

PEN CITY CURRENT

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

Tuesday, February 13, 2024 | 8 pages | Volume 8 • Issue 28



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County wants law abolished

MEETING CLASH: Resident, supervisors clash over board's intentions

BY CHUCK VANDENBERG
PCC EDITOR

LEE COUNTY – The Lee County Supervisors sent a message to the Iowa Legislature Monday morning. That message was we don't need two courthouses anymore.

The county is the only county in the state with two legal-ly-obligated county seats. Part of the Iowa code still exists that says Lee County must operate court services in both Fort Madison and Keokuk.

The board approved a resolution Monday that asked Iowa State Legislators to abolish the Special Law of 1848 that required the county to hold district court in both

cities.

Supervisors indicated that with the passage of House File 718, the county is looking for ways to decrease expenditures and have determined that eliminating the expenses connected to operating two courthouses would help to lower the county's general tax levy imposed on citizens.

Supervisors said they should be able to exercise the county's home-rule authority and not be bound by a law that only affects Lee County.

A bill was proposed by the legislature last year, but it was pulled before a full vote and county officials are hoping to

See COUNTY, page 2

The century mark

Koby Jones (24) of Holy Trinity Catholic gets some early minutes in the Crusaders' quarterfinal win over Tri-County Monday night at Shottenkirk Gym in Fort Madison. The Crusaders surpassed the 100-point mark for the second time in a row in the 103-19 win over the Trojans. The complete game story is inside today's edition.



Photo by Chuck Vandenberg/PCC

IOWA NEWS

Bill would help stimulate Iowa's most rural economies

DES MOINES — U.S. Representatives Zach Nunn (IA-03) and Don Davis (NC-01) today introduced bipartisan legislation to preserve access to credit for Iowa's rural communities. The Rural Credit Access Act will modernize the Community Development

Financial Institution (CDFI) program at the U.S. Department of Treasury to create transparency and prevent unintentional harm to rural communities.

"Too often, our small towns are overlooked, and I've made it my

mission in Congress to put them first," said Rep. Nunn. "CDFIs play a critical role in supporting rural small businesses, community centers, schools, and more that may otherwise be

See CDFI, page 8

FM PUBLIC LIBRARY

Make a new book your "blind date"

BY SARA CLENDINENG
FM Public Library

Blind Date with a Book

During the month of February, we have a special display of mysterious books. Each book has its cover hidden and is identified only by three keywords or descriptive phrases. Check out a book that seems interesting but wait until you get home to unwrap it! Read it and enjoy. Spend at least a few minutes with your "date". If you don't like the book, simply return it to the library, its feelings will not be hurt. Have fun exploring our selection of mystery "dates". This is a great chance to discover new authors and find great new reads.

Language Learning and Comics Online at the Library

The library has added two new online resources, Transparent Language and Comics Plus. Links to these resources are available on the library's website and can be accessed on a computer, phone or tablet. Both of them also have apps that can be downloaded for easier use on phones and tablets though they are both designed to work well in mobile browser windows. Both of these resources are available for library patrons who are residents of Fort Madison and rural Lee County or who have purchased a non-resident card.

Transparent Language Online for Libraries is a complete language-learning system with courses and lessons designed to build listening, speaking, reading, and writing skills. Transparent Language Online allows learners to explore a new language in the comfort of their own home, at the library, or on-the-go. Fort Madison Library patrons will have unlimited access to more than 110 languages, including American Sign Language and English for speakers of over 30 languages, including Spanish, Ukrainian and Russian. Transparent Language is packed with pronun-

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WEATHER

TUE 13 Feb.....Mostly sunny & chilly, 47° F/29° F
WED 14 Feb.....Clear & cool, 54° F/37° F
THU 15 Feb.....Mostly sunny & breezy, 43° F/27° F

IOWA LOTTERY

LUCKY FOR LIFE 02/11.....12 11 24 36, Lucky Ball: 16
PICK 3 MIDDAY 02/11.....478
PICK 3 EVENING 02/11.....047
PICK 4 MIDDAY 02/11.....9474
PICK 4 EVENING 02/11.....4467

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Local News/From the Front

Link Wealth Advisors earns client award

FORT MADISON –Steven Link, CRPC™, a Private Wealth Advisor and Jordan Brown, a financial advisor, with Link Wealth Advisors, a private wealth advisory practice of Ameriprise Financial Services, LLC. in Fort Madison, have earned the Ameriprise Client Experience Award for 2023.

Link Wealth Advisors was honored with this award because their ability to consistently deliver personalized, goal-based advice and exceptional client service. Award recipients earned an overall client satisfaction rating equal to or greater than 4.9 out of 5.0 and maintained stellar business results. The award represents an elite group of Ameriprise advisors recognized as leaders for their commitment to making a difference in the lives of their clients.

As a private wealth advisory practice, Link and Brown provide financial advice that is anchored in a solid understanding of client needs and expectations and is delivered in one-on-one relationships with their clients. For more information, please contact Link Wealth Advisors at 319.372.7554 or visit the Ameriprise office at 702 Avenue F in Fort Madison.

About Ameriprise Financial

At Ameriprise Financial, we have been helping people feel more confident about their financial future for 130 years. With extensive investment advice, asset management and insurance capabilities and a nationwide network of approximately 10,000 financial advisors, we have the strength and expertise to serve the full range of individual and institutional investors' financial needs.

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County says north courthouse would close

COUNTY - Continued from Page 1

press legislatures to take up, and vote on, abolishing the law this session.

“This is a home-rule question, if you ask me. When you get down to it, this is us going to them and saying give us the power to make the decision because right now we don’t have the power to make the decision even though we’re the local elected officials,” said Supervisor Garry Seyb.

Supervisor Ron Fedler said the letter just asks the legislators to abolish the law.

Lee County resident Al Nelson asked the board if that wasn’t what the county voted on when they voted down combining services in Montrose.

“That’s how I saw that,” he said. “And I’m quite sure the folks who voted against the single courthouse saw it as that. I had as many phone calls from north Lee County asking me to put signs in my yard as I had from south Lee County, to vote no.”

Supervisor Tom Schulz said people in the county were upset because they would have to drive to Montrose.

But Nelson said this was another effort to close the south Lee County Courthouse. Nelson said he uses the courthouse for county services. Schulz told him, as did Seyb, that the county isn’t going to close the south Lee County Courthouse because the north Lee County Courthouse isn’t big enough to satisfy judicial requirements that mandate at least four

courtrooms.

“That has nothing to do with court services. That’s a county function and we’re not talking about any of that.”

“Well, we know that’s what you’re planning on,” Nelson replied. “You can’t convince anybody in south Lee that’s not what you’re trying to do.”

Schulz said the county was moving the court services to the south Lee courthouse.

“We want to close Fort Madison, for God’s sake,” Schulz replied. “Fort Madison is too small. We can’t use it. And that’s been in the paper how many times now?”

Seyb said he wanted to be as transparent as possible.

“Right now we have to save money. We have to be down to \$3.50 by 2029 and we’re at \$5.85 right now. So, for cost savings measures, and in my personal belief a common sense measure, to (not) have two courthouses right now, we’ll save off the top at least \$100,000 per year every year by eliminating one courthouse,” he said.

“If you look at where the court system will fit, it will not fit in Fort Madison. We’re not looking at building anything. We’re trying to save money and consolidate our effort in how we perform our job.”

He said one court would mean all of the county’s lawyers in the courthouse in Keokuk and have all court services there. That eliminates the need for not only the Fort Madison courthouse, but also the Lee County Attorney’s office across the street.

Seyb said there is also potential savings in deputies costs for courthouse security.

“This passion people have around the courthouse, I can understand it possibly from a historic perspective, but I cannot understand it from any other aspect,” he said.

“It’s going to be cheaper, more economic... it’s one spot. We’re the only county out of 99 in Iowa that has two. It’s time to bury the hatchet with this north and south Lee County.”

The resolution passed 5-0.

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Obituaries

OBITUARIES

DAVID L. ANDREWS

David Lee Andrews, 71, of Argyle, Iowa, passed away on Saturday, February 10, 2024, at his home in Argyle, Iowa.

David was born on September 11, 1952, in Keokuk, Iowa, the son of Charles Andrews and Peggy Doss. He graduated from Central Lee High School in 1971 and went on to help build the New Boston Bridge. He served his country in the United States Army for nine years while stationed in Germany and Kansas, earning his honorable discharge as sergeant. He married his first wife Heidi Zieghler and had three children: Sandra, Jennifer and Bobbie-Jo. They were later divorced. On October 22, 2016, he was united in marriage to Tammy Gilpin in Argyle, Iowa. She survives.

Dave was a member of Calvary Baptist Church in Keokuk and loved spending time with his family, especially his grandchildren, and enjoyed riding his motorcycle, a '79 Shovelhead. David lived in Tacoma, Washington, and worked at ASC for many years. When he moved back to Iowa he was employed by Fruehauf, worked in construction and retired from Roquette.

Dave is survived by his wife Tammy Andrews; three children: Sandra Andrews, Jennifer (Mike Delaney) Andrews and Bobbie-Jo (Justin) Neale; two step-children: Brittany (Nick) Bronson and Robert Land; three brothers: Ronald (Pearl) Philp, Robert (Vicki) Philp, Dennis (Roxanne) Andrews; ten grandchildren; three great-grandchildren; and many nieces, nephews and cousins.

David is preceded in death by his mother Peggy Anderson, his father Charles Andrews, his brother Bill Andrews, and his step-father Russell Philp, the man who raised him.

A graveside service will be held at 10:30 am on Friday, February 16, 2024, at Keokuk National Cemetery in Keokuk. A procession will leave DeJong-Greaves-Printy Funeral Home in Keokuk for the cemetery at 10:15 am. Visitation will be held on Thursday from 2 to 7 pm, with family meeting friends from 5 to 7 pm at DeJong-Greaves-Printy Funeral Home in Keokuk.

Memorials may be directed to the Wounded Warrior Project. Tributes and condolences may be left at www.dejongsfuneralhome.com. DeJong-Greaves-Printy Funeral Home of Keokuk is in charge of arrangements.



ANDREWS



OBITUARIES

JAMES J. GORDON

James "Jim" D. Gordon, 66 of Ft. Madison, passed away on Sunday, February 11, 2024 at 10:46 PM at the West Point Care Center, shortly after cheering on his favorite football team, the Kansas City Chiefs.



GORDON

He was born on August 19, 1957 in Ft. Madison to James "Jack" and Rose Moline Gordon. Jim was an over the road truck driver. He served in the US Army. Jim loved riding horses, camping, fishing and spending time with his family. He was a proud volunteer for the Tri State Rodeo and was Grand Marshal in 2015.

Survivors include his daughter, Georgina Gordon of Ft. Madison; two grandchildren, Ivan Gordon and Nightly Stewart; one brother, Dennis Gordon of LaHarpe, IL; three sisters, Connie (Steve) Stigall of Ft. Madison; Theresa (Steve) Hemann of Montrose and Amy (Mike) Hayes of Montrose; several nieces and nephews and his beloved cat, Bonnie. He was preceded in death by his parents and his grandparents.

Per his wishes cremation has been entrusted to King-Lynk Funeral Home & Crematory. The family will meet with friends from 10 AM-11 AM on Thursday, February 15, 2024 at King-Lynk Funeral Home & Crematory. The memorial service will follow at 11 AM at the funeral home with Rev. Gary Beckman officiating.

In lieu of flowers, a memorial has been established in his memory and on-line condolences may be left at www.kinglynk.com.

DAVID A. BELL

David Albert Bell, 63, of Bonaparte, Iowa, passed away at 6:56 p.m. Thursday, February 8, 2024, at the Montrose Health Center.

He was born on February 14, 1960, the son of Albert and Jonnine Marie (Jameson) Bell. He married Diane Wixom and they later divorced, but when his health started to decline they got back together.



BELL

David left behind Diane to cherish his memory. He was preceded in death by his parents. David served in the United States Marine Corps. He was a member of the Bonaparte American Legion Sargent - Osweiler Post #563. He worked as an electrician, a contractor, had his CDL, and was licensed in heating and refrigeration.

His body has be entrusted to the crematory of Schmitz Funeral Home for cremation

A graveside service will be held at 1:30 p.m. Saturday, February 17, 2024, at the Greenglade Cemetery in Farmington, Iowa with full military rites presented by the Bonaparte American Legion.

Burial will be at Greenglade Cemetery in Farmington. Memorials have been established in his memory.

Schmitz Funeral Home of Farmington is assisting the family with arrangements. Online condolences may be made to the family at www.schmitzfuneralhomes.com.



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Pen City Current obituary policy

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

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Sports/For the Record

Crusaders breeze into district semis

BY JOHN BOHNENKAMP
PCC Sports

FORT MADISON - John Hellige had to find a balance in how he coached Holy Trinity's 103-19 win over Tri-County in Monday's Class 1A boys basketball district quarterfinal at Shottenkirk Gym.

The Crusaders (17-5) hadn't played since last Tuesday's 107-46 win over Highland in the regular-season finale, so Hellige wanted to give his starters some work heading into Thursday's semifinal.

At the same time, there was the fact the Crusaders were playing a team whose lone win of the season came on Saturday in the first round against Seymour.

So Hellige came up with a plan.

"What we did was talk about getting the wins within the win," Hellige said. "So, let's have good close-outs, let's have good box-outs, let's deflect passes. Let's rebound, let's make solid passes, let's do all of the fundamental things, all of the little wins throughout the game, even though we knew the game wouldn't be close. We've got to keep preparing for tough teams down the road."

Holy Trinity, which plays host to Moravia (16-4) in Thursday's 7 p.m. semifinal, had a 30-0 run in the first quarter and led 68-9 at halftime.

"It was a little sloppy, to be honest," Hellige said. "But it was to be expected, on the other hand. So I think we tried to preach discipline, fundamentals, and I think for the most part it was pretty good for what the game was."

Hellige played his starters into the third quarter, and was able to get key reserves Nathan Box and Koby Jones into the game for first-half work.

"I thought they played really well," Hellige said of Box and Jones. "And then in the third quarter, it was like, I wanted to get my starters another solid quarter since we hadn't played since last Tuesday, and I wanted to be prepared for Thursday. The fourth quarter, I thought the bench did a great job. They played hard, hit some shots, played tough defense. So I think it was pretty much the right balance. I thought I could have



Photo by Chuck Vandenberg/PCC

HTC senior Conner Gehling (33) defends against Tri-County's Michael VerPloeg in the first half the Crusaders' lopsided 103-19 win in their Class 1A quarterfinal Monday night.

subbed a little bit sooner, but we needed to fine-tune for Thursday, because we know whoever we're going to get is going to be an excellent team."

Luke Hellige led Holy Trinity with 33 points. Conner Gehling had 19 points. Maddox Rung had 13 points. Jones had 12 points, and Layne Rung added 11.

Levi Molyneux led Tri-County (1-23) with 12 points.

For the Record

Fort Madison Police Report

02/08/24 - 12:00 a.m. - Fort Madison police arrested Ronald Edwin Stegall, 62, of Fort Madison, in the 3700 block of Avenue O, on a warrant for probation violation and charges of possession of a controlled substance - 2nd and eluding. He was taken to Lee County Jail.

02/08/24 - 12:01 a.m. - Fort Madison police cited Becky Jo Andrews, 48, of Fort Madison, in the 3000 block of Avenue L, on a charge of city: no pet tags.

02/08/24 - 2:45 p.m. - Fort Madison police arrested Scott Allen Gilman, 56, of Fort Madison, in the 800 block of Avenue E, on warrants for assault with intent and 4th degree criminal mischief and pretrial release violation. He was taken to Lee County Jail.

02/08/24 - 6:18 p.m. - Fort Madison police arrested Matthew Lee Happs, 40, of Fort Madison, in the 1200 block of 19th Street, on charges of disorderly conduct - threat and interference with official acts. He was taken to Lee County Jail.

02/09/24 - 7:52 a.m. - Fort Madison police responded to a report of a property damage accident at 33rd Street and Bluff Road.

02/09/24 - 7:54 a.m. - Fort Madison police responded to a report of a property damage accident at 33rd Street and Bluff Road.

02/09/24 - 3:36 p.m. - Fort Madison police arrested Jordam McKee Heston, 26, of Burlington, in the 800 block of Avenue G, on a warrant for probation violation - involuntary manslaughter. He was taken to Lee County Jail.

02/10/24 - 5:55 p.m. - Fort Madison police responded to a report of a hit & run in the 1100 block of 48th Street.

02/09/24 - 10:06 p.m. - Fort Madison police responded to a report of vandalism in the 1500 block of Avenue M.

02/10/24 - 6:12 a.m. - Fort Madison police responded to a report of a hit & run in the 300 block of Avenue E.

02/10/24 - 7:40 a.m. - Fort Madison police responded to a report of larceny/theft in the 1200 block of Avenue C.

02/10/24 - 2:54 p.m. - Fort Madison police cited Eric Troy Beckman, 48, of Fort Madison, at 12th Street and Avenue G, on a charge of 3rd degree theft greater than \$750 less than \$1500.

02/10/24 - 3:34 p.m. - Fort Madison police arrested Lane Michael Schau, 37, of Fort Madison, in the 900 block of Avenue D, on a charge of 3rd degree theft greater than \$750 less than \$1500. He was taken to Lee County Jail.

02/10/24 - 8:51 p.m. - Fort Madison police responded to a report of a property damage accident in the 100 block of Florence Drive.

Keokuk Police Report

02/08/24 - 12:56 a.m. - Keokuk police responded to a report of a hit & run in the 1000 block of Blondeau St.

02/08/24 - 4:46 a.m. - Keokuk police responded to a report of vandalism in the 400 block of Concert Street.

02/08/24 - 6:45 a.m. - Keokuk police responded to a report of vandalism in the 3200 block of Middle Rd.

02/08/24 - 8:12 a.m. - Keokuk police responded to a report of vandalism in the 800 block of Johnson

Street Rd.

02/08/24 - 4:55 p.m. - Keokuk police responded to a report of a property damage accident in the 2900 block of Middle Rd.

02/09/24 - 12:12 a.m. - Keokuk police arrested Megan Jo Plowman, 31, of Keokuk, in the 600 block of Bank St. on charges of possession of drug paraphernalia, interference with official acts, and driving under suspension. She was taken to Lee County Jail.

02/09/24 - 2:05 a.m. - Keokuk police arrested Jesse Virgal Johnson-Booth, 32, of Keokuk, at N. 18th and Concert Streets, on a charge of driving while barred. He was taken to Lee County Jail.

02/09/24 - 11:01 a.m. - Keokuk police responded to a report of a stolen vehicle in the 1200 block of Exchange Street.

02/09/24 - 1:16 p.m. - Keokuk police responded to a report of a property damage accident in the 700 block of Washington Street.

02/09/24 - 2:35 p.m. - Keokuk police responded to a report of a property damage accident in the 300 block of N. 9th Street.

02/09/24 - 4:14 p.m. - Keokuk police responded to a report of larceny/theft in the 1200 block of Johnson Street.

02/09/24 - 8:55 p.m. - Keokuk police cited and released Bobbi Nicole Fisher, 44, of Keokuk, at S. 13th and Timea Streets, on a charge of driving under suspension.

02/10/24 - 1:30 a.m. - Keokuk police arrested Ricky Dean Glasgow, Jr., 41, of Keokuk, in the 10 block of S. 12th Street, on a charge of 1st offense OWI. He was taken to Lee County Jail.

02/11/24 - 1:37 a.m. - Keokuk police arrested Bridget Elizabeth Gerling, 42, of Burlington, in the 3500 block of Main Street, on charges of 1st offense OWI and possession of drug paraphernalia. She was taken to Lee County Jail.

02/11/24 - 10:36 a.m. - Keokuk police responded to a report of larceny/theft in the 300 block of N. Park Drive.

02/11/24 - 11:58 p.m. - Keokuk police arrested Cornelious Tyrone Brewer, 32, of Keokuk, at S. 19th and Exchange Streets, on charges of driving while barred, 2nd offense OWI, and eluding. He was taken to Lee County Jail.

02/11/24 - 2:47 p.m. - Keokuk police responded to a report of larceny/theft in the 3600 block of Middle Road.

02/11/24 - 8:36 p.m. - Keokuk police responded to a report of larceny/theft in the 1700 block of Bank St.

Lee County Sheriff Report

02/08/24 - Lee County sheriff deputies had no activity to report.

02/09/24 - 1:24 p.m. - Lee County sheriff deputies arrested Adam Ray Sutton, 45, of Mt. Pleasant, at the sheriff's office, on a warrant for failure to appear/contempt of court. He was taken to Lee County Jail and later released on bond.

02/09/24 - 3:35 p.m. - Lee County sheriff deputies arrested Scott Allen Gilman, 56, of Fort Madison, in the Iris Lane area, Fort Madison, on a charge of assault with bodily injury. He was taken to Lee County Jail.

Those listed above are presumed innocent until proven guilty in a court of law.

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TENTATIVE AGENDA
FEBRUARY 13, 2024
7:00 A.M.- REGULAR
MEETING**

1. Roll Call
2. Approve agenda
3. Receive Visitors:
 - a) Visitors to speak about items not on the agenda
 - b) Technology Presentation
 - c) Counselor Presentation
4. Superintendent's Report:
 - a) Set Building Walk-through Date
 - b) Finance Update
 - c) Legislative Update
 - d) March Board Meeting - 3/12/2024 at 7:00 a.m.
 - e) Set Building & Budget Board Workshop Date
 - f) Vacancies
5. CONSENT AGENDA: Motion (Exhibit I)
 - a) Approve minutes
 - b) Approve Financial Reports: General and Schoolhouse funds, Clearing account, Hot Lunch account
 - c) Approve prepaid bills
 - d) Approve monthly bills
 - e) Approve Overnight Trip:
 - 1) FFA Leadership Conference: 4/14/2024 - 4/16/2024
- NEW BUSINESS:
 1. Approve Second Reading of Board Policies: (Exhibit __) (Motion)
 - a) 401.13 - Responsible Technology Use & Social Networking
 - b) 401.13R1 - Responsible Technology Use & Social Networking Regulation
 - c) 502.07 - Student Substance Use (Updated Title)
 - d) 605.06 - Internet Appropriate Use
 - e) 605.06R1 - Internet Appropriate Use Regulation

- f) 605.08 - Artificial Intelligence in the Education Environment (New)
- g) 605.08R1 - Artificial Intelligence in the Education Environment Regulation (New)
- h) 701.01 - Depository of Funds
- i) 701.02 - Transfer of Funds
- j) 701.03 - Financial Records
- k) 701.04 - Governmental Accounting Practices and Regulations
- l) 703.1 - Budget Planning
- m) 703.2 - Spending Plan (Rescinded)
 2. Introduction of Board Policies 300 Series
 3. Set First Public Hearing Date for FY25 Budget - March 12, 2024 @ 7 a.m. (Motion) (Roll Call Vote)
 4. Approve First Reading Board Policy No. 411.2 Classified Employee - Qualifications, Recruitment, Selection (Motion)
 5. Approve Updated Bus Driver Handbook Language (Motion)
 6. Approve Moving Middle School to Grades 5-8 for 2024-2025 School Year (Motion)
 7. Approve 28E Tennis Sharing Agreement with Ft. Madison Community School District (Motion)
 8. Approve/Reject Construction Bids for High School Science Classroom Renovation (Motion)
 9. Approve/Reject Construction Bids for District Office Construction (Motion)
 10. Approve/Reject Walk-In Cooler Bid for Nutrition Department (Motion)
 11. Approve FY2023-2024 Midterm Graduate Request (Motion)
 12. Approve Unused Accumulated Sick Leave/Personal Leave, Contract Pay Out Request prior to June 30, 2024: (Motion)
 - a) Kim Myers
 - b) Paul Kropf
 13. Resignation: (Effective End of FY 2023-2024) (Motion)

- a) Sydney Foecke - Middle School Math Teacher
14. Volunteer Contract Approvals: (Motion)
 - a) Paul Kropf - High School Golf
 - b) Brian Wells - High School Baseball
 - c) Manny Sandoval - High School Baseball/Softball
 - d) Jerry Simmons - High School Softball
 - e) Hollie Weber - High School Track
 - f) Amy Fogarty - High School Track
15. Contract Approvals: (Motion)
 - a) Tony Johnson - Middle School Boys' Track Coach
 - b) Todd Herdrich - High School Assistant Baseball Coach
 - c) Jonny Swanson - At Risk/PE Teacher (FY2024-2025)
 - d) Jordan Burdette - MS Math Teacher
16. Transfer (FY2023-2024): (Motion)
 - a) Liza Alton - Director All School Play to Co-Director All School Play
17. Board Reports
18. Adjourn (Motion)

**PUBLIC NOTICE
CITY OF
WEST BURLINGTON
Work Session
Thursday, February 15,
2024 - 5:00 PM
West Burlington
City Hall
122 Broadway Street**

- TENTATIVE AGENDA**
- WORK SESSION
City Council will hold a Work Session to discuss the City's proposed budget for Fiscal Year 2024-2025. Work Sessions are open to the public.
- DISCUSSION ITEM
Council will discuss the following issue during the Work Session
1. Review proposed budgets for the following departments:
 - Streets
 - Parks/Pool
 - Water
 - Sewer
- Discuss budgeted items

marked for additional review/consideration

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**PUBLIC NOTICE
PROCEEDINGS
FORT MADISON
CITY COUNCIL
2/6/2024**

At 5:30 P.M., Council met in regular session on Tuesday, February 6, 2024. Mayor Mohrfeld presided with Council Members Amandus, Thele, Roller, Gray, Rink and Yager present. Council Member Andrews was absent.

On motion, Council approved the Consent Agenda: Minutes of 1/16/2024; Liquor License Renewals for Buffalo61 Bar & Grille, Under the Sun, and Dollar General #2194; Resolution No. 2024-08, naming financial institutions as depositories for the City of Fort Madison; Resolution No. 2024-09, designating authorized signatories on the City's bank accounts; Claims dated 1/31/2024, January Manual Claims, Library Claims; and Payroll of 1/26/2024.

On motion, Council adopted Resolution No. 2024-10, setting bid

letting and public hearing dates for the Fort Madison Municipal Airport Pavement Rehabilitation Project. On motion, Council adopted Resolution No. 2024-11, approving the Mayor's signature on a Federal Recreational Trails Fund Grant Agreement through the Iowa Department of Transportation for the PORT Phase IV Trail Project. On motion, Council adopted Resolution No. 2024-12, approving the Mayor's signature on the Contract Firm Demand Agreement with Interstate Power and Light Company (Alliant Energy) for the Electric Interruptible Service Agreement at the Water Treatment Plant. On motion, Council adopted Resolution No. 2024-13, setting Special Event Permit Fees per City Code Title 7, Chapter 13, Section 7(A). On motion, Council adopted Resolution No. 2024-14, ratifying a Settlement Agreement with the Fort Madison Fire Fighters Association, Local 607. On motion, Council adopted Resolution No. 2024-15, ratifying a Settlement Agreement with the Public Professional and Maintenance Employees, Local 2003, Police Department. On motion, Council adopted

Resolution No. 2024-16 approving the following applications for a Three-Year Urban Revitalization Tax Exemption: Nick Merschman, 1433 Avenue D; Jason Kramer, 3009 Avenue L; B. Marie Brady-Whitcanack, 422 Avenue F; Larry Wright, 1734 Avenue F; Abby Menke, 3117 Avenue J; and Cazi Forbes, 1704 Avenue I.

On motion, Council approved the Mayor's signature on a Contract with Lynch Dallas, P.C. to provide legal services for the City of Fort Madison. On motion, Council approved the Mayor's appointment of Melinda Blind to the Housing Authority, filling an unexpired term, expiring 6/3/2024. On motion, Council approved the Mayor's appointment of Adriene Jenkins to the Library Board, filling an unexpired term, expiring 6/30/2028. On motion, Council approved the Mayor's appointment of Savanna Collier to the Planning & Zoning Commission, filling an unexpired term, expiring 3/31/2025.

The meeting adjourned at 6:14 P.M.

/s/ Matt J. Mohrfeld, Mayor

ATTEST: /s/ Justina M. Cullen, City Clerk

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**maybe even faster than this car gets to 60, just sayin'!*



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Classifieds/Public Notices

PEN CITY CURRENT CLASSIFIEDS

PUBLIC NOTICES

EXPENDITURES

General	\$105,426.90
Special Rev.	192,147.38
Road Use	48,175.13
Debt	0.00
Capital	5,451.00
Water	81,743.99
Sewer	25,999.46
Sld Waste, IWC	5,398.66
SW Utility	440.00
Total	\$464,782.52

REVENUES

General	\$56,330.74
Special Rev.	384,282.23
Road Use	295.00
Debt	1,673.76
Capital	20,694.70
Water	346,170.70
Sewer	339,487.58
Sld Wst & IWC	98,352.77
Sewer	20,319.83
Total	\$1,267,607.31

CLAIMS - 2/6/2024

3E ELECTRICAL ENGINEERING, FUSE FOR STREET LIGHT 534.03
 ACCESS LEASING SYSTEM, PRINTER LEASE 774.99
 ACCESS SYSTEMS, CITY MGR COMPUTER 9,870.00
 AHLERS & COONEY, PC, PROF FEE..... 470.00
 ALEXIS FIRE EQUIPMENT CO, REPAIR FOAM SYSTEM ... 405.86
 ALLIANT ENERGY, ELECTRIC..... 38,106.19
 ALTORFER INC., BOLT/NUT 92.00
 AMAZON CAPITAL SERVICES, BATTERY CHARGER..... 379.50
 ANDREW MCFALL, CLOTHING ALLOWANCE..... 96.28
 APWA - IOWA CHAPTER, TRAINING ... 320.00
 ARAMARK UNIFORM SERVICES, SHOP SUPPLIES/UNIFORM.. 221.91
 B&B PROPANE, HEAT 376.08
 BROZENES HYDRAULIC SERVICE, DEFLECTOR 916.86
 BURLINGTON MUNI WATER, BACTERIA SAMPLE..... 170.00
 CALHOUN-BURNS AND ASSOC, PROF FEE 2,451.00
 CITY OF FORT MADISON, LEACHATE DISCHARGE 1,697.97
 CORE & MAIN LP, REPAIR CLIPS..... 2,314.48
 CUMMINS SALES &

PAYROLL

General	\$ 207,430.25
Emp. Benefits	8,404.43
Road Use	31,054.90
Water	38,330.96
Sewer	32,445.06
Solid Waste	19,347.95
Airport	486.54
Storm Water	4,801.54
Total	\$342,301.63

SERVICE, VEH REPAIR

DAKOTA SUPPLY GROUP, WATER NETWORK TOOL/EDGES 3,170.00
 DANIEL HORN, BOOT ALLOWANCE 269.99
 DODD PRINTING & STATIONERY, BUSINESS CARDS 135.49
 DOUDS STONE, LLC, ROADSTONE.... 1,270.24
 DUNKIN GARAGE & TOWING, VEHICLE FULL SVC/WIPERS..... 110.00
 EASTERN IOWA TIRE, INC., TIRE REPLACEMENT 834.60
 ELECTRONIC ENGINEERING, INSTALL RADIO EQUIPMENT 21,577.42
 EUROFINS ENVIRONMENT TESTING, WEEKLY SLUDGE TEST 355.24
 FARM & HOME SUPPLY, WRENCH TOOL BAG 1,480.76
 FORT MADISON CHAMBER OF COMMERCE, 2024 MEMBERSHIP 185.00
 FORT MADISON LIONS CLUB, MEMBERSHIP 60.00
 FORT MADISON TOURISM BUREA, 1/4 OF 23/24 SUBSIDY 22,500.00
 GALL'S, AN ARAMARK COMPANY, UNIFORM 433.88
 GLOBAL INDUSTRIAL, HARNESSSES 678.44
 GREAT WESTERN SUPPLY CO, PAPER PROD-

UCTS..... 175.99
 HACH COMPANY, TESTING SUPPLIES.. 3,133.09
 HENDERSON PRODUCTS, INC, SPREADERS 16,251.19
 HILL PRINTING, OFFICE SUPPLIES 198.93
 HINSON CONSULTING, LLC, PROF FEES 6,979.05
 HOLT SUPPLY COMPANY, BALL VALVES/PVC 348.30
 HOTOP FABRICATION REPAIR, SNOWPLOW MOUNT 516.86
 HOWARD R GREEN COMPANY, PROF FEE 308.00
 HUFFMAN WELDING & MACHINE, WELDING/SUPPLIES, ETC... 415.29
 HUMBURD AUTO SERVICE, TIRE REPAIR 32.50
 IA DEPT OF PUBLIC SAFETY, 3RD QTR TERMINAL FEES 708.00
 IA DEPT. OF PUBLIC DEFENSE, TRAINING - A VAN HEMERT 172.00
 IDEAL READY MIX COMPANY, CONCRETE @ 27TH/AVE G 632.38
 INDUSTRIAL ELECTRIC MOTORS, CAPS 25.50
 INTERSTATE ALL BATTERY, BATTERIES 268.50
 IOWA DIVISION OF LABOR SERVICES, BOILER INSPECTION... 40.00
 IOWA ONE CALL, LOCATES 148.30
 K9 WORKING DOGS INT'L, LLC, CERTIFICATION OF DOG 13,090.12
 KEMPKERS TRUE VALUE HARDWARE, ITEMS; MISC..... 2,658.27
 KERR FABRICATORS, SNOW BLADES ... 734.07
 KIMBALL MIDWEST, DRILL BITS 73.50
 LYNCH DALLAS, P.C., PROF FEE - GENERAL 3,046.54
 MARTIN EQUIPMENT REPAIR, PARK BRAKE JD 2,034.89
 MCFARLAND, SCRUBBERS..... 4.69
 MELLER EXCAVATING & ASPHALT, SNOW RE-

MOVAL - DOWNTOWN 1,260.00
 MENARD, BRASS BALL/LADDER/FLEX SEAL 341.72
 MUNICIPAL EMERGENCY SERVICE, REPAIR NOZZLE 1,670.07
 MICROBAC LABORATORIES LLC, DAILY SAMPLING 292.50
 MID-STATE ORGANIZED CRIME, 2024 MEMBERSHIP 150.00
 MIDAMERICAN ENERGY COMPANY, HEAT 3,778.36
 MIDLAND SCIENTIFIC INC., TESTING SUPPLIES 216.86
 MIDWEST BREATHING AIR LLC, COMPRESSOR 12,500.00
 MIGUEL LANDEROS, NUISANCE 455.00
 MILLWRIGHT SERVICE, INC., SPOOL REPLACEMENT 11,847.74
 MISSISSIPPI VALLEY, UNIFORM..... 9.00
 MOHRFELD ELECTRIC, REPAIR TOILET ... 434.91
 MOTION INDUSTRIES INC, BALL BEARINGS 763.94
 MOTOR PARTS & EQUIPMENT CO, OIL 107.16
 OUTDOOR SOLAR STORE, PORT TRAIL LIGHTS..... 13,396.19
 PITNEY BOWES, RENTAL FEE 171.00
 POSTMASTER, FORT MADISON, MAILING BILLS/PAST DUES 974.78
 PROCESS SOLUTIONS, CHEMICALS..... 8,785.94
 QUALITY FLOW SYSTEMS, INC, REPAIR MIXER 1,745.87
 RAINBO OIL COMPANY, OIL..... 1,105.74
 RELIANT FIRE APPARATUS, GAUGE 464.23
 SE IA REGIONAL PLANNING COMM, HIRING PROCESS ADMIN 6,125.00
 SEITHER & CHERRY CO., REPAIR FRONT GATE OPENER.... 772.19
 SELECTIVE INS. CO, FLOOD INS 1,790.00
 SHELLBACK TACTICAL

LLC, BODY ARMOR KIT 1,133.96
 SINCLAIR TRACTOR, FILTERS 274.51
 STATE HYGIENIC LABORATORY, SAMPLES 21.00
 TRUCK REPAIR INC., HUBCAP/BEARINGS/PUMP 2,092.50
 UPS, SHIPPING 1.00
 VEENSTRA & KIMM, INC, PROF FEE - 10TH ST SWR SEP.... 2,977.50
 VESSCO INC., TUBING ELEMENT..... 1,158.69
 WATER SOLUTIONS UNLIMITED, CHEMICALS 4,480.75
 WESTRUM LEAK DETECTION INC, LEAK DETECTION SURVEY 4,200.00
 WINDSTREAM, PHONE/INTERNET..... 108.98
 TOTAL 265,550.64
 GENERAL 90,943.30
 SPEICAL REVENUES 46,297.81
 ROAD USE..... 32,319.12
 CAPITAL PROJECTS 2,451.00
 WATER..... 67,504.65
 WASTEWATER 20,761.39
 SOLID WASTE .. 4,463.70
 AIRPORT..... 369.67
 STORM WATER... 440.00
 TOTAL 265,550.64

MANUALS - JAN 2024

ACCESS LEASING SYSTEM, PRINTER LEASE 774.99
 ALLIANT ENERGY, ELECTRIC..... 11,393.13
 CENTURY LINK, PHONE 151.09
 CHASE CARD SERVICE, CREDIT CARD FEES 3,472.13
 HY-VEE ACCOUNTS RECEIVABLE, TOILET PAPER..... 19.98
 IA DEPT. OF PUBLIC DEFENSE, TRAINING 86.00
 IOWA DEPT. OF REVENUE, FILE FEE 15,178.61
 KUSTOM SIGNALS INC., SPEED TRAILER 6,828.24
 MIDWEST GROUP BENEFITS ADMIN, FLEX

SPENDING..... 9,854.87
 PERMAR SECURITY SERVICES, SECURITY SYSTEM..... 262.14
 SE IA REGIONAL PLANNING COMM, GRANT ADMIN 3,000.00
 UNITED STATES TREASURY, FEE 854.85
 WELLMARK BC/BS, HEALTH INS PREMIUMS 129,579.14
 WEX BANK, FUEL USAGE 12,044.28
 TOTAL 193,499.45
 GENERAL 8,765.12
 SPECIAL REVENUES 145,430.90
 ROAD USE..... 15,856.01
 CAPITAL PROJECTS 3,000.00
 WATER..... 14,239.34
 WASTEWATER 5,238.07
 SOLID WASTE 934.96
 AIRPORT..... 35.05
 TOTAL 193,499.45

LIBRARY - JAN 2024

AMAZON CAPITAL SERVICES, WALL CLOCK 169.80
 BAKER & TAYLOR, SHELF MATERIAL 1,383.65
 BLACKSTONE PUBLISHING, SHELF MATERIAL 80.00
 BOOK FARM, INC, SHELF MATERIAL 1,097.04
 DAVE VRADENBURG, INSTALL DOOR STOPS/CABINET 141.98
 EXCEL IT SERVICES, ICLOUD BACKUP .. 38.56
 FP MAILING SOLUTIONS, POSTAGE INK 171.50
 IOWA LIBRARY ASSOC., MEMBERSHIP 2024 155.00
 KANOPY, INC., ONLINE MATERIAL 33.00
 KEMPKERS TRUE VALUE, ICE MELT 59.98
 MEDIACOM BUSINESS, PHONE/INTERNET 297.45
 MIDAMERICAN ENERGY COMPANY, HEAT 352.52
 MOWEN CLEANING SERVICE LLC, JANITORIAL SERVICE 905.10



Classifieds/Public Notices

PUBLIC NOTICES

OVERDRIVE, INC, ON-LINE MATERIAL... 224.06	CONDITIONING, REPLACED FILTERS 512.00	PETTY CASH - SARAH CLENDINENG, ORNAMENT SUPPLIES... 13.95	QUILL LLC, CARD STOCK 96.84	GENERAL 5,718.48	TOTAL 5,732.43
PETERS HEATING & AIR			TOTAL 5,732.43	SPECIAL REVENUES 13.95	

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From the Front

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LIBRARY - Continued from Page 1

ciation practice, speech analysis, grammar, writing activities, and vocabulary-building activities. This extensive language-learning program works on virtually any computer or mobile device through a web browser or mobile app. Transparent Language can be found on the library's website, www.Fort-MadisonLibrary.org, under "Other Online Library Resources". At that page you will also find access to a link to an online tutorial to help you get started, if needed, as well as the links for apps for apple and android devices.

Comics Plus provides unlimited access to thousands of digital comics, graphic novels, and manga. All you need is your library card! Every title is available 24 hours a day, 7 days a week, on your computer, tablet, or phone. Even better, there are no holds or wait lists. Users can access the Children's Library, which includes content for elementary school students, the Teen library, which includes content for upper elementary and middle school students, and the Full Library which offers access to the entire collection. Comics Plus can be found on the library's website, www.FortMadisonLibrary.org, under "Watch, Read and Listen Online". At that page, you

will also find access to a link to an online tutorial to help you get started, if needed, as well as the links for apps for apple and android devices

Community Calendar

We have begun adding community events to the online library calendar at <https://fortmadison.librarycalendar.com>. Events are added to the calendar as they are submitted by community organizations using the form found here <https://tinyurl.com/547jam3h>. Does your group have an upcoming community event? Let us know by submitting it through the form. Most community events open to the public are eligible for inclusion in the community calendar.

Top Graphic Novels at the Library

1. Cat Kid Comic Club 4: Collaborations (YA GN PIL)
2. Sonic the Hedgehog: Sonic & Tails: Best Buds Forever (YA GN SON)
3. Dog Man: Twenty Thousand Fleas Under the Sea (YA GN PIL)
4. Animal Rescue Friends 2: Friends Fur-Ever (YA GN ANI)
5. Five Nights at Freddy's: Fazbear Frights (YA GN CAW)
- 6.. Cat Ninja 2: Time Heist (YA GN COD)

7. Stringer Things Omnibus 1 (GN HOU)
8. Agents of S.U.I.T. (YA GN GRE)
9. InvestiGators 3: Off the Hook (YA GN GRE)
10. Dragon Kingdom of Wrenly 4: Ghost Island (YA GN QUI)

Upcoming Events at the Fort Madison Public Library – Pre-School/Toddler Story Hour –Wednesday morning at 10:30.

Hang Teen – Tuesday, 3:30-5:00 for ages 12-19.

Minecraft –3:30-5:00, all ages on Mondays.

Once Upon a Wednesday –Join us from 1:15-2:00 for a variety of adventures. February 14 will be a valentine food craft and there will be a craft day on February 28.

Thursday Crafternoon –Thursday, 3:30-5:00, for ages 14-adult. This program is an opportunity to spend some time working on an in-depth project for the whole month. New project begins February 15.

All Booked Up! - The library's book discussion group meets on the first Thursday of the month at 1:30 p.m. On Thursday, March 7, we will be discussing "Beloved" by Toni Morrison.

Cook the Book –February 13 at 6:00 pm, we will be selecting recipes from "SkinnyTaste Simple" by Gina Homolka.

CDFI's would invest in rural Iowa

CDFI - Continued from Page 1

considered too risky to receive loans. By improving this program, we can continue to strengthen rural communities by generating jobs and creating new opportunities for families at a time when that investment is needed."

Banks, credit unions, and other financial institutions who serve rural, underserved, or low-income communities can be designated as CDFIs. The CDFI designation is obtained through Treasury and allows banks, credit unions, or other financial institutions to invest in community development projects and provide essential financial services.

"Our dedication to financial inclusivity and the vital role CDFIs play in our economy is vital," said Rep. Davis. "By supporting these institutions through challenging times, we're investing in the future of rural communities and ensuring no one is left behind in our pursuit of economic prosperity."

Across the country, there are 1,462 CDFIs, including nine in Iowa. These financial institutions can invest further in their communities. According to Veridian, for every \$1 million received in CDFI funding, financial institutions can lend nearly \$20 million in mortgages for those who may not otherwise qualify for a home loan.

BACK PAIN?

Do You Have Hip Pain? Are You As Stiff As a Board When You Try to Get Up From a Chair? Have You Run Out of Hope?

How 5 Lies About Low BACK PAIN May Keep You Hurting, Frustrated & Exhausted...Forever!

NEW Scientific Breakthroughs Often Make Short Work of Low Back Pain...Just What Big Medical Centers and High Priced Clinics Are PRAYING You Never Figure Out On Your Own!

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



Dr. Jason James, D.C.

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

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

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

The good news is that it can be easy and inexpensive to correct! How? Just keep reading! But first, here's a picture to show you where the pain comes from:



MYTH #2: Stiffness from Arthritis means you're getting old...and it must be the reason for all your pain and stiffness!

Not true, because thousands of folks with arthritis in their backs have absolutely NO PAIN! Then why do YOU feel like your back will snap if you bend forward or twist too fast? Because the truth is:

Your stiffness may be caused by a hidden, even more dangerous problem than arthritis, and it can lead to a hip replacement!

You see, most folks believe that something mysterious (like maybe an "arthritis fairy") waved a wand over them, and they're cursed... doomed to suffer forever.

But did you know that many arthritis problems are CAUSED by a combination of unseen imbalances in the spine and surrounding muscles? It's the most common cause of hip replacements but not that hard to correct if we catch it in time. It's like the tires on your car...

If the alignment is off just a teeny-weeny bit, at first you don't notice, but over a few thousand miles you start to see signs of wear...that is, if you're lucky enough to catch it before a flat on the freeway ruins your day. In your spine, you're lucky if you catch untreated imbalances before they ruin your spine! How to fix them? Just look at Myth #3.

MYTH #3: Your Back is "Out"!

Sure, that's exactly how it feels. But guess what, we found that's usually not the case. It sounds good, but we now know better. You see, there are 7 different reasons for that painful, locked-up and stuck feeling that causes so much misery:

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

- fallen or dropped arches
- stiff vertebra joint
- adhesions in leg muscle
- pinched nerve

It's NOT just your spine, and it's NOT just your muscles. As a matter of fact, if one of the major muscles that stabilize the spine is partly spasmed, a "2nd stringer" will have to carry the load. But this is a serious problem...

It's like having your plumber doing all the dangerous electrical work!

Sure, he may get it done, and it may work at first, but how long until there's a fire? Or your back locks up? Which leads me to our next myth:

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

Boy, it's scary how many people think muscle problems are no big deal. Unfortunately, tight, bound-up, and spasmed or tight muscles can wear out joints faster than you can say, "Charley Horse!"

That's why it's important to examine the spine AT THE SAME TIME as the muscles that control it. It's also why we've had such outrageous success with even the worst backs at James Healthcare. Because we deal with BOTH the spine and muscles at the same time. We have spine doctors (chiropractors), pain doctors (nurse practitioners) and muscle professionals (therapists) and together they deliver an outstanding way to help "bad backs". This ties in to Myth #5 and the diagram:



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

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

WOULDN'T YOU RATHER:

Turn over in bed without pain waking you up?

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

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

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

SCIENTIFIC BREAKTHROUGH:

A hidden muscle may be causing your SCIATICA! Does Your Back Seem "Too Old" for Your Own Body? Not everyone qualifies for treatment, so help us see if you do. If you check off even one box, drop what you're doing and call James Healthcare NOW. And bring this coupon when you come in for your 39-Point "Back-Pain Track-Down Exam". Now check off what describes you:

- Tension...always tight across the beltline
- Bent—crooked off to one side and can't stand up straight if your life depended on it
- Trigger Point...zinging pain to butt-cheek
- Stiff as a board...creak and groan when you first get out of bed in the morning
- Traitor...can't trust your back and what it's going to do—or when!
- Vice-like...constantly locked down tight!
- Shooting...vicious but short-lived
- Lumbago...hard to pin it down—just seems to hurt all the time, but it's hard to say where
- One-sided...right at that "bone" on one side
- Jack hammer...pounding off and on like a heartbeat or a toothache in your back
- Aching from 1-5 years
- Chronic pain for over 5 years

No one will try to sell you anything, and you make no commitment...you just find out what's wrong!

P.S. Why You MUST Not Wait! Because of appointment availability, we can only honor this \$27 offer or bringing in a new or gently used winter coat through October 31, 2022. So don't say, "Well, maybe I'll be better tomorrow." Don't put your life on hold. Don't call in sick again. Live your life pain free! Tie your own shoes for a change.

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