 7 • Issue 176



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## Sunday fire destroys home

**WITNESSES HELP:** Two contractors from Keokuk help occupants escape

BY CHUCK VANDENBERG  
PCC EDITOR

FORT MADISON – A Sunday morning fire has left several Fort Madison residents without a home.

Fort Madison firefighters were called to 3426 Avenue N for a structure fire Sunday at 7:38 a.m.

Two contractor working in the area noticed the smoke and called for assistance and then started calling and knocking for anyone in the structure.

“We ran around back and knocked on the door and sure enough there were people standing inside the door,” said Sean Skinner, one of the contractors.

“We had to coax them because they weren’t coming out. Then when they came out we asked if everybody was out and they said there may be someone upstairs. By that time,

See **FIRE**, page 4



Photo by Chuck Vandenberg/PCC

Two firefighters spray heavy foam into a home in the 3400 block of Avenue N Sunday morning. The fire destroyed the home and remains under investigation.

### EDITORIAL



## A 45 on 78 made for a great weekend

Music has always been an important part of my family’s life.

Mom was always an Elvis fan and I think she had a stint where she crushed a little on Barry Manilow. I might get the stink eye for that, but I distinctly remember a red vinyl cover that had a very thin, metallic-looking Manilow hunched over a baby grand.

Don’t think she had any real passion for anything else. No Billy Joel, or Crosby, Stills, and Nash, no Who or Ricky Nelson. She was more of a “get-in-here-and-do-your-homework” kinda mom.

I think I remember her liking Kenny Rogers. We went to see him at Steamboat days in 1993. Lee was VERY pregnant with Taylor Jean and I remember mom crying at “Through the Years”.

She was also at the Monkeys when they played there. I know this for a fact, because I was 19 and carrying a beer in each hand. If you were at that show you would remember there were about 10,000 people at that show and there were two veins of traffic through the show, one up to the front and one back to the beer tent.

I swear this happened. I was walking in the vein toward the front and turned around to talk to my friend who was also carrying two beers behind me. He was also 19.

When I turned back around I bumped right into this lady. She turned around, and it was my mother. I looked at her for what seemed like an hour but was actually only a moment. I handed her the beers and said, “Hey, Mom. I got these for you!” and turned immediately around

See **MUSIC**, page 7

### ELECTION 2024

## Ramaswamy brings radical candidacy to FM



2024 Presidential hopeful Vivek Ramaswamy meets with officers of the Fort Madison Police Department Friday during a campaign stop at the Kingsley Inn in Fort Madison. Ramaswamy said America is suffering from “woke smoke” and said the country needs a CEO.

Photo by Chuck Vandenberg/PCC

BY CHUCK VANDENBERG  
PCC EDITOR

FORT MADISON – Vivek Ramaswamy says America can handle the truth.

It’s on the side of his campaign bus and it’s part of his stump speech, but at the

end of his presentation Friday morning at Kingsley Inn, the 2024 presidential candidate said America is very young.

The truth that Ramaswamy hurls is aimed at eliminating 75% of the bureaucracy that he claims runs the country rather than elected officials.

That downsizing includes cutting out

all but 15,000 of the staff at the FBI and redistributing those remaining staff among agencies that he says are better at fighting crime such as the DEA and the Securities Exchange Commission.

He also wants to disband the Department

See **CAMPAIGN**, page 6

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### WEATHER

MON 23 Oct.....Breezy, warm, with chance of thunderstorms, 72° F/ 61° F  
 TUE 24 Oct.....Mostly sunny, breezy, chance of showers, 78° F/ 60° F  
 WED 25 Oct.....Breezy, warm, showers likely, 72° F/ 59° F

### IOWA LOTTERY

LOTTO AMERICA 10/21.....11 23 30 36 51, Star Ball: 6 All Star Bonus: 3  
 LUCKY FOR LIFE 10/21.....2 6 24 27 38, Lucky Ball: 2  
 MEGA MILLIONS 10/20.....7 29 36 49 61, Mega Ball: 22 Megaplier: 4  
 PICK 3 MIDDAY 10/19, 10/20, 10/21.....259, 6 62, 79 8  
 PICK 3 EVENING 10/19, 10/20, 10/21.....1 41, 0 99, 211  
 PICK 4 MIDDAY 10/19, 10/20, 10/21.....1499, 6719, 7777  
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# Obituaries

## OBITUARIES

### RONALD L. WALKER

Ronald L. Walker, 84, of Fort Madison, IA, passed away at 11:45 a.m. on Thursday, October 19, 2023 at Pinnacle Place in Muscatine, IA. He was born on March 4, 1939 in Fort Madison, IA to John "Jack" & Virginia Eoff Walker. He married Eleanor Faye Hunolt on May 30, 1958 in Fort Madison, IA. He was an engineer and draftsman and retired as Maintenance Manager at J.I. Case with 25 years of service. He also farmed while working at Case. He worked for Standard Manufacturing in Dallas, TX, retiring in 2005. He was a member of Gideons International and was a passionate guitar player and enjoyed gardening.



WALKER Ron is survived by: his wife: Faye Walker of Fort Madison, IA; 1-son: Mike (Shelly) Walker of Fort Madison, IA; 2-daughters: Jane (Owen) Halferty of Tyler, TX & Stephanie (Norm) Begody of Carlsbad, CA; 9-grandchildren: Kayla Smith, Brock Walker, Annie Torrance, Kendall Walker, Evan Halferty, Justin Halferty, Catarina Thomas, Paige Begody & Preston Begody; 13-great grandchildren; 1-sister: Jackie (Dan) Enger of Fort Madison, IA; 2-brothers: Gary Walker of Denmark, IA & Bob (Patty) Walker of Fort Madison, IA. He was preceded in death by his parents and 1-grandson, Rowen Halferty.

A visitation will be held from 9:30 to 11:00 a.m. on Thursday, October 26, 2023 at King-Lynk Funeral Home & Crematory. The funeral service will immediately follow at 11:00 a.m. with Pastor Andrew Wiese officiating. Burial will be held at Fairview Cemetery in rural Fort Madison. A memorial has been established for Gideons International. Online condolences for the Walker family may be left at the King-Lynk Funeral Home & Crematory website: [www.kinglynk.com](http://www.kinglynk.com).

## OBITUARIES

### CANDACE L. BRYANT

Candace "Candy" Leigh Herron Bryant, 63 of Keokuk, IA passed away Wednesday, October 18, 2023 at Blessing Hospital in Quincy, IL.

She was born June 12, 1960 in Lenexa, KS the daughter of Ross Lee and Ruby Grace Crandel Herron. She graduated from Warsaw High School in Warsaw, IL with the class of 1978. She later attended Midstate College and completed the Medical Assistant Program in 1999.



BRYANT On July 4, 1986 Candy was united in marriage to Thomas Len Bryant in Keokuk. He survives. Other survivors include four children, Tonya J. Davis (TJ) of Columbia, MO, Kayla L. Bryant of Keokuk, Dana M. Bryant of Columbia, MO and Thomas R. Bryant of Casselberry, FL and four grandchildren, Sierra Grace, Cali Rose, Emmaleigh Elaine and Carlie Jo. She is also survived by four siblings, Mark Herron (Linda) of Bridgeville, PA, Nick Herron of Bridgeville, PA, Roby Hammond of Kahoka, MO and Rebecca Metternich (Alvin) of rural Carthage, IL.

She was preceded in death by her parents, step-mother, Carolyn Elaine Herron, step-father, Raymond Priebe, one sister, Mary Marcel Hershberger and one brother-in-law, John Hammond.

Candy had been employed by Carl Sandburg College in Carthage, IL as an adjunct instructor.

She was a faithful member of Living Waters Assembly of God Church in Keokuk. Candy had also been a member of Keokuk Sister Cities from 1996-2000.

Candy enjoyed all types of crafts and created beautiful items. She loved to go on camping trips with her family and making memories by the campfire. Over the years, she enjoyed many memorable vacations, including a cruise to the Bahamas and a train trip to Washington, D.C. Candy adored her grandchildren and treasured the time she spent with them.

A memorial service will be held at 10 a.m., Tuesday, at the Living Waters Assembly of God Church in Keokuk with Pastor Larry Wallingford officiating. Burial will be in the Sandusky Cemetery in Sandusky, IA.

Visitation will be held from 5-7 p.m., Monday, at the Vigen Memorial Home in Keokuk, IA with family meeting with friends at that time.

In lieu of flowers, memorials may be made to the Polycystic Kidney Foundation or to Living Waters Assembly of God Church.

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

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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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## Sports

# Bloodhounds secure playoff spot Friday night

**SOLON FRIDAY:** Fort Madison edges Grinnell by .0007% to qualify in Class 3A. Will face No. 3 Solon Friday night

WASHINGTON – Fort Madison earned a berth into the IHSAA Class 3A playoffs Friday night but didn't know until about an hour into the bus ride home after wrapping up the regular season with a 21-7 win over Washington.

After the game Head Coach Derek Doherty told the Bloodhounds that they were a good enough team and they deserved to be in the post-season, but they wouldn't know until later that evening.

The Iowa High School Athletic Association released the final Class 3A rankings after all games had wrapped up Friday night. It was the final regular season games for 3A, 4A and 5A and the first round of playoffs for 8-man, 1A and 2A.

When the final records and math had been tabulated, the Bloodhounds secured the final playoff spot with an IHSAA RPI Index of .5542, just .0007 ahead of Grinnell who was left out of the post-season. Both teams finished 6-3, but Fort Madison's tough schedule playing three of Class 3A's tops 10 teams during the year paying a last-minute reward. Humboldt made the playoffs with a 5-4 record and an RPI Index of .5871.

Following the game Friday night Doherty said he was just going to have to do some math or wait for the IHSAA to sort it out.

"I'm gonna find out what has to happen and I'm gonna try some math. I can't promise anything, but I hope the math teachers taught me



Photo by Chuck Vandenberg/PCC

Fort Madison quarterback Marcus Guzman reacts after crossing the goal line on a keeper in the second quarter of the Bloodhounds 21-7 win over Washington in Washington Friday night. The win helped Fort Madison secure its second playoff berth in as many years.

enough to figure this out," he said.

"But we don't feel like this should be the end for us. We're a good football team and we've fought through some adversity and our schedule has been brutal. If we have another team in there instead of Williamsburg and our record's changed, we're in."

Doherty said that it would be silly if a team like Fort Madison's isn't in the playoffs.

The Hounds again had to overcome some adversity Friday with Washington scoring on their opening drive.

Senior Alec Ulin sparked the Demons' first possession with a 34-yard run around the end on 1st and 10 from Washington's 43. After a quarterback keeper by Logan McDole netted three, the Hounds were whistled for

pass interference on an incompleting that gave Washington 1st and goal at the 9. Two plays later Ulin slipped in from the five for a 7-0 lead with the PAT.

It would be the only points the Bloodhounds would give up the rest of the night.

Things seemed to be off track in the first quarter when junior QB Marcus Guzman was stripped on 1st and 10 from the Demons 49-yard line on Fort Madison's second play of the night.

With the Demons in good field position, sophomore Kael Williams ripped off a 13-yard run on the first play following the turnover. But then Leif Boeding picked off McDole on the next play when his pass to the left bounced off his receiver's helmet twice before land-

ing in Boeding's arms.

Fort Madison would then put together an 8-play, 40-yard scoring drive capped by Guzman's 5-yard touchdown run off tackle. Henry Graham's PAT would tie things at 7.

Then it would be a game of sustained drives by both teams, but Fort Madison's bend-don't-break defensive philosophy would win the night.

Washington's next possession would go eight plays, but Fort Madison would force a turnover on downs when a McDole run on 4th and 5 came up a yard short. Fort Madison would then go 10 plays for just 22 yards to start the second quarter. They were poised to go for it on 4th and 4, but a false start brought out the punt team.

Washington would go four and out setting up

another 8-play drive for Fort Madison that resulted in a 10-yard touchdown run on a sweep left by tailback Hayden Sego-

viano. Guzman just threw one time in the series with the Hounds choosing to pound the run game in a weird twist to the usual offense.

Doherty said the Demons lined up a bit different than what Fort Madison was expecting and he credited offensive coordinator Justin Menke for adapting well.

Neither team would score again until the half and then the Hounds put together one of their most productive drives of the season eating up more than nine minutes after receiving the third quarter kick-off.

The 16-play, 65-yard drive resulted in the final score of the night on a Guzman 2-yard plunge. The Hounds who typically throw at least one time on each four-down series threw just twice in the

See **PLAYOFFS**, page 6

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## From the Front/Classifieds

# Fire still under investigation

**FIRE** - Continued from Page 1

there was some really heavy smoke coming from the house.”

The other contractor, Shane McKoon, said he had to stop a woman from running back into the house.

Skinner said he almost called off work Sunday which would have kept him and McKoon at home in Keokuk.

“It’s just a blessing that I decided this morning to come to work. I was thinking of staying home because of all the hours we’ve been working. But by the time we coaxed them out and firefighters got there, the

first floor windows were pouring with black smoke.

“I figure this may make up for all the bad things I’ve ever done in my life,” Skinner said in deciding to go to work on Sunday.

Both contractors are former members of the Jackson Township Fire Department.

Fort Madison Fire Chief Joey Herren said everyone that was suspected of being in the building was accounted for and no injuries were suffered as a result of the fire.

Fort Madison police remained on the scene through-

out the day to investigate the fire.

No cause of the fire has been released yet. Herren said the building is a total loss. He said the fire spread throughout the house fairly quickly and fire was on all three levels including the attic by the time firefighters had arrived. Flames were quickly quashed, but firefighters were on the scene for close to four hours making sure the fire was extinguished.

The home was owned by Jennie Hartman and is valued at \$91,000.

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## PUBLIC NOTICES

**PUBLIC NOTICE**  
**Lee County, Iowa**  
**Board of Supervisors**  
**Agenda**  
**DATE: Monday,**  
**October 23, 2023**  
**MEETING**  
**CONVENING TIME:**  
**10:00 A.M. (CDT)**  
**LOCATION:**  
**933 Avenue H**  
**Fort Madison, IA**

**---AGENDA---**

Lee County Board of Supervisors  
Oct 23, 2023, 10:00 -11:30 AM (America/Chicago)

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**HELP WANTED**

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The Fort Madison Public Library is seeking applicants for a library page position. 10 hours/week August through May, 12 hours/week June and July. Tasks will include shelving books, helping to prepare for and clean up after library programming and assisting during children's programs. Must be 16 years or older. Applications can be picked up and returned to the Fort Madison Public Library. Preference given to applications received before October 25. Contact Sarah Clendinning at (319) 372-5721 if you have any questions.



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Pledge of Allegiance  
Approve Agenda  
Public Input  
Discussion of Pollmiller Park Project

Consider Approval of Letter to US Army Corps of Engineers Regarding Draft Environmental Impact Statement for Dakota Pipeline Easement

Consent Agenda  
• Monday, October 16, 2023 Board Minutes  
• Claims for Payment  
• Class C Retail Alcohol License for Tena's Tap, Fort Madison

Personnel Actions:  
A. Temporary to Full-time - Maintenance Department  
B. Merit Increase - IT Department  
Reports:  
A. Sheriff's Monthly Report  
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## From the Front

# Doherty: We deserve to be there

**PLAYOFFS** - Continued from Page 3

series with Segoviano and Guzman taking turns pounding away at the Demon front four. Twice officials had to bring the chains out for measurements on short yardage plays, but the second one resulted in a drive-sustaining first down.

Washington then put together a 15-play drive of its own eating up a majority of the second half clock after Fort Madison's 9-minute possession. However, the Bloodhound defense stepped up on 1st and goal at the 9 with four straight stops including Ike Thacher's tackle for a loss on 4th and goal from the 13.

Thacher said he wasn't giving any ground as the Hounds had to win to have a chance at the post season.

"We had to win this game and it depends on how everyone else does. But we had to do our part and do everything we could to win. Now it just falls on other teams."

Thacher said he's happy that the

program is starting to play the toughest teams in the state, despite risking post-season chances.

"That really is a good test for us and it tells us where we stack up against the best teams. We have to do that to build the program," he said.

Guzman completed 14 of 16 passes for 111 yards, one of his mildest throwing games of the year. He had 16 carries for 49 yards and two scores. Segoviano had 91 yards and a score on 22 carries. He also caught all five of his targets from Guzman for another 26 yards. Boeding had three catches for 40 yards.

Teague Smith had six tackles to lead Fort Madison (6-3). He also had two tackles for loss and a sack. Justin Maitner, Triston Marshall and Cory Arnett all had tackles for loss in the win.

The IHSAA will release the round of 16 matchups set for Friday, Oct. at 10 a.m. on Saturday.



Senior Leif Boeding tries to pull away from a would-be tackler after pulling in a screen pass from Marcus Guzman. Boeding would finish with 40 yards on three catches in the win.

# Vivek preaches radical change

**CAMPAIGN** - Continued from Page 1

ment of Education and give the \$80 billion back to parents to educate their children. He also wants to eliminate the Internal Revenue Service. He not only wants to finish the border wall on the border with Mexico, but he wants to build one on the north border as well.

Radical is a term he used several times in his talk with about 50 residents over breakfast at the Fort Madison hotel.

"We're going through our own version of adolescence and figuring out who we are really going to be before we grow up. When you do it that way it makes sense to me," Ramaswamy said.

"You go through that adolescence, that identity crisis, and you lose your self-confidence. You do some stupid things. I did. Most of us did. But we are stronger for it when we get to our adulthood on the other side."

He said American doesn't have to be a nation of decline, but a nation in ascent. He even said the country may be in the very early stages of its ascent, possibly still at basecamp.

"On our way still, yes, to that shining city on the hill. That country where we can still look our kids in the eye and tell them in good conscience, that the United States is still the nation where no matter who you are, or where your parents came from, or what color your skin is, or how long your last name is, you can get ahead in this country."

"You're free to speak your mind every step of the way. That is the American dream. That is what we're running to."

Ramaswamy is one generation away from immigrants from India. He's Harvard and Yale educated and has had financial success investing in bringing

pharmaceuticals to market and fund management.

The Republican said Iowa has a chance to make history on Jan. 15 when voters gather in caucuses to officially kick off the 2024 campaign.

"If you believe with me that our best days can be ahead of us, then I'm here to ask for your help. You all go first for a reason. So we're trusting you. No social media algorithms in the air between us. No tv screens between us. I'm speaking the truth and I believe it," he said.

"Let's do it here in Iowa and prove that somebody coming from the outside can actually still lead us not to victimhood, not to vengeance, but to greatness again in this country."

The 38-year-old from Dayton, Ohio is the youngest candidate in the field and rails against what he calls the "woke smoke". Ramaswamy said the country needs to get away from economics and capitalism that's aimed at societal ills.

His America First 2.0 platform aims to shut down the Administrative, Deep State; Declare Independence from Community China; Unleash the American economy to achieve GDP growth by more than 5%: and revive America's national identity.

In his Truth Platform he says among other things that the nuclear family "is the greatest form of governance known to mankind" and parents should determine the education of their children. He also says reverse racism is racism and human flourishing requires fossil fuels.

Ramaswamy is fourth in the latest Fox polling of Republican voters favored candidates, with Donald Trump, Ron Desantis, and Nikki Haley in front. Haley passed Ramaswamy in the latest polling data.

## A woman's healthcare needs are *unique.*



Partner with your healthcare provider for your unique needs and **Get Screened!**

**PREVENTATIVE HEALTH SCREENINGS**

**Breast Cancer**  
MAMMOGRAM  
WOMEN 40+

There are important preventative screenings all women need to ask their healthcare provider about - like mammograms. Breast cancer is still the number one cancer diagnosis for women in Iowa. Early detection leads to more successful treatment options. The recommendation is for women over the age of 40 to have an annual mammogram.

**PREVENTATIVE HEALTH SCREENINGS**

**Cervical Cancer**  
PAP TEST  
WOMEN 21+

A pap test detects cervical cancer, abnormal cells in the cervix, the lower part of the uterus, often before cancer appears. Cervical cancer is highly curable if detected early. Women twenty-one and over should be screened.

**PREVENTATIVE HEALTH SCREENINGS**

**Osteoporosis**  
BONE DENSITY  
WOMEN 65+

Women over the age of fifty should know their risk for osteoporosis. A bone density test tells you how strong your bones are. Weak bones puts you at a higher risk of breaking a bone. Finding and treating the disease early can keep you living a more active life.

Find out more about preventative screenings - [www.greatriverhealth.org/prevention](http://www.greatriverhealth.org/prevention)



**Lunch Specials**  
**October 23-27**  
**11am - 1pm**

*Monday, October 23*

*Tater Tot Casserole, Green Beans*

*Tuesday, October 24*

*Tenderloin, Fries, Cole Slaw*

*Wednesday, October 25*

*Roast Beef, Cheese Potatoes, Pudding*

*Thursday, October 26*

*Fried Chicken Dinners*

*Friday, October 27*

*Lunch on the Sidewalk*

## From the Front

# Kids listening to vinyls takes adults back to childhood

**MUSIC** - Continued from Page 1

and headed back.

She didn't say a word and I would assume she turned around, laughed, and drank my beer.

But music became a part of my life very early on. My brothers weren't really into music, but more into sports. My oldest brother believed that disco came before anything and took lessons, so Donna Summer, the Bee Gees, Rod Stewart, all were on his radar. I think he wanted to dance well so he could date well. I don't think it worked out for him, other than he got a circle around him at junior high and high school dances.

I slipped into Rush at a young age. As I grew older I gravitated toward Van Halen, Bon Jovi, and then Linkin Park, Eminem, Matchbox 20, Goo Goo Dolls. (Kate Lamb, you still owe me a candy bar!)

We've been to see Bon Jovi, Aerosmith, Rush, Goo Goo Dolls over and over because Lee was a huge fan. Kelsey got a guitar pick from Johnny Rzeznik when we were in the front row and she was on my shoulder... much, much to the chagrin of Taylor. Kelsey lost that guitar pick and in heaven, I swear, she's blaming Taylor for stealing that pick.

We saw the Goo Goo Dolls and Counting Crows at the Tweeter Center in Tinley Park near Chicago when Kelsey was about five. That's when she got the guitar pick. The smell of marijuana got so strong during Counting Crows that we had to leave the show. Kelsey may have asked for Cheetos on the way home.

Anyway, we made sure our girls were exposed to as much culture as possible, theater, music, art, museums, things that inspire the mind. They did fine with the sciences and math, but creativity is spawned in the recesses of the brain where memories are formed. It was important to us that literature, music, and the like were an important part of their lives. And they were.

The reason I'm writing about this today is that something happened over the weekend that made me look at my 30-year-old daughter and see nothing but a 16-year-old kid.

We bought Taylor a record player because she's into vinyls lately. Two Christmases ago we went down to Mike's and Allison Park's Pool 19 Records and Plants and she filed through every case of LPs. She left with about eight records, some very old stuff and I was very proud. By the way, if you haven't been in there, it's a remarkable store and they know a little about customer service. As vinyls continue their comeback, you need to get with Mike and Allison.

But anyway, Taylor's been punked by COVID for the past week. It hit her pretty hard, as did every vaccine she got. She's coming out of it and she was ready for some music Saturday. She had just got some Fall Out Boy 45s. Yes, apparently they are making the comeback, too.

She put them on her record player and had no clue how to play them. She knew they were called 45 and were different records. She managed to find the spacer to put over the spindle, and turned it on. It was FOBs

cover of Billy Joel's 'We Didn't Start the Fire', which I don't mind. Since Billy Joel hates his version, I'll take this one.

But she put it on and dropped the needle on 33..."WEEEEEEEE DDDDDIIIIIIIDDDDDNNNNNN-NN'TTTTTT STAAAAAAARRRRRT THHHH-HEEEEEEE FFFFFIIIIIIIRRRRE.

She laughed so hard, well, let's just say she laughed really hard.

"That's not right!"

So she started fidgeting around with the record player and found a little switch by the needle. It wasn't marked or anything so she pressed it and the 45 started spinning faster. She put the needle down again and got the right speed of play, but then was intrigued about what would happen if she hit the button again.

She then realized what I did at about the age of 14 with my tennis racquet and REO Speedwagon. I was Gary Richrath on my bed. It was wooden racquets back then. The frets were the grip tape, and I think I played higher on the strings for high notes and lower on the tennis strings for low notes.

Taylor sent me a video of the record player running

on 78 with the 45 and it was AAAAAALLLLLLVIN-NNNN! A Fall Out Boy Chipmunk takeover and she was just cracking up.

She kept sending videos of the music with her laughing quickly and lightly in the background. It was one of the sweetest things I've ever heard.

This adult daughter of ours immediately turned into a 12-year-old again in a single transformation. I smiled and dropped my head listening to the video she sent via text. I longed for the days of her at home. Crying because she bit her finger eating her McDonalds french fries too fast on our Sunday trip to Mickey Ds. (That broke my heart). Refusing to eat her vegetables and sitting at the table for about an hour with her arms folded because she wasn't excused.

It came back so fast and furious. I laughed out loud at the image in my head of this little girl giggling at the cartoonish sound coming from her record player.

There are just some things that put you in a mood and this girl, battling COVID and trying to find her energy found happiness in a 45...in 2023.

Life's crazy mean and then God provides a moment - but that's Beside The Point.

Chuck Vandenberg is editor and co-owner of Pen City Current and can be reached at [Charles.V@PenCityCurrent.com](mailto:Charles.V@PenCityCurrent.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

**James Healthcare & ASSOCIATES, INC.**

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

**319-524-3339**

**Do you have time - to help stop crime?**

Visit any of these Facebook pages to learn more about what the Neighborhood Watch Program is & how to start your own group or join an existing group!

**Join us today to help keep our communities safer!**



CAUTION

POLICE LINE DO NOT CROSS



SATURDAY, OCTOBER 28

HTC HIGH SCHOOL

2600 AVE A

FORT MADISON, IOWA

**An Evening of Fellowship and Fundraising**

**4:00 p.m.**

Happy Hour (Sponsored by Josh Denning & Associates)

Live Auction beginning with Grow-An-Acre grain sale

Dinner by Sonny's On The Sidewalk (4-7)

**6:00 p.m.**

Student class projects sold throughout the auction

**7:00 p.m.**

FFA serving walking tacos (7-9)

**9:00 p.m.**

\$10,000 Cash Raffle drawing (Sponsored by TJ Excavating, Keokuk Family Dentistry, Edward Jones - Corey Kelch, and Randolph Dental)

**10:00 p.m.**

Pizza Oven Raffle drawing (Sponsored by Keokuk Family Dentistry)

LIVE AUCTION ITEMS INCLUDING TOOLS, HOME DECOR, TOYS, GIFT CERTIFICATES AND PARTIES! ALSO, TASTY DRINKS AND APPETIZERS COMING OUT OF OUR HORS D'OEUVRE ROOM (SPONSORED BY CONNECTION BANK) ALL EVENING!

Throughout the evening will be the opportunity to Fund A Need!

This year's goal: \$17,000 to carpet four high school classrooms.

(Labor donated by Holtkamp's Floors, Decor & Furniture)