

## County vets Hospice program

**AUDIT:** Lee County Auditor to contact state about program's bookkeeping

BY CHUCK VANDENBERG  
PCC EDITOR

LEE COUNTY – A discussion that started last week at a Lee County Health Dept. board meeting spilled into the County's Board of Supervisors' room Monday. And the discussion got very emotional around whether the county should continue to provide taxpayer support to the LCHD Home Health and Hospice program. More than 60 people were either in attendance or following along via remote access as the spirited debate unfolded. The program has been operating in the red for the past two years to the tune of about \$300,000, according to Board Chairman Garry Seyb, who called for the workshop discussion that followed the board's regular meeting.



ROSS



SCHULZ



FRAISE

LCHD's financial operations manager Tammy Wilson said the department has taken steps to alleviate some of the financial pressures on the program, including moving some of the payroll and benefits for staff into other grant programs. Supervisor Tom Schulz very pointedly asked how shifting money around within the department was going to help. "It's just shifting money from one place to another," Schulz said.

See HOSPICE, page 8



Photo by Chuck Vandenberg/PCC

West Point Mayor Joseph Loving presides over his last meeting as mayor Monday night in West Point. West Point resident Gary Peitz will take over as Mayor starting in January. Peitz, along with councilmembers-elect Wendy Vonderhaar and Larry Buchholz were also sworn in.

### SPORTS

## Pennock leads Bloodhounds to fifth at Wentzville

BY PCC STAFF

WENTZVILLE, Mo. – A short-handed Fort Madison boys wrestling team still managed to get a top-5 finish at the Liberty Invitational near St. Louis Saturday. Logan Pennock led the way for the Hounds with a title at 132 lbs. Pennock

recorded four pins on the way to the title. He knocked off Conner Roach of Sullivan half-way through the first period of the championship match. The junior only went into the second period one time on the day when he pinned Warrenton's Joshua Kassing in 2:13. All of his other pins came in the first period as he rolled to the title and

stands now at 12-2 on the year. Pennock's title gave the Hounds 28 points. The Bloodhounds finished the event with 97.5 points good enough for fifth. Centralia won the event with 226 points. Sullivan was fourth with 103.5 points.

See HOUNDS, page 5

### EDITORIAL

## EMPTY NEST

By Curt Swarm



## Sleigh tracks to prove Santa brings gifts

Christmas has always been a happy time for me. I'm sure it's because, as a child, our parents, mostly our mother, made sure it was happy. Later in life, as an adult, I was surprised to learn that there are bah-humbug people who see Christmas as depressing, sad and materialistic. They just want the holidays to be over ASAP. I think these people might have had unhappy Christmases as children—coal in their stockings, that sort of thing.

When I was a kid, we were big believers in Santa Claus: that jolly, bearded fellow in red, driving a sleigh pulled by reindeer, landing on roof tops and sliding down chimneys. It made no difference that we didn't have a chimney. My sister and I would leave a snack out for Santa. Somehow the note that Santa left, in handwriting that looked a lot like our mother's, didn't raise a red flag.

I was shocked to my eyeteeth when my sister said, "There is no Santa Claus, stupid. It's Mom and Dad." This news was devastating, not so much that it shattered my belief in the jolly red fellow, but because it meant that our parents were laying out precious money for us kids that we did not have. We were poor, and as kids, we knew it, and felt it. If our parents were spending hard earned money on presents, well it was news that was just too hard for me to bear.

With tears running down my face, I approached Mom, asking if she and Dad were Santa Claus. "Oh, honey, no. Where did you get that idea?"

I told her who told me. Somehow, Mom convinced me that Santa Claus was real. For proof she offered up the fact that she and Dad couldn't afford all those gifts, so it had to be Santa. It made sense. I was

See SWARM, page 8

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• Robert L. Wallingford, 91

### WEATHER

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WED 13 Dec.....	Partly sunny & cold, 39° F/25° F	☀
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# Opinion

## LETTER TO THE EDITOR

# Food Pantry thanks Asay for project



Fort Madison's Abrie Asay stands with her Cookbook project she created for the Fort Madison Food Pantry to help patrons make meals with the offerings of the pantry.

Dear Editor:

The Fort Madison Food Pantry, located at 3421 Avenue L, would like to extend a huge and heartfelt thank you to Abrie Asay of Ft. Madison for the Cookbook Project she successfully launched and completed.

Abrie has been volunteering for nearly her entire life for various causes and organizations. Her name and photo have been published numerous times by Pen City Current and other publications recognizing her for her activities. We, at the Pantry would like to add our thanks as well. Abrie is the person we all aspire

to be. Even at her young age (still a high school student), she has logged many, many hours as a volunteer. Her passion to help was ignited when she watched a movie about a small boy who started his own project to help in the aftermath of a hurricane. Her first project immediately followed and was completed with the help of her mother when she was eight years old. She has never stopped seeking ways to help others.

When asked what motivated her to take on the cookbook project, she shared that as she shopped with folks at the Pantry there were many times, the patrons would indicate some of the items were not familiar to them or they were not sure whether their family would like them. After

hearing this routinely, she thought it made sense for a cookbook to be compiled with recipes utilizing the foods offered at the Pantry, thereby helping the Pantry to create a larger impact with the food distributed. She solicited recipes from experienced cooks and did some research to develop recipes that focused on the lesser-known items available (i.e., black beans, salmon, and venison).

Once the recipes had been collected and compiled, she moved on to the challenge of raising the funds to have the cookbook printed. She reached out to various individuals, businesses, and organizations to solicit donations to cover that cost. Through those generous donations, she was able to add a hard

cover and divider pages to the cookbook and 100 more books than she had initially set as her goal.

Abrie wanted to be certain those providing funds to help publish the cookbook and the recipe contributors were thanked when we wrote this thank you letter as well. All monetary donations to the cost are listed within the cookbook itself also.

Those receiving a copy of the cookbook when visiting the Pantry have been very enthusiastic and positive. Thank you to Abrie for having the initiative to offer a way to enhance the impact of the pantry and to those who donated to her project.

Shelly Pratt,  
Fort Madison Food Pantry

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# Obituaries/Iowa News

## OBITUARIES

### ROBERT L. WALLINGFORD

Robert L. Wallingford, 95, of Revere, Missouri, passed away at 6:05 a.m. Thursday, December 7, 2023, in Kahoka, Missouri.

He was born in Anson, Missouri, on The Wallingford family farm on November 22, 1928, the youngest child of Wortha Eston and Hattie LaVerne (Peacock) Wallingford. His birthplace was designated a Century Farm in 2017 and has been in the family since 1879.



WALLINGFORD

Robert was a member of the Anson Community Church. Robert graduated from Revere High School with the class of 1946. He also had five children that graduated from Revere. His favorite activity was to attend basketball games, at which everyone recognized his voice as he cheered on the players and offered to “help” the referees.

He was married to Gladys Ann Brewer on November 6, 1949, at the first Christian Church in Kahoka, MO by Rev. Richard Golden. Robert and Gladys celebrated more than seventy-two years together. They were a great example to their family with their dedication to each other.

Robert was a farmer at heart, but he was a handyman and could do about anything and wasn't afraid to try. He and Gladys helped all of their children in some way, or another, set up and remodel their first homes. He also taught himself to weld and used this skill during employments at Ajax in Ft. Madison and Buffalo Caster in Farmington, IA, along with farming full time. He took a leave from farming from 1956-1958 when he became the first manager of the D-X Station in Donnellson, IA.

When he was able, one of his favorite things to do was get on his side-by-side and tour what he called the “160,” which was a 160-acre parcel near his home. He had it manicured like a state park with beautiful rolling grassy hills, covered with black cows and a fishing pond. The family would tease him about how irritated that he made the squirrels when they saw his bulldozer coming.

Robert could visit with anyone, which enabled him to enjoy being a feed and seed salesman and operating a seasonal fireworks business. He believed that the fireworks business, on the Century Farm, was the oldest in northeast Missouri.

Robert was also known for lovingly attaching nicknames to family and friends. He loved to tease.

Robert was survived by his children: Barbara (Stanley) Elwell, Bonnie (Buddy) Martin, Mark Wallingford (Ellen Wilson), Brenda (Rueben) Leffler and Richard (Anna) Wallingford. Also surviving are fourteen grandchildren: Brian (Lesley) Elwell of Overland Park, Kansas, William Elwell (fiancé Brittney Hardin) of Germantown Hills, Illinois, Rob (Jennifer) Elwell of Melbourne, Florida, Tressa (Kalin) Sharkey of Columbia, Missouri, Tara (Nathan) Klepfer of Ashland, Missouri, Megan (Aaron) Zook of Philadelphia, Missouri, Mykel (Melea) Martin of Kahoka, Missouri, Jason (Linda) Wallingford of Maywood, Missouri, Tisha (Troy) Patterson of Monroe City, Missouri, Jenette (Justin) Hurayt of Foristell, Missouri, Jenelle (David) French of Olathe, Kansas, Brandon (Claudia) Leffler of Cape Girardeau, Missouri, Tyson Wallingford of Revere, Missouri and Ashley (Brandon) Kerr of St. Charles, Missouri; twenty-seven great grandchildren; nieces, nephews and cousins.

He was preceded in death by his wife; his parents; his in-laws: Ray Wilbert and Gladys Faye Brewer; a special aunt: Mary Brewer; his siblings and their spouses: Vera (Raymond) Yates, Mabel (Ivan) Lee, Helen (Harley) Seth, Charles (Louise) Wallingford, Lois (Paul) Rider; a special nephew: Dean Wallingford and special niece: Janet Elliott; and sister-in-law and her spouse: Lois (George) Tanner.

No visitation will be held.

A private family memorial service will be held Saturday, December 16, 2023, at the Anson Community Church in Anson, Missouri with burial at the Anson Cemetery.

A memorial has been established in his memory for the Anson Cemetery and can be mailed to the family at: Schmitz Funeral Home, P.O. Box 22, Donnellson, Iowa 52625.

Online condolences may be made to the family at [www.schmitzfuneralhomes.com](http://www.schmitzfuneralhomes.com). Schmitz Funeral Home of Farmington is assisting the family with arrangements.

## Bird calls for Biden to drop firarm rule

DES MOINES—Today, Iowa Attorney General Brenna Bird, Kansas Attorney General Kris Kobach, and Montana Attorney General Austin Knudsen co-led a coalition of 26 states and the Arizona State Legislature in a letter calling on the Biden Administration's Bureau of Alcohol, Firearms, and Tobacco (“ATF”) to drop a proposed rule that violates the Second Amendment.

The proposed rule significantly expands the definition of a “firearms dealer” and imposes strict regulations on nearly all gun transactions. Any for-profit transaction, even between family members, will require the seller to be a registered firearms dealer or face significant penalties—including possible prison time. The new proposed rule even applies to Iowans selling a single gun. Transactions do not have to involve the exchange of money but could also include personal property or payment through service.

“The Biden Administration mandating that you register as a firearms dealer to sell a gun to a family member is unlawful and absurd,” said Attorney General Bird. “It’s a blatant assault on our Second Amendment rights and

proves that the Biden Administration will stop at nothing to criminalize law-abiding gunowners. But we won't stand for it. We're fighting back to protect Iowans' constitutional rights.”

The letter makes the case that if the ATF was serious about combatting violent crime, it would focus on enforcing the laws that are already on the books to hold violent criminals accountable and save lives. Instead, the ATF is targeting innocent Americans. That is unlawful and wrong. The ATF must change course.

The Biden Administration's rule violates the Second Amendment and the Administrative Procedure Act, which requires that federal agencies fully consider the costs of a proposed rule—and that rule's legality—before imposing it on the country.

Iowa co-led the letter with Kansas and Montana. They were joined by Alabama, Alaska, the Arizona State Legislature, Arkansas, Georgia, Idaho, Kentucky, Louisiana, Missouri, Mississippi, Nebraska, New Hampshire, North Dakota, Ohio, Oklahoma, South Carolina, South Dakota, Tennessee, Texas, Utah, Virginia, West Virginia, and Wyoming.



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# Sports

## Kemper 3rd; Smith and Brandon 4th at V-S Invite

VINTON – Fort Madison’s girls wrestling team captured eighth place at a loaded Vinton-Shellsburg Invitational over the weekend.

The event featured four of the state’s top 10 girls’ wrestling teams and the Lady Hounds finished with 104.5 points behind Charles City’s 113 and Davenport’s 117 just outside the top 5.

Junior Hailey Kemper, ranked 9th in the state at 100 lbs lost a major decision to eventual champion Bettendorf’s Olivia Hernandez (16-4) by a 15-4 major decision. Hernandez would pin Waverly-Shell Rocks Amber Hoth, who’s tied with Kemper at 9th place in the state for the title.

The Bloodhound went 4-0 for the rest of the tournament with a bye and three pins for 3rd place in the bracket and 20 team points.

Sophomore Mara Smith and junior Sadie Brandon both went 3-2 on the day and captured 4th-place finishes for the Lady Hounds. Smith ran into the states 2nd-ranked wrestler at 120 lbs in Abigail Meyrer in her semifinal match. Meyrer recorded a pin over Smith in the first period.

In the consolation semifinal match, Smith scored a dramatic come-from-behind win over Independence’s Jordin Derr. Smith led 4-1 after the first period and neither wrestler scored in the second period. But Derr racked up a two-point reversal and a two-point nearfall with 1:22 left in the match. Derr kept control until about 35 seconds

left when Smith was able to work an escape and then rode out the remaining 33 seconds trying to work a pin and advance to third-place match.

There, Smith ran into the state’s 2nd-ranked 115 lb. wrestler in Vinton-Shellsburg’s Bree Swenson falling at 1:44 in the first period.

Brandon won her first two matches advancing to the semifinals against South Tama County’s Abigail Chyma who knocked the Lady Hound into the consolation bracket with a fall halfway through the second period. There Brandon defeated Delilah Maxfield by injury default. Brandon led 6-2 at that point scoring three take downs in the first period. Brandon then suffered a pin midway through the second period to Dakota Cornell of Vinton-Shellsburg in the 3rd-place match to anchor 4th for the Hounds and collect 18 points.

Kat Diprima went 4-2 on the day to win 5th place at 135 lbs and getting 14.5 points for the Lady Hounds. She up-ended Payton Lefevre of Vinton in the 5th-place match after falling in consolation semifinal wrestling to 4th-ranked Isabella Deeds of Ridgeview by pin in the first period.

Complete results of the event are below. 100 lbs. - Hailey Kemper (17-2) placed 3rd and scored 20.0 team points..Champ. Round 1 - Hailey Kemper (Fort Madison) 17-2 received a bye ( ) (Bye). Quarterfinal - Hailey Kemper (Fort Madison) 17-2 won by fall over Alex Cherry (Cedar Rapids Washington) 3-4 (Fall 2:34). Semifinal - Olivia Hernandez (Bettendorf) 16-4 won by major decision over Hailey Kemper (Fort Madison) 17-2 (MD 15-4). Cons. Semi - Hailey Kemper (Fort Madison) 17-2 won by fall over Belle Weets (Vinton-Shellsburg) 14-13 (Fall 0:53). 3rd Place Match - Hailey Kem-

per (Fort Madison) 17-2 won by fall over Livia Smith (South Tama County) 12-8 (Fall 1:43) 100 lbs. - Lucille Zimmerman (9-12) placed 6th. Champ. Round 1 - Amanda Esche (Johnston) 2-3 won by fall over Lucille Zimmerman (Fort Madison) 9-12 (Fall 1:18). Cons. Round 1 - Lucille Zimmerman (Fort Madison) 9-12 received a bye ( ) (Bye). Cons. Round 2 - Lucille Zimmerman (Fort Madison) 9-12 won by fall over Alex Cherry (Cedar Rapids Washington) 3-4 (Fall 1:03). Cons. Round 3 - Lucille Zimmerman (Fort Madison) 9-12 won by fall over Kaylin Kibbee (Waverly-Shell Rock) 4-4 (Fall 5:01). Cons. Semi - Livia Smith (South Tama County) 12-8 won by fall over Lucille Zimmerman (Fort Madison) 9-12 (Fall 1:00). 5th Place Match - Belle Weets (Vinton-Shellsburg) 14-13 won by fall over Lucille Zimmerman (Fort Madison) 9-12 (Fall 3:20) 105 lbs. - Emma Berry (7-14) place is unknown and scored 0.0 team points.. Champ. Round 1 - Ruby Miller (Mid-Prairie) 6-14 won by fall over Emma Berry (Fort Madison) 7-14 (Fall 0:55). Cons. Round 1 - Emma Berry (Fort Madison) 7-14 received a bye ( ) (Bye). Cons. Round 2 - Elyssa Graber (WACO, Wayland) 11-7 won by fall over Emma Berry (Fort Madison) 7-14 (Fall 0:52) 120 lbs. - Mara Smith (22-3) placed 4th and scored 16.0 team points.. Champ. Round 1 - Mara Smith (Fort Madison) 22-3 won by fall over Athena Flores (WACO, Wayland) 4-12 (Fall 0:54). Quarterfinal - Mara Smith (Fort Madison) 22-3 won by fall over Elyssa Selmani (Bettendorf) 17-5 (Fall 4:27). Semifinal - Abigail Meyrer (Pleasant Valley) 18-1 won by fall over Mara Smith (Fort Madison) 22-3 (Fall 0:42). Cons. Semi - Mara Smith (Fort Madison) 22-3 won by decision over Jordin Derr (Independence) 17-7 (Dec 6-5). 3rd Place Match - Bree Swenson (Vinton-Shellsburg) 24-2 won by fall over Mara Smith (Fort Madison) 22-3 (Fall 1:44) 125 lbs. - Iris Arevalo (9-12) place is unknown. Champ. Round 1 - Jadalynn Daily (Davenport) 14-5 won by fall over Iris Arevalo (Fort Madison) 9-12 (Fall 0:28). Cons. Round 1 - Claire Carey (Independence) 15-9 won by fall over Iris Arevalo (Fort Madison) 9-12 (Fall 2:41) 125 lbs. - Briena Fenton (11-8) place is unknown and scored 4.0 team points. Champ. Round 1 - Briena Fenton (Fort Madison) 11-8 won by fall over Madison Reinier (Mid-Prairie) 5-13 (Fall 3:23). Quarterfinal - Destiny Brown (Ridge View) 15-2 won by fall over Briena Fenton (Fort Madison) 11-8 (Fall 5:46). Cons. Round 2 - Claire Carey (Independence) 15-9 won by fall over Briena Fenton (Fort Madison) 11-8 (Fall 3:43) 130 lbs. - Alaina Schwerin (8-8) place is unknown. Champ. Round 1 - Huda Anglo (Johnston) 5-3 won by major decision over Alaina Schwerin (Fort Madison) 8-8 (MD 15-2). Cons. Round 1 - Alaina Schwerin (Fort Madison) 8-8 received a bye ( ) (Bye). Cons. Round 2 - Addison Buseman (Waverly-Shell Rock) 14-10 won by fall over Alaina Schwerin (Fort Madison) 8-8 (Fall 4:21) 130 lbs. - Chloe Sokolik (19-5) placed 7th and scored 11.0 team points. Champ. Round 1 - Chloe Sokolik (Fort Madison) 19-5 won by fall over Alexis Umbaugh (Union, LaPorte City) 0-2 (Fall 0:23). Quarterfinal - Ashlee Farrier (Mid-Prairie) 14-1 won by fall over Chloe Sokolik (Fort Madison) 19-5 (Fall 1:43). Cons. Round 2 - Chloe Sokolik (Fort Madison) 19-5 won by fall over Jady Wirth (Waterloo West) 5-10 (Fall 1:45). Cons. Round 3 - Huda Anglo (Johnston) 5-3 won by decision over Chloe Sokolik (Fort Madison) 19-5 (Dec 5-0). 7th Place Match - Chloe Sokolik (Fort Madison) 19-5 won by fall over Olivia Schminke (Vinton-Shellsburg) 13-12 (Fall 1:58) 135 lbs. - Kat Diprima (22-7) placed 5th and scored 14.5 team points. Champ. Round 1 - Kat Diprima (Fort Madison) 22-7 won by fall over Chloe Kraayenbrink (Cedar Rapids Washington) 0-4 (Fall 0:46). Quarterfinal - Morgan Strief (Bettendorf) 18-5 won by decision over Kat Diprima (Fort Madison) 22-7 (Dec 8-2). Cons. Round 2 - Kat Diprima (Fort Madison) 22-7 won by tech fall over Natalie Wright (Fort Madison) 1-13 (TF-1.5 3:41 (16-1)). Cons. Round 3 - Kat Diprima (Fort Madison) 22-7 won by decision over Kennedy Bevans (Independence) 16-10 (Dec 6-3). Cons. Semi - Isabella Deeds (Ridge View) 18-2 won by fall over Kat Diprima (Fort Madison) 22-7 (Dec 0:45). 5th Place Match - Kat Diprima (Fort Madison) 22-7 won by fall over Payton Lefevre (Vinton-Shellsburg) 16-7 (Fall 6:19) 135 lbs. - Natalie Wright (1-13) place is unknown. Champ. Round 1 - Peyton Burt (Waterloo West) 7-7 won by fall over Natalie Wright (Fort Madison) 1-13 (Fall 0:50). Cons. Round 1 - Natalie Wright (Fort Madison) 1-13 received a bye ( ) (Bye). Cons. Round 2 - Kat Diprima (Fort Madison) 22-7 won by tech fall over Natalie Wright (Fort Madison) 1-13 (TF-1.5 3:41 (16-1)) 140 lbs. - Tatum Peters (15-9) placed 6th and scored 5.0 team points. Champ. Round 1 - Tatum Peters (Fort Madison) 15-9 received a bye ( ) (Bye). Quarterfinal - Izzy Giza (Bettendorf) 13-6 won by fall over Tatum Peters (Fort Madison) 15-9 (Fall 1:53). Cons. Round 2 - Tatum Peters (Fort Madison) 15-9 received a bye ( ) (Bye). Cons. Round 3 - Tatum Peters (Fort Madison) 15-9 won by decision over Paisley Bro (South Tama County) 14-9 (Dec 4-3). Cons. Semi - Kyna Moffit (Pleasant Valley) 16-6 won by fall over Tatum Peters (Fort Madison) 15-9 (Fall 5:36). 5th Place Match - Izzy Giza (Bettendorf) 13-6 won by fall over Tatum Peters (Fort Madison) 15-9 (Fall 1:10) 145 lbs. - Mady Emmett (15-10) placed 6th and scored 13.0 team points. Champ. Round 1 - Mady Emmett (Fort Madison) 15-10 won by fall over Isabelle Ross (Union, LaPorte City) 0-2 (Fall 0:59). Quarterfinal - Cassi Paustian (Pleasant Valley) 17-4 won by fall over Mady Emmett (Fort Madison) 15-10 (Fall 0:45). Cons. Round 2 - Mady Emmett (Fort Madison) 15-10 won by fall over Kasey Stone (Waverly-Shell Rock) 10-11 (Fall 2:38). Cons. Round 3 - Mady Emmett (Fort Madison) 15-10 won by fall over Sarah Novak (Cedar Rapids Washington) 4-4 (Fall 0:58). Cons. Semi - Arianna Vesey (Bettendorf) 12-5 won by fall over Mady Emmett (Fort Madison) 15-10 (Fall 0:21). 5th Place Match - Ayva Lopez (Bettendorf) 8-4 won by fall over Mady Emmett (Fort Madison) 15-10 (Fall 1:32) 155 lbs. - Sadie Brandon (13-3) placed 4th and scored 18.0 team points. Champ. Round 1 - Sadie Brandon (Fort Madison) 13-3 won by fall over Keira Cewe (Bettendorf) 6-5 (Fall 4:26). Quarterfinal - Sadie Brandon (Fort Madison) 13-3 won by fall over Dakota Cornell (Vinton-Shellsburg) 23-7 (Fall 1:18). Semifinal - Abigail Chyma (South Tama County) 15-4 won by fall over Sadie Brandon (Fort Madison) 13-3 (Fall 2:26). Cons. Semi - Sadie Brandon (Fort Madison) 13-3 won by injury default over Delilah Maxfield (Bettendorf) 15-8 (Inj. 1:27). 3rd Place Match - Dakota Cornell (Vinton-Shellsburg) 23-7 won by fall over Sadie Brandon (Fort Madison) 13-3 (Fall 3:00) 190 lbs. - Taylea Palar (0-13) placed 6th and scored 3.0 team points. Champ. Round 1 - Taylea Palar (Fort Madison) 0-13 received a bye ( ) (Bye). Quarterfinal - Reese Winslow (Pleasant Valley) 17-7 won by fall over Taylea Palar (Fort Madison) 0-13 (Fall 1:11). Cons. Round 2 - Taylea Palar (Fort Madison) 0-13 received a bye ( ) (Bye). Cons. Round 3 - Taylea Palar (Fort Madison) 0-13 received a bye ( ) (Bye). Cons. Semi - Lydia Parkhurst (Waterloo West) 11-5 won by fall over Taylea Palar (Fort Madison) 0-13 (Fall 1:52). 5th Place Match - Macy Bonebrake (WACO, Wayland) 8-11 won by fall over Taylea Palar (Fort Madison) 0-13 (Fall 1:06)

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

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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

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From the Front

# Warner, Riddle 3rd at Liberty Invitational

**HOUNDS** - Continued from Page 1

Joe Hartman gave Fort Madison its only runner-up winner with a second-place finish at 175 lbs. Hartman was pinned by Centralia's Wyatt Adkisson, the top seed in the tournament by fall at 2:28. Hartman entered the bracket seeded 6th and scored pins over Holt's Gavin Moore, Festus' Lucas Mercurio and then pinned Frances Howell Central's Andrew Martin in just :51 to move into the title match.

Hartman trailed 7-2 before Adkisson scored a reversal 13 seconds into the 2nd period and then turned that into a pin 15 seconds later for the title. Hartman's finish earned the Hounds 22 points.

Fort Madison's Aaron Warner wrestling at 215 lbs. and Nolan Riddle at 157 lbs, both had 3rd-place finishes.

Warner went 4-0 through pool wrestling getting two byes and two pins to get into the Championship bracket where he lost to Pattonville's Daniel Davis by pin in the 3rd period. The match with Davis was scoreless through the first period, but Davis picked up five points in the second period highlighted by a nearfall toward the period. Warner did rack up a couple escape points for a 5-2 deficit at the end of the period. Warner got a 2-point take down to open the third, but Davis escaped and turned the tables for the pin.

Riddle went 2-0 in pool wrestling and was seeded 6th going into the championship bracket. He won his first match in the quarterfinals with fall over Lindbergh's Wassilak Rodriguez half way through the first period. He would then suffer a pin right at the horn in the first period to Centralia's Rex Bryson to send him to the 3rd place match where he pinned Palmyra's Brayden Pillars 10 seconds into the second period for 17 points.

Complete results from Saturday's event are below. 126 lbs. - Noah Swigart (6-9) placed 10th and scored 5.0 team points. Round 1 - Heyden Pfeiffer (Liberty) 2-3 won by fall over Noah Swigart (Fort Madison) 6-9 (Fall 2:51). Round 2 - Noah Swigart (Fort Mad-



Fort Madison's Logan Pennock stands atop the podium at Wentzville's Liberty High School after winning the 132 lb. weight class Saturday in Missouri.

ison) 6-9 won by fall over Matthew Pfeifer (Fulton) 2-6 (Fall 1:59). Round 3 - Justin Schutter (Kirksville) 7-1 won by fall over Noah Swigart (Fort Madison) 6-9 (Fall 0:52). Consolation Bracket - Noah Swigart (Fort Madison) 6-9 won by fall over Ethan Doerrer (Pattonville) 1-3 (Fall 0:39). 9th Place Match - Camden Brown (St. Charles) 3-2 won by decision over Noah Swigart (Fort Madison) 6-9 (Dec 6-1). 132 lbs - Logan Pennock (12-2) placed 1st and scored 28.0 team points. Round 1 - Logan Pennock (Fort Madison) 12-2 received a bye ( ) (Bye). Round 3 - Logan Pennock (Fort Madison) 12-2 won by fall over Aiden Bonin (Holt) 1-2 (Fall 0:58). Quarterfinal - Logan Pennock (Fort Madison) 12-2 won by fall over Ty Mortimer (Francis Howell Central) 4-5 (Fall 1:35).

Semifinal - Logan Pennock (Fort Madison) 12-2 won by fall over Joshua Kassing (Warrenton) 7-3 (Fall 2:13). 1st Place Match - Logan Pennock (Fort Madison) 12-2 won by fall over Conner Roach (Sullivan) 4-1 (Fall 1:04) 144 lbs. - Tateum Schelich (3-10) placed 14th and scored 2.5 team points. Round 1 - Gage Baker (Fulton) 3-1 won by fall over Tateum Schelich (Fort Madison) 3-10 (Fall 2:56). Round 2 - Owen McCracken (Francis Howell Central) 10-3 won by fall over Tateum Schelich (Fort Madison) 3-10 (Fall 1:51). Round 3 - Dominic Ransom (Sullivan) 3-2 won by fall over Tateum Schelich (Fort Madison) 3-10 (Fall 2:48). Consolation Bracket - Tateum Schelich (Fort Madison) 3-10 won by fall over Reece Fredenburg (Battle) 0-4 (Fall 2:05). 157 lbs - Nolan Riddle (10-4) placed 3rd and scored 17.0 team points. Round 1 - Nolan Riddle (Fort Madison) 10-4 received a bye ( ) (Bye). Round 3 - Nolan Riddle (Fort Madison) 10-4 won by fall over Enzo Hernandez (Francis Howell Central) 2-7 (Fall 1:14). Quarterfinal - Nolan Riddle (Fort Madison) 10-4 won by fall over Miguel Wassilak Rodriguez (Lindbergh) 2-3 (Fall 0:51). Semifinal - Rex Bryson (Centralia) 9-0 won by fall over Nolan Riddle (Fort Madison) 10-4 (Fall 1:59). 3rd Place Match - Nolan Riddle (Fort Madison) 10-4 won by fall over Brayden Pillars (Palmyra) 8-2 (Fall 2:10). 165 lbs. - Joe Hartman (8-6) placed 2nd and scored 22.0 team points. Round 1 - Joe Hartman (Fort Madison) 8-6 received a bye ( ) (Bye). Round 3 - Joe Hartman (Fort Madison) 8-6 won by fall over Gavin Moore (Holt) 1-1 (Fall 0:23). Quarterfinal - Joe Hartman (Fort Madison) 8-6 won by fall over Lucas Mercurio (Festus) 9-2 (Fall 2:57). Semifinal - Joe Hartman (Fort Madison) 8-6 won by fall over Andrew Martin (Francis Howell Central) 3-3 (Fall 0:51). 1st Place Match - Wyatt Adkisson (Centralia) 9-0 won by fall over Joe Hartman (Fort Madison) 8-6 (Fall 2:28). 175 lbs. - Gavin Callahan (6-7) placed 6th and scored 8.0 team points. Round 2 - Gavin Callahan (Fort Madison) 6-7 received a bye ( ) (Bye). Round 3 - Gavin Callahan (Fort Madison) 6-7 won by fall over Kerrick Lewis (Lutheran St. Charles) 3-4 (Fall 0:26). Quarterfinal - Dirk Rivera (Ft. Zumwalt East) 5-2 won by fall over Gavin Callahan (Fort Madison) 6-7 (Fall 0:49). Cons. Round 2 - Gavin Callahan (Fort Madison) 6-7 won by fall over Jeffery Johnson (Ritenour) 5-3 (Fall 2:13). 5th Place Match - Mason Adkisson (Centralia) 5-2 won by fall over Gavin Callahan (Fort Madison) 6-7 (Fall 2:08). 215 lbs. - Aaron Warner (6-5) placed 3rd and scored 15.0 team points. Round 1 - Aaron Warner (Fort Madison) 6-5 won by fall over Memphis Sims (Battle) 0-3 (Fall 1:05). Round 2 - Aaron Warner (Fort Madison) 6-5 received a bye ( ) (Bye). Round 3 - Aaron Warner (Fort Madison) 6-5 won by fall over Garo Sams (Francis Howell Central) 9-3 (Fall 1:20). Championship Bracket - Daniel Davis (Pattonville) 3-1 won by fall over Aaron Warner (Fort Madison) 6-5 (Fall 5:06). 3rd Place Match - Aaron Warner (Fort Madison) 6-5 won by fall over Deshawn Holt-Jett (Fulton) 8-4 (Fall 2:30).

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**PUBLIC NOTICE**  
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**MINUTES OF THE PROCEEDINGS OF THE BURLINGTON, IOWA CITY COUNCIL**

**Meeting No. 43  
October 2, 2023**

The Burlington City Council met in regular session at 5:30 p.m. in the Thomas J. Smith Council Chambers, City Hall, 400 Washington Street, with Mayor Billups, Council Members Critser,

Graham-Murray, Maupin and Wilson present.

**BURLINGTON CITY COUNCIL**  
COMMENTS FROM AUDIENCE: Leon Shahan of 1308 Koestner #1 stated he has concerns with the water quality due to the smell and taste. He stated he has ongoing

concerns related to the billing and noted that his personal water bill saw an increase of 21% since becoming metered. He provided a copy of the bill for Mayor Billups. All present had opportunity to speak and nothing additional was filed in the office of the City Clerk.

**PROCLAMATION OF RETIREMENT - Jason Wagoner, Battalion Chief**  
PROCLAMATIONS:  
\*Domestic Violence Awareness Month - Shawanna  
\*Fire Prevention Week - Robert Berndt  
\*Purple Heart City - Francis McAllister

**CONGRATULATIONS TO THE GRADUATES OF THE BURLINGTON FIRE DEPARTMENT CITIZEN'S ACADEMY**  
CONSENT AGENDA: To the Public: All matters listed under Item I., Consent Agenda, having been discussed were considered to be

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### PUBLIC NOTICES

routine by the City Council and were enacted by one motion. There was no separate discussion of these items. If discussion was desired, that item was removed from the Consent Agenda and was considered separately.

Introduced By: Wilson  
Seconded By: Maupin  
MOTION: To approve all items listed under Item I., Consent Agenda.

DISCUSSION: Mayor Billups reviewed the items listed on the consent agenda to the viewing audience. He announced those individuals appointed to various City commissions and boards.

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All present had opportunity to speak and nothing additional was filed in the office of the City Clerk.

(VOTE: 5 - "AYES")

CARRIED

HEARING:

1. Statement: Consideration of Sale of Property Locally Known as 510 South 6th Street, City of Burlington, Iowa with Conditions

COMMENTS: Eric Tysland, Development and Parks Director, stated that the City acquired the property at 510 South 6th Street through the abandoned building program. He reviewed the conditions of the sale of the 2,167 square foot, two story home built in 1903 with the viewing audience. He announced that there were two bids submitted on this property with the highest bid being Monica Waddell for \$550.00. Mayor Billups led the auction with no other bids being submitted. The property was sold to Monica Waddell of 1335 Angular Street, Burlington, Iowa with Conditions for \$550.00. All present had the opportunity to speak and nothing additional was filed in the office of the City Clerk.

Introduced By: Maupin

Seconded By: Critser

Motion to Close

CARRIED

Introduced By: Maupin

Seconded By: Critser

Motion to Amend Exhibit "C" of the Resolution

Approving the Sale of Property Locally Known as 510 South 6th Street, City of Burlington, Iowa that the Property be Sold to Monica Waddell in the amount of \$550.00.

Introduced By: Maupin

Seconded By: Critser

Resolution Approving

Sale of Property Locally Known as 510 South 6th Street, City of Burlington, Iowa with Conditions

DISCUSSION: None.

(VOTE: 5 - "AYES")

ADOPTED

RESOLUTION:

Introduced By: Critser

Seconded By: Maupin

1. Resolution Approving 28E Agreement Between the City of Burlington and the Burlington Community School District for Transportation Services

DISCUSSION: Chad Bird, City Manager, stated that the Burlington Community School District currently sees students that have transportation needs outside of school bus routes purchasing

city bus passes and proposed a solution for a ride-share program through a partnership with the City of Burlington. He stated the proposed 28E agreement will allow a shift to students using their student ID's for rides and Burlington Urban Service invoicing the school district for the rides in the amount of \$3,248.00 monthly. All present had opportunity to speak and nothing additional was filed in the office of the City Clerk.

(VOTE: 5 - "AYES")

ADOPTED

Adjournment: 6:28 p.m.

Approved: November 6, 2023

Jessica Gerling, Deputy City Clerk

Jon D. Billups, Mayor  
(See recording on file in the office of the City Clerk for complete discussion and documentation.)

#### PUBLIC NOTICE MEETING NOTICE

THE NEXT SCHEDULED MEETING OF THE LEE COUNTY COMMISSION OF VETERANS AFFAIRS WILL BE ON MONDAY DECEMBER 18, 2023 AT THE VETERANS AFFAIRS OFFICE LOCATED AT 701 AVENUE F, FORT MADISON, IA AT 12:00 NOON.

The agenda includes: 2 requests for Veterans financial assistance, November 2023 monthly financial report, minutes, and monthly client report.

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From the Front

# Schulz, Wilson spar over finances

**HOSPICE** - Continued from Page 1

Wilson said the department was also expecting some reimbursements for hospice patients' room and board that the county's program pays up front. That reimbursement comes from Medicare. There are also reimbursements coming from the Veteran's Administration for service provided to county veterans.

Supervisor Chuck Holmes, who took the message that the county was looking at pulling general levy support for the program from the health department, asked why it's taken close to three years for the department to correct the deficit spending. "Why have you waited til now to do something?" Holmes said.

LCHD Director Michele Ross said she takes full responsibility for the lack of attention to the program's budget, but said expenses for the department as a whole were within budget.

"We did not go beyond our budget, that this board approved, in our total expenses," Ross said.

She said the pandemic of 2021 and 2022 demanded the health department's attention saying the department gave more than 20,000 vaccinations sometimes in very inclement weather.

Wilson said the state respects the Lee County Health Department more than the County Board does, a statement that didn't sit well with Chairman Seyb.

"I have a lot of respect for this health department," Seyb said. "We're doing everything we can to get you into a new home, your home."

Seyb was referring to the county's efforts to get a new Lee County Health Department built and getting them out of the John Bennett Center at the former ISP facility.

Schulz again pushed the health department on the accounting bookwork and how money is just being moved from one category to another to show a better picture. Wilson said the department has received several grants that allow shifting salaries of staff to those grant programs. Schulz asked if that was detrimental to the home health and hospice program staffing.

Schulz said Wilson wasn't showing her ability to be a budget director.

Dr. Philip Caropreso, a LCHD board member, demanded Schulz apologize for his comment.

"I don't speak for the people on this board," Schulz said. "But I'll take it under advisement."

"You'll take it under advisement..." Caropreso retorted.

Schulz and Wilson argued back and forth repeatedly about the effects moving expenses under other grant program will have on the program's budget.

Caropreso made an impassioned speech in defense of the health department saying their work guaranteed needed hospice and home health care services to people of Lee County. He said it gives people in end-of-life care a choice of where they want services.

Representatives from Great River Health System's Southeast Iowa Regional Medical Center Hospice program were on hand and agreed that choice was critical in hospice care. SEIRMC provides hospice care for patients. Schulz said the people that go to that hospital organization would be referred to its hospice program. However, the reps from SEIRMC said they don't do referrals until the patient has been informed of the choices they have.

Holmes said Schulz didn't speak for him, but asked again how the department could run two years of deficit spending in the program and do nothing until now to fix it.

Supervisors Ron Fedler and Matt Pflug both showed support for the program and LCHD.

"With what I've heard today and the stuff you've done to try and fix the problem, I want this board to give you a chance," Fedler said.

After the meeting, Schulz said he saw some things that looked unusual in the department's books and has suggested the county do an independent audit of the department's books.

Lee County Auditor Denise Fraise confirmed she will be speaking with the state auditor on Wednesday as to whether an audit of the books is needed at this point.

Since the discussion took place in a workshop and not as an agenda item on the regular board meeting, no action was allowed. The conversation lasted about 75 minutes before Seyb ended the workshop at about 12:15 with no direction to the board about future discussions or action.

# Mom showed sleigh tracks on Christmas morning

**SWARM** - Continued from Page 1

convinced for another year. (I think my sister got in some real big trouble.)

On Christmas morning we were having a ball opening gifts and gorging ourselves on chocolate, nuts, hard candy and oversize fruit. Mom called me to the window. We'd had a fresh snow during the night, a snow that wasn't predicted. It was supposed to be a "brown" Christmas. (Christmas magic?) Anywho, she was pointing out into the yard where there were two, distinct parallel lines in the snow. Sleigh tracks? Not only were there sleigh tracks, but toward the "front end" of those tracks were unmistakable hoof prints. Reindeer? Not to be duped, I looked closely for tell-tale human foot prints leading out to and away from the sleigh tracks. Had Dad or my brother sneaked out and drawn that pattern in the snow? There were no other tracks.

"Still don't believe in Santa Claus?" Mother asked? I was a 100% convinced!

It wasn't until years later, when I was in college, that I asked Mom about those "sleigh tracks."

She laughed, and held her hand over her mouth, like she was still afraid to tell me. There were overhead power lines, she said. The fresh snow had accumulated on the power lines, forming ice. As it warmed up, the ice dropped off, leaving parallel lines in the snow.

"What about the reindeer tracks?" I asked.

She laughed again. The wind had blown chunks of ice helter-skelter around in the snow. They looked like tracks.

"Well, I'll be danged," I said.

Years later, as an adult and father, my two kids were on the fence about Santa Claus. On Christmas morning, I was able to take them to the window overlooking our backyard and show them sleigh tracks in the unexpected fresh snow. I didn't whisper a word about the overhead power lines. Merry Christmas!

Have a good story? Call or text Curt Swarm in Mt. Pleasant at 319-217-0526, email him at [curtswarm@yahoo.com](mailto:curtswarm@yahoo.com), or visit his website at [www.empty-nest-words-photos-and-frames.com](http://www.empty-nest-words-photos-and-frames.com).

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There's Snow Place Like Home for the Holidays.

Pen City Current will not publish an e-Edition Monday, December 25 through Friday, January 5.

Our special 2023 Year In Review editions will publish Wednesday, January 3 through Friday, January 5.

Breaking news will continue to be published on our website 24/7.

As we take time for our family this holiday, we thank you for your support and patronage and wish you all a very Merry Christmas & a Happy New Year!

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

