SPORTS: Thacher, Riddle, Smith, Pennock, Swigart to lead Hounds • See page 7

PEN CITY CURRE

Monday, November 20, 2023 | 8 pages | Volume 7 • Issue 196

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It's Black & White and Read all over

EDITORIAL



CITY MANAGER: City Council could make selection as early as Monday

BY CHUCK VANDENBERG PCC EDITOR

FORT MADISON - As several candidates for the city's vacant City Manager position got a peek at Fort Madison via the annual Wine & Beer Walk Friday, the real work began Saturday with interviews with the City Council.

City Clerk Melinda Blind issued a special meeting notice following the interviews Saturday for the council to go into closed session to deliberate the candidates and then to come into open session to possibly make an offer on the position.

The names of the candidates haven't been publicly released, and according to the special meeting notice, the candidates have requested a closed session to review their qualifications, which is applicable under Iowa Code.

The three candidates, two men and a woman, are being considered to replace former City Manager David Varley who left the position in May.

The city's search firm, the Hinton Group, will be making recommendations on the next steps in the hiring process when the council comes back into open session, to include a potential offer to one of the candidates.

The council's regular session is planned for Tuesday night where the third and final reading of enhanced language to the city's dangerous building code. The new language will give city officials and the city's attorney more tools to administer to buildings in dangerous conditions within the city.

The council will also consider a change order on the 10th to 18th Street project on Avenue H and a final signature from the mayor to wrap up the project.



Wine walk gives the feels ofhome

 \mathbf{T} here's something about a hot shower that brings clarity to the mind.

Think about it. The best ideas come to you when warm to hot water is rushing over your body. It's clarity.

After Friday's Wine & Beer Walk in Fort Madison, we migrated to my house and after some tragic news in my brother's family, the group cleared out early.

I made a sandwich, had a Leiny's to finish off the night, and then took a hot shower.

In the shower with the 106-degree water running down my head and over my body and down the drain, I thought about the death my brother's family was dealing with.

My heart broke.

The emotion interrupted an otherwise nice evening where I introduced them to people like Richard Fehseke, Rob Sandburg, Angie Holland, Rusty Andrews, Justin Cain, Clint Harland, and so many others on a cool nightly stroll up and down Avenues G and H.

Rich Fehseke spent some time listening to my brother talk about his time as a basketball and baseball coach at Fort Madison Aquinas. The lights went on in Fehseke's eyes as John reminisced about the 1996 Dons and Dan Hoenig parking a homer on top of the Aquinas gym. That year Matt Rump, Hoenig, and a Lampe I think, smacked the ball around under the tutelage of a 5'6" dude with an attitude. It made me proud of him. He's a year and a half or so younger than me,



Photo by Chuck Vandenberg/PCC

Karen Siefken pours some drinks during the Wine & Beer Walk in downtown Fort Madison Friday night. Siefken, the director of the YMCA Test Kitchen, was sampling some new flavored seltzers as part of the three-hour event.

LADY HOUNDS

Fort Madison girls take Urbandale wrestling title

BY CHUCK VANDENBERG PCC EDITOR

URBANDALE - The Fort Madison Lady Hounds are quickly earning a reputation for success just two years into the squad's program.

The Hounds took the team title Saturday at the Urbandale Invitational, claiming three individual titles.

At 120 lbs. Mara Smith, who qualified for the IGHSAU state tournament last season, captured first place Saturday going 5-0 at the invitational, all five wins coming by

fall. Smith wrestled at 113 last season. Only two of three matches went into the second period, while the sophomore moves to 9-0 on the year.

Smith's best match may have come in

See **GIRLS**, page 4

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WEATHER

MON 20 Nov	Rainy and chilly, 48° F/ 36° F	4, ⁸
TUE 21 Nov	Partly sunny and breezy, 44° F/ 26° F	٨
	Chilly with clear skies, 46° F/ 30° F	
IOWA LOTTERY		
LOTTO AMERICA 11/18	918 22 26 34, Star Ball: 6 All Star Bor	nus: 3
LUCKY FOR LIFE 11/18		Ball: 5
MEGA MILLIONS 11/17		lier: 3
	2 , 71, 406,	
PICK 3 EVENING 11/16, 11/17, 11/1	8	845
PICK 4 MIDDAY 11/16, 11/17, 11/18	8 6687,5434,3	8713
PICK 4 EVENING 11/16, 11/17, 11/1	18 9498,4436,0	219
POWERBALL 11/18		lay: 2

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Obituaries

OBITUARIES

JAMES D. BROWN

James Daniel "Butch" Brown was a loving husband and father and his sole purpose in life was to be a provider. He was self-sufficient and had a strong work ethic that he shared with his wife and instilled into his daughter. He loved the Mississippi



river and used to ice skate out to the islands near Ft. Madison when the river would freeze, sometimes with the ice dangerously cracking in his wake. His first job at age 11 was cleaning fish at his uncle Bud Horn's fish shop, which used to be across the street from Handy Corner. From then onward he always had a job. As a boy in the 1950s, his

BROWN

family had three horses which they kept in the small barn at the house and would ride

them around town. In his teens he loved cars and drag racing, and handed out calling cards saying, "Have car, will drag." Once he was chased by the Lee Co. Sheriff for fooling around with racing but outran them and made it home before he could get caught (even with a hot engine in the



driveway as circumstantial evidence). Butch met Connie and had several years of marriage and living up the young life including hosting parties at their house, attending large family gatherings at his parents' house next door and water skiing on the river before being drafted into the Army and ordered to Vietnam. There, his role was to drive a wrecker to pick up vehicles that had been broken down for retrieval to keep out of the Viet Cong's hands. He christened his wrecker the "CONNIE LEE" and upon which he stenciled the name. Butch and Connie faithfully wrote letters to one another every day that he was deployed and those letters kept him going. He survived sniper fire and other horrors of war to make it home. After his honorable discharge, he followed in his father's footsteps becoming a welder and pipefitter for the Local 212 Plumbers and Fitters Union. He worked both locally and travelled far and wide around the Midwest, building things from projects here at DuPont in Ft. Madison to Keokuk, Cedar Rapids, Minneapolis to Kansas City. The most unique project was the piping for the University of Iowa Advanced Technology Labs

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.





(i.e., the Laser Lab) in Iowa City. His daughter eventually had a lab there in graduate school, and it was special for her to know he had touched that place. He was a creature of habit, taking up jogging and calisthenics. He exercised every day that rolled in the mornings before going to work. In the 1980's Butch loved fishing with a passion and filled his days during work layoffs chasing fish.

Another family ritual was weekend morning coffee with his best friend and brother-in-law, Dwayne Hartman. He also loved the simplicity and peacefulness of sitting in the sun, visiting with family and drinking a beer or two with country music playing on the radio. In the summers, you could find Butch and family going for pleasure drives in their bright yellow 1973 Volkswagen Super Beetle convertible. Being the friendliest car in the continental U.S., strangers would honk and wave in friendly greeting no matter where they went. Butch worked for about 40 years and in retirement bought an RV and camped with his wife regionally, always near a body of water. He started riding his bicycle, a gift from his daughter. He rode 2-3 times a day riding upwards of 20 miles just around town! Butch and Connie had several pets over the years and while each had a special place in his heart, his last one was the most special. Babe, the little Shih Tzu, a runt of the litter and diagnosed to live only a handful of years, was with them for 15 years. Butch was smitten with little Babe, taking her for walks, spoiling her with treats, and taking her everywhere they camped. She filled his heart and it was a joy to see him so happy. He was everyone's favorite uncle, brother and friend. He was the kind of father folks wish they had. And he was a husband who loved his wife every single day of their marriage, which ended the day he died, only 3 days shy of their 62nd wedding anniversary. For those who he left behind, he will be missed and his memory cherished.

Cremation has been entrusted to the care of King-Lynk Funeral Home & Crematory and no services are planned at this time. Burial will be held at Oakland Cemetery. Online condolences to the Brown family may be left at the King-Lynk Funeral Home & Crematory website: <u>www.kinglynk.com</u>.



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From the Front

Smith, DiPrima, and Brandon win individual titles

GIRLS - Continued from Page 1

round four where she won over Southern Tier's Lacey Reed (6-2) by fall at 3:37 p.m

At 135 lbs. Kat DiPrima, wrestling in the shared Hound program from HTC, went 5-0 to capture that weight title crown. DiPrima got to the title match with four straight pins, including a fall just 16 seconds into the match with Saige Kern of Dallas Center-Grimes. DiPrima won by medical forfeit over Benton's Jordan Voelkel for the championship.

Wrestling at 170 lbs., Fort Madison's Sadie Brandon, who just missed qualifying for the state meet last year, went 5-0 with four pins after receiving a first-round bye. Two of her falls were less than one minute and she knocked off Dallas Center-Grimes' Aubrey Borchending by fall in 1:38.

Hailey Kemper 5-1 finished second after falling in the 1st place match to Indianola's Siera Baker by fall at the 1:36 mark. Up to that point Kemper was 2-0 after receiving a first round bye. Kemper now stands at 5-1 on the season.

Chloe Sokolik at 130 lbs. also earned a second-place finish going 2-0 after a first-round bye. She fell to Dallas Center-Grimes' Asia Jahangir (6-0) by a pin at 2:37. Sokolik falls to 6-1 on the year.

Mady Emmett was the other Bloodhound with a second-place finish wrestling at 155 lbs. Emmett recorded four pins to advance her to the title match, but was pinned in the first period by Emmalee Spurgeon of Pella (7-0). Emmett falls

to 6-1.

Complete results from the tournament are below. 100 lbs Lucille Zimmerman (5-2) placed 4th and scored 11.0 team points Round 1 - Lucille Zimmerman (Fort Madison) 5-2 received a bye () (Bye) Round 2 - Shiann Byrd (Southern Tier) 4-2 won by fall over Lucille Zimmerman (Fort Madison) 5-2 (Fall 1:31) Round 3 - Georgia Edwards (Dallas Center-Grimes) 3-3 won by fall over Lucille Zimmerman (Fort Madison) 5-2 (Fall 2:13) Round 4 - Lucille Zimmerman (Fort Madison) 5-2 won by fall over Emma Berry (Fort Madison) 2-6 (Fall 0:10) Round 5 - Lucille Zimmerman (Fort Madison) 5-2 won by fall over Tegan Bishop (Benton Community) 4-4 (Fall 4:39) 100 lbs. Emma Berry (2-6) placed 5th. Round 1 - Tegan Bishop (Benton Community) 4-4 won by fall over Emma Berry (Fort Madison) 2-6 (Fall 2:25) Round 2 - Emma Berry (Fort Madison) 2-6 received a bye () (Bye) Round 3 - Shiann Byrd (Southern Tier) 4-2 won by fall over Emma Berry (Fort Madison) 2-6 (Fall 1:27) Round 4 - Lucille Zimmerman (Fort Madison) 5-2 won by fall over Emma Berry (Fort Madison) 2-6 (Fall 0:10) Round 5 - Georgia Edwards (Dallas Center-Grimes) 3-3 won by fall over Emma Berry (Fort Madison) 2-6 (Fall 0:45) 105 lbs Hailey Kemper (5-1) placed 2nd and scored 22.0 team points. Champ. Round 1 - Hailey Kemper (Fort Madison) 5-1 received a bye () (Bye) Quarterfinal - Hailey Kemper (Fort Madison) 5-1 won by fall over Kennedy Pahl (Des Moines Public Schools) 2-2 (Fall 1:36) Semifinal - Hailey Kemper (Fort Madison) 5-1 won by fall over Lemuna Gurisho (Des Moines Public Schools) 2-2 (Fall 1:02) 1st Place Match - Siera Becker (Indianola) 2-0 won by fall over Hailey Kemper (Fort Madison) 5-1 (Fall 1:56) 120 lbs. Mara Smith (9-0) placed 1st and scored 26.0 team points. Round 1 - Mara Smith (Fort Madison) 9-0 won by fall over Sofiya Pollard (Urbandale) 4-1 (Fall 0:46) Round 2 - Mara Smith (Fort Madison) 9-0 won by fall over Avah Blake man (Des Moines Public Schools) 2-3 (Fall 1:41) Round 3 - Mara Smith (Fort Madison) 9-0 won by fall over Alexis Northcutt (Benton Community) 1-7 (Fall 1:32) Round 4 - Mara Smith (Fort Madison) 9-0 won by fall over Lacey Reed (Southern Tier) 6-2 (Fall 3:37) Round 5 - Mara Smith (Fort Madison) 9-0 won by fall over Josephine Bond (Dallas Center-Grimes) 2-5 (Fall 2:49) 125 lbs. Briena Fenton (4-2) placed 5th. Champ, Round 1 - Briena Fenton (Fort Madison) 4-2 received a bye () (Bye) Quarterfinal - Briena Fenton (Fort Madison) 4-2 won by fall over Sabrina Macke (Dallas Center-Grimes) 3-4 (Fall 1:49) Semifinal - Amanda Schnor (Benton Community) 2-1 won by fall over Briena Fenton (Fort Madison) 4-2 (Fall 0:36) Cons. Round 3 - Kaitlyn Bonewitz (Benton Community) 2-2 won by

fall over Briena Fenton (Fort Madison) 4-2 (Fall 1:46)



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!

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

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:

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

fallen or dropped arches

adhesions in leg muscle

It's like having your plumber doing

all the dangerous electrical work!

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

it. It's also why we've had such

professionals (therapists) and

stiff vertebra joint

pinched nerve

a serious problem...

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



Dr. Jason James, D.C.

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

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

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

The good news is that it can

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!
- Uice-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.

5th Place Match - Briena Fenton (Fort Madison) 4-2 won by decision over Sa brina Macke (Dallas Center-Grimes) 3-4 (Dec 10-6) 125 lbs. Iris Arevalo (4-4) placed 8th and scored 4.0 team points. Champ. Round 1 - Iris Arevalo (Fort Madison) 4-4 received a bye () (Bye) Quarterfinal - Amanda Schnor (Benton Community) 2-1 won by fall over Iris Arevalo (Fort Madison) 4-4 (Fall 1:47) Cons. Round 2 - Sabrina Macke (Dallas Center-Grimes) 3-4 won by fall over Iris Arevalo (Fort Madison) 4-4 (Fall 4:21) Cons. Round 3 - Iris Arevalo (Fort Madison) 4-4 won by fall over Matilda Hartman (Des Moines Public Schools) 0-2 (Fall 3:21) 7th Place Match - Eva Foland (Indianola) 3-2 won by fall over Iris Arevalo (Fort Madison) 4-4 (Fall 0:52) 130 lbs. Alaina Schwerin (2-2) placed 5th. Champ. Round 1 - Alaina Schwerin (Fort Madison) 2-2 received a bye () (Bye) Quarterfinal - Alaina Schwerin (Fort Madison) 2-2 won by fall over Graicee Comer (Southern Tier) 0-3 (Fall 5:02) Semifinal - Asia Jahangir (Dallas Center-Grimes) 6-0 won by fall over Alaina Schwerin (Fort Madison) 2-2 (Fall 2:21) Cons. Round 3 - Brooklyn Acheson (Urbandale) 3-1 won by fall over Alaina Schwerin (Fort Madison) 2-2 (Fall 2:39) 5th Place Match - Alaina Schwerin (Fort Madison) 2-2 won by medical forfeit over Nevaeh Miller (Benton Community) 1-1 (M. For.) 130 lbs. Chloe Sokolik (6-1) placed 2nd and scored 22.0 team points Champ. Round 1 - Chloe Sokolik (Fort Madison) 6-1 received a bye () (Bye) Quarterfinal - Chloe Sokolik (Fort Madison) 6-1 won by fall over Brook lyn Acheson (Urbandale) 3-1 (Fall 3:24) Semifinal - Chloe Sokolik (Fort Madison) 6-1 won by injury default over Nevaeh Miller (Benton Community) 1-1 (Inj. 0:00) 1st Place Match - Asia Jahangir (Dallas Center-Grimes) 6-0 won by fall over Chloe Sokolik (Fort Madison) 6-1 (Fall 2:37) 135 lbs. Kat Diprima (9-0) placed 1st and scored 26.0 team points. Round 1 - kat Diprima (Fort Madison) 9-0 won by fall over Magan Blades (Urbandale) 4-1 (Fall 3:30) Round 2 - kat Diprima (Fort Madison) 9-0 won by fall over Katelyn Hughell (Urbandale) 1-4 (Fall 1:56) Round 3 - kat Diprima (Fort Madison) 9-0 won by fall over Callie Chapman (Indianola) 3-2 (Fall 1:41) Round 4 - kat Diprima (Fort Madison) 9-0 won by fall over Saige Kern (Dallas Center-Grimes) 0-7 (Fall 0:16) Round 5 - kat Diprima (Fort Madison) 9-0 won by medical forfeit over Jordan Voelkel (Benton Community) 5-4 (M. For.) 140 lbs Natalie Wright (1-3) placed 6th and scored 9.0 team points Champ. Round 1 - Natalie Wright (Fort Madison) 1-3 received a bye () (Bye) Quarterfinal - Natalie Wright (Fort Madison) 1-3 won by medical forfeit over Lizzy Wolf (Benton Community) 3-0 (M. For.) Semifinal - Andrea Taylor (Indianola) 2-1 won by fall over Natalie Wright (Fort Madison) 1-3 (Fall 0:22) Cons. Round 3 - Kaylie Wright (Benton Community) 1-2 won by fall over Natalie Wright (Fort Madison) 1-3 (Fall 4:19) 5th Place Match - Abbi Lemke (Pella) 3-4 won by fall over Natalie Wright (Fort Madison) 1-3 (Fall 0:33) 145 lbs. Tatum Peters (6-2) placed 5th and scored 11.0 team points Champ. Round 1 - Tatum Peters (Fort Madison) 6-2 received a bye () (Bye) Quarterfinal - Tatum Peters (Fort Madison) 6-2 won by decision over Izzy Schoettmer (Benton Community) 0-2 (Dec 7-5) Semifinal - Diana Gaie (Des Moines Public Schools) 3-0 won by fall over Tatum Peters (Fort Madison) 6-2 (Fall 1:04) Cons. Round 3 - Jenah Gray (Dallas Center-Grimes) 3-2 won by fall over Tatum Peters (Fort Madison) 6-2 (Fall 1:38) 5th Place Match - Tatum Peters (Fort Madison) 6-2 won by fall over Layna DeMoss (Benton Community) 4-5 (Fall 1:07) 155 lbs. Mady Emett (7-1) placed 2nd and scored 24.0 team points Champ. Round 1 - Mady Emett (Fort Madison) 7-1 won by fall over Elizabeth Briggs (Urbandale) 2-1 (Fall 3:06) Quarterfinal - Mady Emett (Fort Madison) 7-1 won by fall over Lively Hanawalt (Des Moines Public Schools) 2-2 (Fall 1:13) Semifinal - Mady Emett (Fort Madison) 7-1 won by fall over Allie Van Der Molen (Dallas Center-Grimes) 4-2 (Fall 1:34) 1st Place Match - Emmalee Spurgeon (Pella) 6-0 won by fall over Mady Emett (Fort Madison) 7-1 (Fall 0:35) 170 lbs. Sadie Brandon (7-0) placed 1st and scored 24.0 team points. Round 1 - Sadie Brandon (Fort Madison) 7-0 received a bye () (Bye) Round 2 - Sadie Brandon (Fort Madison) 7-0 won by fall over Jaela Wills (Urbandale) 1-3 (Fall 1:11) Round 3 - Sadie Brandon (Fort Madison) 7-0 won by fall over Bianca Swartz (Southern Tier) 0-6 (Fall 0:17) Round 4 - Sadie Brandon (Fort Madison) 7-0 won by fall over Andie Branson (Pella) 4-3 (Fall 0:58) Round 5 - Sadie Brandon (Fort Madison) 7-0 won by fall over Aubrey Borcherding (Dallas Center-Grimes) 3-3 (Fall 1:38) 235 lbs. Taylea Palar (0-3) placed 8th. Champ. Round 1 - Taylea Palar (Fort Madison) 0-3 received a bye () (Bye) Quarterfinal - Meav Swank (Pella) 4-2 won by fall over Taylea Palar (Fort Madison) 0-3 (Fall 1:56) Cons. Round 2 - Brooklyn Anderson (Urbandale) 4-1 won by fall over Taylea Palar (Fort Madison) 0-3 (Fall 0:37) Cons. Round 3 - Taylea Palar (Fort Madison) 0-3 received a bye () (Bye) 7th Place Match - Keaton Simmerman (Southern Tier) 3-3 won by fall over Taylea Palar (Fort Madison) 0-3 (Fall 1:42)



Since 1963

be easy and inexpensive to correct! How? Just keep reading! But first, here's a picture to show you where the pain comes from: **#7**• Stiffnocc fr

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

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 torgue and tension
- imbalance of hips

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

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

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

WOULDN'T YOU RATHER:

Turn over in bed without pain waking you up?

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

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

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

James Healthcare & ASSOCIATES, INC.

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

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PUBLIC NOTICE IOWA DEPARTMENT OF NATURAL RESOURCES New Construction Announcements

Notice to Bidders - Iowa Department of Natural Resources

Starting July 27th, 2022, the Department of Natural Resource will be accepting sealed construction bids via email. Sealed bids will be received by the lowa Department of Natural Resources, at the Wallace State Office Building, 502 East 9th Street, Des Moines, IA, 50319-0034, or via email at constructionbids@dnr.iowa.gov until 11:00am, December 7, 2023 for the public improvement projects listed below, at which time they will be opened publicly. After the bid opening, bid results may be obtained by visiting the Department's website at https:// programs.iowadnr.gov/ engreal/projectlist.asp. In addition to attending the bid opening in person, interested parties may also call in to the following number to listen to the bid opening:

Conference call number: +1 (240) 623-0919 PIN: 683-750-293#

In order to improve sound quality, please mute your phone by pressing *6. If you have questions, you can unmute your phone by pressing *6.

Sealed bids sent via email must be sent to constructionbids@dnr. iowa.gov All bids, and required documentation, must contain a scanned original signature. - Electronic signatures are not allowed. When emailing bid documents, the subject line of the email must state the following: Project Number, Project Name, and Bid Letting Date. Please ensure the first page of the emailed attachment, or first of multiple attachments, is the bid proposal. No bids shall be accepted via FAX. Note: The United States Postal Service (USPS) does not deliver mail or packages directly to the address provided above but rather to the Capitol Complex Mail Room. Extra time should be allotted for proposals sent by the USPS. The Iowa Department of Natural Resources shall not consider bids if they are not received by

the Department of Natural Resources mail room or reception staff, by the time and date described in this Notice to Bidders, regardless of whether the bid was mailed or received at the Capitol Complex Mail Room or other state government location prior to that time and date.

Project documents, including drawings, specifications, proposal forms, and addenda items for the project are available at Beeline and Blue, at 2507 Ingersoll Ave, Des Moines IA 50312. Please visit www.beelineandblue.com or contact (515) 244-1611 for more information. Alternatively, Bid Documents can be viewed or printed online at https:// programs.iowadnr.gov/ engreal/projectlist.asp.

The Department shall comply with all public improvement procurement laws, as outlined in the plans and specifications and including but not limited to: Iowa Code chapter 26 related to public construction bidding; lowa Code chapter 73 related to preferences; lowa Code chapter 573 related to labor and materials on public improvements; rules promulgated by the Department of Administrative Services - General Services Enterprise as they may apply; rules promulgated by the Department of Natural Resources and the Natural Resources Commission, as they may apply; and any federal statutes, rules and/or executive orders that may be associated depending on funding sources. Bidders shall comply with these laws to be considered and are encouraged to be familiar with public improvement procurement requirements and the bidding documents before submitting a bid. Each bidder shall accompany the bid with a bid security as defined in lowa code section 26.8. Scanned copies of the bid security will be accepted for those bidders submitting bids electronically. Additionally, the submission of an electronic bid security in the form of a certified check, cashier's check, or money order, the original security must be mailed to the Department at the Wallace State Office Building, 502 East 9th Street, Des Moines, IA 50319 within (5) business days of the

PUBLIC NOTICES

bid letting date. The bid security must be in an amount set forth in the bidding documents and made payable to the Iowa Department of Natural Resources. Failure to execute a contract for the proposed work and file an acceptable Performance Bond, in an amount equal to 100% of the contract price and a certificate of liability insurance, within

Keokuk, IA 52632

thirty (30) days of the date of the award of the contract, will be just and sufficient cause for the rescinding of the award and the forfeiture of the bid security.

MUSCATINE COUNTY PROJECT NO. 22-06-70-02

Wildcat Den State Park Pavement Maintenance

Fax: 319-524-2373

Proposal Guarantee: \$12,500.00 Completion Date:

08/30/2024 Project Description: This project consists of cleaning existing culverts, reshaping ditches, placing rock on shoulders and rock roads, placing revetment and erosion stone,

rock check dams, patching, cleaning and filling cracks and fog sealing approximately 1.64 miles of HMA pavement of varying widths.

LINN COUNTY PROJECT NO. 23-06-57-01

Palisades-Kepler State Park Pavement Maintenance Proposal Guarantee: \$37,500.00

Completion Date:

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08/30/2024

Project Description: This project consists of cleaning existing culverts, reshaping ditches, placing rock on shoulders, placing revetment and erosion stone, patching, 2" overlay, cleaning and filling cracks and fog sealing approximately 2.9 miles of HMA pavement of varying widths and patching approximately 0.6 miles of PCC pavement.

POLK COUNTY PROJECT NO. 24-05-77-01

DNR Fairgrounds Archery Building and Courtyard Improvements Proposal Guarantee: \$37,500.00 Completion Date: 07/15/2024

Project Description: Current operations at the Fair have temporary facilities for the air rifle and archery demonstrations. This project will

HELP WANTED

LEE COUNTY SECONDARY ROADS CLASS VII ROAD MAINTENANCE FOREMAN

Lee County is taking applications for a Class VII Road Maintenance Foreman, to work at the Ambrosia Maintenance Shop. Duties will include planning, organizing, scheduling, directing, coordinating, and inspecting the work of road maintenance crews.

Requires a high school graduate or G.E.D. equivalent and must possess a valid Class A commercial driver's license with air brake and tanker endorsements. The wage range is \$29.18 to \$32.90.

Lee County provides equal opportunity in employment to all persons regardless of age, race, creed, color, sex, national origin, religion or disability. provide a permanent solution for this activity, making it safer, easier to access, and more enjoyable for everyone. While relocating this portion to the north side of the courtyard, the stage where presentations are delivered will have to be moved to the south-west corner of the courtyard. This move will provide accessibility to all and will also reduce noise from adjacent activities at the fair. The North end of the courtyard will also be renovated for better circulation, permeable pavers, and native plantings will be installed.

BOONE COUNTY PROJECT NO. 23-02-08-02

Ledges Boat Ramp Loop Road Connection Project

Proposal Guarantee: \$12,500.00

Completion Date: 10/30/2024

Project Description: This project consists of installing a portland cement concrete access road which will be connecting to an existing road creating a one-way loop road with parking along the right side of the loop road located at Ledges State Park in Boone County, Iowa and includes grading, installation of concrete road with parking along with pavement striping for the parking spaces and oneway street signage.

PUBLIC NOTICE Lee County, Iowa Board of Supervisors Agenda DATE: Monday, November 20, 2023 MEETING CONVENING TIME: 10:00 A.M. (CDT) LOCATION: 933 Avenue H Fort Madison, IA please use the Chat feature and wait for the Chairman to address you. If you are participating by phone, please wait until everyone is done speaking before addressing the Board. Please keep your microphone muted to cut down on background noise. If you are participating by phone, press #6, this will mute your phone.

Pledge of Allegiance Approve Agenda Public Input Consider Approval of Resolution Setting Public Hearing for Possible Donation of Fort Madison Apartments to 2 x 4's for Hope

Consider Approval of Resolution for Repayment of Interfund Loan for EMS Consider Approval of

Tax Abatement Resolutions (2) Consider Approval of

Homestead, Military and Disabled Vet Tax Credit Tax Applications for Assessment Year 2023

Discussion and Possible Action on County Emergency Paid Sick Leave

Consent Agenda • Monday, November 14, 2023 Board Minutes

Claims for Payment
 Class B Retail Alcohol

License for Green Frog Distillery

 Special Class B Retail Native Wine License for Hinterland Dairy Personnel: A. New Hire-IT Reports: A. Sheriffs Monthly Report B. Treasurer's Report of Fees Collected C. Auditor's Report of Fees Collected D. Recorder's Report of Fees Collected (2)

Fees Collected (2) Canvass the Fort Madison School District Election Commission or Committee Reports Adjourn

Possible Workshop

7:00 A.M.

Roll Call
 Approve agenda
 Receive Visitors:

 a) Visitors to speak
 about items not on the

agenda 4. CONSENT AGENDA: (Exhibit I)

a) Approve minutes b) Financial reports: General and Schoolhouse funds, Clearing account, Hot

Lunch account c) Approve prepaid bills d) Approve monthly bills e) Overnight Trip Requests:

1. State Carpentry Competition, Des Moines, Iowa - 11/30/2023 -12/1/2023

2. Foods III, Chicago, Illinois - 12/13/2023 -12/14/2023

f) Open Enrollment Application: Denial 5. Acceptance of Abstract of Election by Board Secretary (Motion) (Exhibit II) 6. Recognition of Ser-

vice for Retiring Board Member Kim Hasek 7. Adjourn

ORGANIZATIONAL MEETING OF THE NEW BOARD

1. Call to Order & Roll Call (by Board Secretary) 2. Oath of Office to New Board Members (by Board Secretary) 3. Election of Board President (Motion) (by Board Secretary) 4. Election of Vice President (Motion) (by Board President) 5. Establish Meeting Date Time & Location:

Date, Time & Location: (Motion) 6. Name of Official Pub-

lication: Ft. Madison Daily Democrat (Motion) 7. Designation of Legal Counsel: Ahlers & Cooney Law Firm (Motion)

8. Superintendent's Report: a. Final Enrollment

(Exhibit III) (Roll Call Vote)

3. Recommend the Board of Directors by motion to authorize the Board Secretary to issue

warrants when said Board of Directors is not in session as per 279.20 Code of Iowa.

A separate invoice list of prepaid warrants will be presented to the board monthly.

This motion is reviewed and re-approved yearly during the re-organizational meeting.

(Motion) 4. SBRC Approval: (Motion) (Exhibit IV)

a) Special Education -\$176,725.21

b) Enrollment Growth -\$62,269.20

5. Give approval for Superintendent and Board Secretary to pay Hot Lunch Bills upon

proper documentation and approval from the Food Service Director. (Motion)

6. Mid-Term Graduate Applications: (Motion) (Exhibit V)

7. Review and Approve Teachers Moving on Salary Schedule: (Motion) (Exhibit VI)

8. First Reading of Board Policies: (Motion) (Exhibit VII) a) 401.01 - Equal Employment Opportunity

b) 503.01 - Student Conduct

c) 503.01R1 - Student Suspension

d) 503.02 - Expulsion
e) 503.08R1 NEW!
- Student Threats of
Violence and Incidents of

Violence Regulation f) 605.3R1 - Reconsideration of Instructional

and Library Materials Regulation

g) 701.05R1 - Financial Metrics

9. Introduction of Board Policies 200 Series

10. Approve Increasing Food Service Substitute Pay from \$10.00 to \$11.50 per hour (Motion) Business Teacher 14. Resignations: (Motion)

a) Stephanie Ferris -Teacher Associate

b) Brian Wells - Assistant Varsity Baseball Coach

15. Contract Approvals: (Motion)

a) Melissa Jacobs -Eighth Grade Girls' Basketball Coach

b) Hollie Weber - LEGO
 League Sponsor & Future
 Problem Solvers Sponsor
 c) Nicole Smith - Full-

time Bus Driver

d) Rodney Tweedy -Substitute Bus Driver

16. Board Reports

17. Adjourn (Motion) After the board meeting, the Central Lee School

Board will visit the Central Lee Trades Program at their construction site in Franklin, IA. The board will visit Mr. Schau and his trades students.

YOUR AD HERE Call Lee 319.371.4125

PUBLIC NOTICE AGENDA FORT MADISON CITY COUNCIL SPECIAL MEETING Date: MONDAY, NOVEMBER 20, 2023 Time: 4:00 P.M. Place: City Council Chambers, City Hall

ROLL CALL

1. Consultant Review and Comments on City Manager Search

CLOSED SESSION 2. (Blank) MOVED and (blank) SECONDED enter into Closed Session to evaluate the professional competency of individu-

For a job description and to apply, download an application from our county website, <u>www.leecounty.org/empoy-</u> <u>ment.aspx</u> or you can pick an application up at the Engineer's office and return your completed application along with a resume to Lee County Engineer, P .0. Box 158, Fort Madison, Iowa 52627, or email it to <u>engineer@leecounty.org</u>. Applications will be accepted until the position is filled.

If you have any questions, please contact Lee County Engineer Office at (319) 372-2541 or email them at engineer@leecounty.org.



---AGENDA---

Lee County Board of Supervisors

Nov 20, 2023, 10:00-11:30 AM (America/Chicago)

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PUBLIC NOTICE CENTRAL LEE COMMUNITY SCHOOL DISTRICT DONNELLSON, IOWA 52625 (DISTRICT OFFICE) TENTATIVE AGENDA NOVEMBER 20, 2023 FINAL MEETING OF RETIRING BOARD Certified Count b. Special Education Certified Count

- c. Finance Update d. Next Board Meeting - December 12, 2023 @
- 7 a.m.

e. Staff Holiday Event - Monday, November 20 (5-7 p.m.)

f. Strategic Plan Progress Update

g. Iowa School Performance Profiles

h. Legislative Update NEW BUSINESS

1. Board's Check Signing Authorization for President & Superintendent: (Motion)

2. Board Resolution to Define Operating Rules and Practices that will be followed by the new Board: (Motion) 11. Approval of Tuition Reimbursement Agreement for High School Teacher for Concurrent Enrollment (Motion) (Exhibit VII)

12. Approval of Retirements Effective End of 2023-2024 Per Licensed Employee

Retirement Policy No. 407.3 (Motion)

a) Julie Kropf - Instructor

b) Paul Kropf - Instructor

c) Kyle Van Ausdall -Instructor

d) Kim Myers - Instructor

Transfers: (Motion)

 a) Kayla Schwartz 9-12 Success Coordinator
 to First Grade Teacher
 b) Scot Fransk - 9-12

als, where said individuals have requested closed session, pursuant to lowa Code Section 21.5(1)(i). OPEN SESSION

3. Consultant's Review of next step in City Manager Search Process

4. (Blank) MOVED and (blank) SECONDED to extend offer of employment to the preferred candidate as City Manager. and to direct consultant, Mayor and those resources that the Mayor requests, to negotiate an offer of employment to said candidate, subject to approval of an employment contract by Resolution by the City Council at the next Council meeting. ADJOURNMENT

Sports/Local News

BLOODHOUND PREVIEW Thacher to lead Bloodhounds in quest for SEC title

BY CHUCK VANDENBERG, PCC Editor

FORT MADISON – The Fort Madison boys' wrestling team still has about 10 days before the season kicks off officially, but the Hounds are laser focused on a sixth straight conference title and the IHSAA state meet in February.

Head Coach Ryan Smith said Fort Madison is once again bringing in a lot of experience, including five qualifiers for last season's run at Wells Fargo Arena.

The Bloodhounds sent seven to the tournament last year including Nolan Riddle, Logan Pennock, Teague Smith, Ike Thacher, Noah Swigart, Daniel Sokolik, and Aidan Pennock. Sokolik and Aidan Pennock were lost to graduation. Senior Henry Wiseman was figuring to be part of the mix this year as well, but an ACL injury in the latter half of the football season has him sidelined in his final year.

Senior Ike Thacher captured fourth place last year and was the only Bloodhound to take the podium after a disappointing second day of wrestling where Fort Madison lost seven matches in one day.

"We definitely have some really good experience. And not just experience, but success back with multiple state qualifiers and a state place finisher," Smith said.

"We were counting on Wiseman being a big part of that, he did win some matches against Pennock, but Pennock got the spot. Henry was right there."

Logan Pennock is hoping to hold down the 132 lb. spot. Pennock is wrestling in his junior year after qualifying last year and just missed as a freshman in a wrestle back at districts. Pennock is described by teammates as a funky wrestler, who rarely finds himself out of any match.

"I can't really put a name on my style," he said Thursday. "Whenever I'm wrestling, I come with my own moves and I start throwing things together. Things that don't work for everyone else, I can make happen. I can go high and nobody else likes to wrestle from there. Anything and everything that is funky, I do it and I enjoy it a lot.

"I get in awkward situations and a lot of people get nervous in those, but I can sit in those and wrestle out of it."

Pennock said he wants to help the Bloodhounds win another conference title, while moving up in the rankings. Then he wants to get on the podium as one of the top eight wrestlers in his class in 3A. He wrestled at 126 most of last season.

Senior Teague Smith said his goal is to dominate conference and not allow a single point to opponents.

"We want to just dominate our conference. We don't want to give up a single point this whole year. We have a lot of guys with that mentality," he said.



Photo by Chuck Vandenberg/PCC

Smith said Riddle and Thacher will be hammers for the Bloodhounds this year. Thacher secured his first-ever place finish when he lost to eventual state champion Dreshaun Ross at 195 lbs. in the third round. This year Thacher will be looking for another district championship and third trip to the state tournament.

Riddle wrestled at 145 last season and really came into his own going 38-10. He went 1-2 in Des Moines last year, winning his first round match as the 11th seed, but then falling in the next round and losing a heartbreaker in consolation wrestling 12-9 after getting a late 3-point nearfall, but couldn't secure the pin.

Smith said it was too early in the season to point to any particular wrestlers who could play a large impact this year.

"We've only had about four practices, so it's a little early to really gauge the other wrestlers, but we're going to be there again," he said.

Districts will be held at Bettendorf this year on Feb. 10. Fort Madison is in Class 3A's District 2 with Bettendorf, Burlington, Clear Creek-Amana, Davenport Central, Davenport West, Muscatine, and Iowa City High.

The top three wrestlers in each weight class qualify for state, which this year begins on Valentine's Day, Wednesday, Feb. 14, with Class 3A wrestling taking place in the second session daily at 1:30. All title matches are Saturday night with consolation semifinals and consolation finals Saturday morning starting at 9 a.m.

FMAAA hosting book signings Nov. 25

FMAAA Art Center in conjunction with the annual Mistletoe on Main Street event on Saturday, Nov 25th will be hosting our Meet the Author and Book Signing event from 10a-2p.m.

FMAAA is fortunate to have a diverse and creative membership that also includes authors and book illustrators. The Art Center located at 825 Avenue G will have Bree Moore, Bruce Carlson, Cassandra Sembach, Curt Swarm, P.E. Pence, Jessica Neff, Tracee Guzman, Tyler Mills and Carlene Dingman Atwater on hand.

Bring your own favorites in for a signature or



purchase books available for the signing.

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Wine Walk



Photo by Chuck Vandenberg/PCC Above Terry McGregor and "Roy Boy" humbly accept their awards after being named the Fort Madison Elks' annual soup contest winners Friday night. McGregor's Kansas City Chief's chili won the top prize. At right, PCC Editor Chuck found Vandenberg FMFD's Justin Cain and Clint Harland.



THANKSGIVING

- HAPPY -

In observance of the Thanksgiving holiday, we will not publish an e–Edition Thursday, November 23 through Sunday, November 26. We'll resume publication on Monday, November 27. Breaking news will continue to be published on our website 24/7.

We wish you a very warm & wonderful Thanksgiving.



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Lots of visitors came to FM for annual wine walk

WALK - Continued from Page 1

but he's had more success in his life than I ever will.

He's taken a girls' basketball team to state, a team that included my niece, who I still believe had she been left in, instead of being pulled because she cooled off after scoring 12 points in the first quarter of the first round at Wells-Fargo Arena, would have changed West Burlington's fortunes that night against West Lyon.

But I'm just a journalist. He's the master of the half-court 1-3-1. I need to stay in my lane and in so doing, let this hot water run over me opening my mind to some things I had been taking for granted.

For example, spending three hours walking around downtown and shaking hands with elected officials and economic development officials, city workers, county workers, friends, co-workers, and many, many others, is an exhausting endeavor, but also one a bit unmatched.

It's also not lost on me that I know a lot of people in Fort Madison – a lot. But on this night annually I see people, a lot of people, I don't know. Those are the conversations that are really a joy. It usually starts with an off-hand remark about a sample from one of the area breweries and turns into a short chat.

Short chats are what had me jogging down the street trying to catch up to the group of five I came with. It reminded me very much of going grocery shopping with my wife. Inevitably by the time she gets to the freezer aisle, I'm still back by the butcher's counter talking with someone or stuck by the bread.

She hated going to the store, and she hated going with me more. I think this group of people walking around with commemorative fluted shot glasses may have started to hate that they were with me. Don't get me wrong, my sister-in-law can hold her own in a room of people as good as any politician, but I think they came down to spend time with me. At least my ego says that.

The soups at the Elks were as good as ever and Terry McGregor's Kansas City Chiefs Chili again won first place.

I thought about the multitude of conversations I'd had that night. From golf, to politics, to the city's three City Manager candidates who were getting to see Fort Madison first hand, to the small glasses, long waits, and the appeal of both sweet and red wines. The Thunderberry Vineyards swallows were my favorite wines. The sweet wasn't too, nor was the dry. Very nice. Oh, and Hy-Vee's blueberry cheese was surprisingly creamy and sweet. Clark and Nannette Griffin did a bang up job on a Cincinnati chili and brat pieces.

The other thing that escaped me about Friday night was the number of people I didn't know. I made the point several times to my family as we walked around that it amazed me how many faces were down there that I didn't recognize.

That happens every year. It's part of the good stuff. I also find it a little lonely.

But a chilly night along Avenue H looking at the beautifully lit depot creating a black curtain backdrop that is the vista of the Mississippi River and Pool 19, struck me that winter was coming. It made me regret wearing shorts, but only a little.

I thought about a hot shower at home and I warmed right up. I don't always get to the things that happen in Fort Madison. I try to get to as much as possible, but this annual trek in and out of stores giving away free stuff the week prior to Thanksgiving in downtown Fort Madison always makes me feel just a bit like this is my home.

Because it is, but that's Beside the Point.

Chuck Vandenberg is editor and co-owner of Pen City Current and can be eached at <u>Charles.V@PenCityCurrent.com</u>.

Contact Tracy to Schedule Your **COMPLIMENTARY REVIEW**

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