PEN CITY CURRE

It's Black & White and Read all over

Thursday, February 15, 2024 | 8 pages | Volume 8 • Issue 30









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STATE WRESTLING: Nolan Riddle, Ike Thacher advance to Thursday's quarterfinals

Hounds go 4-2 on Day 1



Photos by Chuck Vandenberg/PCC

Ike Thacher gets the upper hand, and arm, of Indianola's Isaiah Kellow early in their second-round match Wednesday afternoon. Thacher advanced to Thursday's Class 3A quarterfinals in the 190 lb. bracket with the win. Senior Nolan Riddle (157 lbs.) also advanced to the quarterfinals, while junior Cory Arnett and senior Joe Hartman are both in cosolation wrestling after losses on Wednesday. Below, Nolan Riddle works a carry into a takedown.

BY CHUCK VANDENBERG

DES MOINES – The Fort Madison Bloodhounds wrestling team was upbeat after the first day of wrestling at the IHSAA Boys State Wrestling Tournament Wednesday at Wells Fargo Arena in Des Moines. And they had a right to be.

The Bloodhounds went 4-2 on the first day of wrestling with Noah Riddle going 2-0 on the day at 157 lbs., scoring pins in both matches and advancing to the quarterfinals. Both Riddle and Ike Thacher are one win away from making the top 8, guaranteeing a spot on the podium Saturday

Cory Arnett (10th seed, 285 lbs.) went 1-1 on the day and moved to consolation wrestling after falling

to North Scott's Dawson Rheingans (7th seed) in second-round wrestling. He downed Clear-Creek Amana's Vinnie Keller by fall 30 seconds into the third period in a bout marred by medical timeouts.

Joe Hartman (19th seed, 165) lost by fall in the first period and was moved to second-round consolation wrestling Thursday. Hartman fell 1:10 into the match to Linn-Mar's Barrett Meiras after giving up a takedown 20

Hartman said he was disappointed in his effort the first time on the mat at Wells Fargo, but said he was blessed to be in the tournament and was looking to Thursday's matches.

"I still have tomorrow and I'm going to make the most of that. I feel just blessed to be here," he said.

See **STATE**, page 8



LEGISLATIVE ACTION More bills

rural Iowa

take aim at

DES MOINES — U.S. Representatives Zach Nunn (IA-03) and Wiley Nickel (NC-13) today introduced bipartisan legislation to improve access to housing in rural communities. The Promote Affordable Rural Housing Act will improve the U.S. Department of Agriculture (USDA) Section 524 loan program by extending the term for rural housing site loans and expanding the use of these loans.

"Our country is suffering from an affordable housing crisis, especially in rural areas," said Rep. Nunn. "This is a growing challenge that must be addressed now to prevent it from getting any worse. Modernizing the USDA rural housing development loans will help incentivize new construction and bolster affordable housing options in rural Iowa."

Across the country, there is a shortage of 7.3 million affordable and available rental homes for low-income renters. In rural Iowa, 10.6 percent of the population lives in poverty, and the average household income is more than \$10,000 less than the national average. Nearly 40 percent of renters in Iowa spend nearly one third of their income on housing.

The USDA Section 524 loan program provides loans that can be used to purchase and develop housing sites for low-income and moderate-income families. Currently, the program only allows for a two-year loan term at below-market rate. The program offers loans to non-profits, municipalities, and tribal governments who have difficulty repaying the loan within a two-year period.

"We must take immediate action to increase the supply of affordable housing and to lower the cost of living for working families," said Rep. Nickel. "I'm proud to partner with Congressman Nunn on this bipartisan bill that will encourage the development of housing sites for low-income families in rural communities in North Carolina, Iowa, and across the country."

The bipartisan Promote Affordable Rural Housing Act would extend the loan repayment window from two years to five years, increasing flexibility for borrowers. The legislation will also allow these loans to be used to fund necessary development projects including surveys, architecture design, and

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WEATHER

Becoming sunny & chilly, 45° F/ 28° F ... Snow likely, 35° F/14° F FRI 16 Feb... SAT 17 Feb. Sunny & cold, 33° F/ 21° F

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LUCKY FOR LIFE 02/13	5 11 35 41 44, Lucky Ball: 2
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Obituaries/Iowa News

OBITUARIES

GARY P. LAKE

Gary Paul Lake, 77, of Fort Madison, IA, passed away at 3:58 p.m. on Tuesday, February 13, 2024 at Southeast Iowa Regional Medical Center in Fort Madison. He was born on July 26, 1946 in Fort Madison, IA to Paul & Lela Bernhardt Lake. He married Rosemary A. Klesner on August 29, 1970 in Fort Madison, IA. He retired from the Sheaffer Pen Company and was

a member of Holy Family Parish and the Pastime Club. He loved the outdoors, especially hunting, fishing & mushroom hunting. He enjoyed his daily drives to check on the farmers' fields.

Gary is survived by: his wife: Rosemary Lake of Fort Madison, IA; 1-daughter: Paula (Chris) Azinger of West Point, IA; 1-son: Patrick (Karina) Lake of Omro, WI; 4-grandchildren: Brett, Kate & Leah Azinger & Rinn Lake; 2-brothers: John (Becky) Lake of Fort Madison, IA & Steve (Connie) Lake of Fort Madison, IA. He was preceded in death by his parents and 1-sister in



infancy.

Cremation has been entrusted to the care of King-Lynk Funeral Home & Crematory. A visitation will be held from 9:30 to 10:30 a.m. on Saturday, February 17, 2024 at King-Lynk Funeral Home & Crematory. A memorial service will immediately follow at 10:30 a.m. with Rev. Gary Beckman officiating. Burial will be held at Gethsemane Cemetery. A memorial has been established for Gethsemane Cemetery Association. Online condolences may be left at the King-Lynk Funeral Home & Crematory website: www.kinglynk.com.

Pen City Current obituary policy

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

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State legislators introduce new Clean Water for Iowa Act

accountability for Iowa's worsening water pollution crisis, Representative Art Staed introduced the Clean Water for Iowa Act (HF2354), with the endorsement of Food & Water Watch and Iowa Citizens for Community Improvement.

The proposed legislation requires that all medium and large concentrated animal feeding operations (CAFOs), also called factory farms, obtain water pollution permits. Although water pollution permits are standard requirements for industrial polluters, nearly 4,000 factory farms currently operate in Iowa without such permits. A Food & Water Watch analysis of USDA and EPA data found that Iowa's factory farms produce at least 108 billion pounds of manure every year, all without the oversight necessary to prevent contamination of surface and ground waters. The Act seeks to, for the first time, require these facilities to monitor for waste released into waterways and reduce such discharges where necessary to protect water quality.

Representative Art Staed said: "Voluntary approaches have proven that Iowa's corporate agriculture industry will not regulate itself. We must act urgently to rein in factory farm pollution and clean up Iowa's water. I am proud to introduce the Clean Water for Iowa Act, a mandatory approach to keeping waste out of our water."

Food & Water Watch Iowa Organizer Jennifer Breon said: "For too long, factory farms have been given a free pass to pollute our precious water. Today's spiking cancer rates, algae-choked rivers, and skyrocketing water bills are the result of decades of see-no-evil legislating in Des Moines. Enough is enough. The Clean Water for Iowa Act will finally bring desperately needed transparency and accountability to our worsening water crisis."



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For the Record/Iowa News

For the Record

Fort Madison Police Report

02/13/24 - 6:41 p.m. - Fort Madison police responded to a report of a burglary in the 1300 block of Avenue G.

Keokuk Police Report

02/13/24 - 2:43 p.m. - Keokuk police responded to a report of a burglary at North 3rd and Blondeau Streets.

02/13/24 - 2:48 p.m. - Keokuk police cited and released Daniel Lee Savage, 35, of Keokuk, at Belknap Boulevard and Johnson Street Road, on a charge of driving under suspen-

02/13/24 - 3:13 p.m. - Keokuk police responded to a report of a property damage accident in the 1200 block of Main Street.

02/13/24 - 4:10 p.m. - Keokuk police responded to a report of a property damage accident at Hwys. 218 & 61.

02/13/24 - 5:21 p.m. - Keokuk police responded to a report of a property damage accident in the 1400 block of Hilton

02/14/24 - 12:49 A.M. - Keokuk police cited and released Brian Dale Hutson, 41, of Keokuk, in the 300 block of North Park Drive, on a charge of 1st offense trespassing.

02/14/24 - Keokuk police arrested Mia Anastasia Mitchell, 21. of Keokuk, in the 100 block of North 18th Street, on charges of domestic assault - impede air/blood flow and interference with official acts. She was taken to Lee County Jail.

Lee County Sheriff Report

02/13/24 – Lee County sheriff deputies had no activity to re-

Hancock County Sheriff Report

January 2024 Jail Log

1/1/2024 ORANGE, TASHYA L. CANTON, MO 63435, ILLEGAL CONSUMP-TION OF ALCOHOL

1/1/2024 - JONES, DER-RICK WILLIAM, NAUVOO, IL 62354, HANCOCK COUNTY **WARRANT**

1/1/2024 - BURTON, JADEN K, KEOKUK, IA 52632, DUI

1/2/2024 - CASLEY, CHRIS-TINA MARIE, HAMILTON, IL 62341, DOMESTIC BATTERY, AGGRAVATED BATTERY

1/5/2024 - NICKEL, BRIAN ROBERT, KEOKUK, IA 52632, SENTENCED TO COUNTY

1/5/2024 - INGERSON, MI-CHAEL JAY, MARSHALTOWN, IA 50158, HANCOCK COUNTY WARRANT

1/6/2024 - MILAN, CRYS-TALYN SPOHR, MENDON, IL AGGRAVATED BAT-62351.

1/6/2024 - KONKLER, JOHN COLCHESTER. IL 62326, SEX OFFENDER REG-ISTRATION

MARTENS, 1/7/2024 ANDREW DARIS, NIOTA, IL 62358. DUI

1/7/2024 - DEETER, DYL-LON C, AUGUSTA, IL 62311, DOMESTIC BATTERY

1/8/2024 - BROWN, WYATT

JOHNSON, DALLAS CITY, IL 62330, DUI, RECKLESS DRIV-ING, CRIMINAL TRESPASS

1/8/2024 - BOWMAN, KYLE RAY, NAUVOO, IL 62354, SEN-TENCED TO COUNTY JAIL

1/10/2024 - DAMERON, BRYAN KEITH, CARTHAGE, IL **62321, BATTERY**

ROGERS. 1/11/2024 CHRISTINA C, CARTHAGE, IL 62321, MCDONOUGH COUN-TY WARRANT

1/11/2024 - DONALDSON, JEREMIAH REED, CAR-THAGE, IL 62321 SENTENCED TO COUNTY JAIL

1/11/2024 BROWN, WYATT JOHNSON DALLAS CITY, IL 62330, HANCOCK COUNTY WARRANT

1/14/2024 - UFKES, CODY JAMES, CARTHAGE, IL 62321, DOMESTIC BATTERY, AGRA-VATED BATTERY

1/15/2024 - NOTT, BRY-ANT MICHAEL, HAMILTON, IL 62341, DOMESTIC BATTERY

1/18/2024 - MEREDITH, KYLE DEAN SENECA, BURL-INGTON, IA 52601, HANCOCK COUNTY WAR-

RANT, HENDERSON COUNTY WARRANT, LEE COUNTY IA WARRANT

1/18/2024 - CRANDALL, KA-SEY MARIE, CAMANCHE, IA 52730, THEFT

HARTMAN, 1/19/2024 JOSHUA EDWIN JAMES, FT MADISON, IA 52627, DRIVING WHILE LICENSE REVOKED

1/19/2024 - CHRISTIE, BRI-ANNA MICHELLE, GALES-BURG, IL 61401, HANCOCK **COUNTY WARRANT**

1/20/2024 - WOOD, STE-VEN DEWITT, HAMILTON, IL 62341, SEX OFFENDER REG-**ISTRATION**

1/21/2024 - VEACH, SU-SAN ELAINE, KEOKUK, IA 52632, HANCOCK COUNTY WARRANT, POSSESSION OF METHAMPHETAMINE

1/21/2024 - KING, PATRICK WAYNE, KEOKUK, IA 52632,

1/23/2024 - YOUNG, MAT-THEW WAYNE, NIOTA, IL 62358, HANCOCK COUNTY WARRANT

1/24/2024 SHUMAK-ER, DESTINY JANELLE, LA HARPE, IL 61450, DUI 1/24/2024 - COX, HOPE

LACHAE, RUSHVILLE. IL 62681 HANCOCK COUNTY WARRANT NELSON, AU-1/25/2024

BREY BRIANNA ELVASTON, IL 62341, SENTENCED TO **COUNTY JAIL**

1/25/2024 - FLUKE, TORI FERN SWINDLER, AVON, IL 61415, SENTENCED TO **COUNTY JAIL**

1/26/2024 - STURM, RYAN NAUVOO, MATTHEW, ΙL 62354, SEX OFFENDER REG-ISTRATION

1/26/2024 - IKERD, CHRIS-TINA MARIE, WARSAW, IL 62379, POSSESSION **METHAMPHETAMINE**

HARWOOD, 1/26/2024 JESSICA ANN, HAMILTON, IL 62341, DRIVING WHILE LI-CENSE REVOKED, HENDER-SON COUNTY WARRANT, LEE **COUNTY IA WARRANT**

1/27/2024 - LAY, ROMAN

LEE, KAHOKA, MO 63445, POSSESSION OF CON-SUBSTANCE, TROLLED WHILE LICENSE DRIVING SUSPENDED, FLEEING AND **ELUDING**

1/27/2024 GREENE, JOSHUA AARON, ABIINGTON, IL 61410, KNOX COUNTY WARRANT, UNLAWFUL USE OF WEAPON

1/29/2024 SLOWICK. BRIAN JAMES, NAUVOO, IL 62354, BURGLARY

1/31/2024 - BURNETT, ROB-ERT BRUCE, TIOGA (MEN-DON), IL 62351, SEX OFFEND-**ER REGISTRATION**

January 2024 Citation Log 1/1/2024 - STINSON WES-LEY L, KEOKUK IA, MINOR CONSUMPTION OF ALCOHOL 1/1/2024 - RIDDLE RILEY A, KEOKUK IA, POSSESION

CANNABIS 1/1/2024 - BURTON JADEN K, KEOKUK IA, IMPROPER LANE USAGE

1/1/2024 - BURTON JADEN K, KEOKUK IA, DRIVING UN-**DER INFLUENCE**

1/1/2024 - BURTON JADEN K, KEOKUK IA, DRIVING UN-**DER INFLUENCE** 1/3/2024 - ANDERS CHRIS-

TY L, BLANDINSVILLE IL, FAILURE TO REDUCE SPEED/ ACCIDENT

1/4/2024 - ALLAMAN EM-LAHARPE IL, MALEE J, **SPEEDING**

1/6/2024 - LOVELL COURT-NEY M, KEOKUK IA, SPEED-ING

1/7/2024 - HAACK AUTUMN R, HAMILTON IL, SPEEDING

1/7/2024 - BROWN WYATT J, DALLAS CITY IL, RECK-LESS DRVING

1/7/2024 - BROWN WYATT J, DALLAS CITY IL, FAIL TO

1/7/2024 - BROWN WYATT J, DALLAS CITY IL, DRIVING UNDER THE INFLUENCE

1/7/2024 CANNON KALLEY A, FORT MADISON IA, OPERATING UNINSURED VEHICLE

1/3/2024 - MCENTEE BRI-AN L, HAMILTON IL, DRIVING WHILE LICENSE SUSPENDED

1/23/2024 - MILLER MIKAY-LA N, DALLAS CITY IL, DRIV-ING WHILE LICENSE SUS-PENDED

1/26/2024 - BAKROW AL-LISON M, BELLEVILLE IL, **SPEEDING**

1/26/2024 EL-GOULD ADAM R, MON-TROSE IA, NO VALID DRIV-**ER'S LICENSE**

1/27/2024 - HARRIS BRIT-TANIE G, PLYMOUTH IL, NO VALID DRIVER'S LICENSE 1/31/2024 -

MARSHALL

HAMILTON IL, SPEEDING 1/31/2024 - BOYER TRA-

VIS L, KEOKUK IA, NO VALID DRIVER'S LICENSE 1/31/2024 - BOYER TRAVIS

L, KEOKUK IA, OPERATE UIN-SURED VEHICLE 1/31/2024 - SMELTSER JO-

SEPH L. HAMILTON IL. OPER-ATE UNINSURED VEHICLE

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

Miller-Meeks makes another effort to secure school safety bill

WASHINGTON, D.C.— U.S. Representative Mariannette Miller-Meeks (IA-01) reintroduced the "Securing Our Schools Act," legislation that would clarify that states have the flexibility to utilize unused State and Local Fiscal Recovery Funds to be made available for school security measures.

"Every child deserves a safe and secure environment to learn and grow," said Miller-Meeks. "The Securing Our Schools Act, will allow States to utilize unused, expiring State and Local Fiscal Recovery Funds to invest in security measures on campus, as well as hire and train more school resource officers. I urge my colleagues to join me in support of this legislation and ensure that our children and teachers can remain focused on learning, while feeling safe each day in the classroom."

Background:

Under this legislation, school security measures mean any of the following:

An evidence-based strategy or program to prevent violence, which may include the use of appropriate technologies, including the placement and use of metal detectors and other deterrent measures and emergency notification and response technologies.

Training to prevent student violence against others and self, including training for local law enforcement officers, school personnel, and students.

The development and operation of an anonymous reporting system for threats of school violence, including a mobile telephone application, hotline, or internet website.

The development and operation of

a school threat assessment and intervention team that may include coordination with law enforcement agencies and school personnel; and specialized training for school officials in responding to mental health crises.

Coordination with local law enforcement agencies.

A security assessment.

Security training of personnel and students.

Acquisition and installation of technology for expedited notification of local law enforcement during an emergency.

Reinforcing or replacing classroom doors, locks, or window

Constructing fencing, bollards, planters, curbs, walls, or any other entry control measure to create a single point of entry to the campus.

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Sports

Davis leads Bloodhounds into 4A Region 1 semifinals

RALLIES: Fort Madison girls will get one more crack at Keokuk Saturday

BY JOHN BOHNENKAMP

FORT MADISON - Dayonna Davis had to be helped back to Fort Madison's locker room after the Bloodhounds' 50-41 win over Burlington in a Class 4A Region 1 quarterfinal on Wednesday night.

"Just got hit in the thigh," said Davis after she left the locker room with not as much of a limp. "I'm OK."

That's a good thing for the Bloodhounds (14-7), who advance to Saturday's semifinal at Keokuk (18-3).

Davis led Fort Madison with 17 points, playing a big role in the Bloodhounds' 18-0 run in the second quarter that gave them a 27-17 lead.

"It's just trust in myself," Davis said. "Having confidence, really."

"When she plays with confidence, she's a great basketball player, right up there with the best in the area," Fort Madison coach Landon Bentley said.

Davis was injured when she crashed to the floor after being fouled on a layup attempt with 6:03 left in the game. She made one of two free throws to give Fort Madison a 45-33 lead, and then came out of the game and left the gym with the assistance of a trainer.

Fort Madison would score just six points the rest of the game after Davis left, but kept Burlington (11-10) from getting much of a run going.

"Losing her at that point in the game, after her taking over, it was a little nerve wracking," Bentley said. "But I trust in our seniors to rebound, close some things out. We had a little cushion."

The Bloodhounds didn't score for the first three minutes of the game as Burlington built an early 5-0 lead behind a 3-pointer and a 15-foot jumper by Mylee Stiefel. Fort Madison battled back to tie the game at 9 before Stiefel's 3-pointer with 43 seconds left gave the Grayhounds the lead to end the quarter.

"I think we just settled down, just ran our offense better," Fort Madison sophomore Halle Menke said.

Stiefel's shot started an 8-0 run that seemed to have Burlington in command before the Bloodhounds took over. Ajia Jenkins and Irelynd Sargent hit back-to-back 3-pointers to ignite the crucial run, then Davis got going. She scored Fort Madison's final nine points of the quarter and the Bloodhounds led 32-22 at halftime.

"She had a mismatch," Menke said. "We would pound it inside, and she would score."

"I thought we strung some things together, pulled ourselves back, started playing Bloodhound basketball," Bentley said.

Fort Madison got scoring from other parts of its offense. Menke and Sargent had eight points. Taylor Johnson had seven.

"This time of year, you want everybody to score," Menke said.

Stiefel, who came into the game averaging 20.8 points, finished with 19.

"Mylee and I are good friends," Menke said. "She's really shifty and she can shoot. I love to play her."

Bentley was happy that his team was advancing.

"We found a way to get it done," he said. "At this point of the season, that's all that matters."



Photo by John Lovretta/Special to Pen City Current

Fort Madison High School's Dayonna Davis (10) puts up a shot during their Class 4A Region 1 quarterfinal game against Burlington High School, Wednesday February 14, 2024 at Fort Madison.



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LETTER TO THE EDITOR

State auditor Sand responds to Sen. Reichman's comments on IFC sale

Dear Editor:

When a politician tries to convince you that someone in the other party is an extremist because they took a position that one of the politician's own party leaders agrees with, check your wallet and check your job to make sure they are still there.

On January 30, I stood up for Iowa taxpayers and farmers against powerful interests by stating I agreed with Terry Branstad, despite he and I belonging to different parties: competition in the fertilizer industry is good, and protecting competition will work against the price hikes that we are all suffering from. Specifically, I sent a letter to the Federal Trade Commission and the U.S. Justice Department's Antitrust Division saying they should deny Koch Industries' attempt to buy the OCI Iowa Nitrogen Fertilizer Plant in Wever for those reasons.

I'm worried also that jobs could disappear. It isn't uncommon for the biggest player in an industry to buy something from its competition and shut it down, because if you decrease supply, prices go up. Will Koch Industries, the biggest player in the industry, do that with the OCI plant? Why take the risk: deny the sale. All those jobs could be lost.

Now, I thought by stating I was in agreement with folks in the opposite party, namely former Governor Terry Branstad, would prevent others from turning a simple issue into the "partisan politics" that most of us are so tired of. I guess I was that foolish because I grew up in Decorah, Iowa, which is about as far

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away from Des Moines as Lee County is. I was raised with a healthy skepticism of political partisanship. It's one of the things I hate about politics and why I stand up for people in the other party when they're right—even as I called out people in my own party for wrongdoing. Neither party has a monopoly on good ideas, and a broken clock is right at least twice a day. That's part of why when you first elected me State Auditor, I named as the two most senior deputies in the office two people who didn't belong to my political party and in fact had both contributed to my political opponent. I've also regularly defended Governor Reynolds when it was the right thing to do. Some want to scream right versus left to get you angry; I want to talk right versus wrong to get problems fixed.

So State Senator Jeff Reichman proved my hopes too high when he attacked me personally for taking that stand. This is after last year, when he voted to gut our Office's ability to find misspent tax dollars. He even celebrated that vote to reduce oversight of government by noting that I couldn't "legally" do my job. Sometimes you just have to laugh at it all.

I've invited Senator Reichman to both of my an-

nual Lee County townhalls every year, but he's never come. So, not knowing him well, I can't say what caused his angry attacks. It could be because Koch Industries' owners are among the biggest donors to his party. Maybe that's why they are now turning against the position that former Republican Governor Terry Branstad and I share. Or it could be that some politicians instinctively feel the temptation to oppose anything someone in the other party says or

Either way, I'd like to remind us all of President Lincoln's quote: "I don't like that man, I must get to know him better." We make a point of inviting every local elected official and state legislator to our official town hall meetings because our shared constituents sent all of us to work for them, together. Senator Reichman, you are still invited. With tax dollars, prices, and jobs at stake, the issues are too important to just sit and sling mud. I hope you'll join me next time I'm

> Rob Sand, **Iowa State Auditor**



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!

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Hi, I'm Dr. Iason 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 correct! How? Just keep reading! But first, here's a picture to show you where the pain comes from:

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

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

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 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 outstand ing way to help "bad backs". This ties in to Myth #5 and the diagram:

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

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

WOULDN'T YOU RATHER: Turn over in bed without pain waking you up?

Get up in the morning without being as stiff as a

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

Lean forward over the sink without that "stabbing"

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
- ☐ 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
- lacksquare 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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James Healthcare & ASSOCIATES, INC.

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

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PUBLIC NOTICES

PUBLIC NOTICE
MEETING MINUTES
MT. PLEASANT
CITY COUNCIL
REGULAR MEETING
MOUNT PLEASANT,
IOWA,
DECEMBER 13, 2023

The Mount Pleasant
City Council met in regular session on Wednesday, December 13, 2023,
at 5:30 p.m. at City Hall,
307 East Monroe Street,
second-floor meeting
room. The meeting was
called to order by the
Mayor and the roll being
called there were present
Steven K. Brimhall in the
Chair and the following
named Councilmembers.

Present: Engberg, McWilliams, Griffith, Batty, White, Crull

Absent:

It was moved by Councilmember Griffith and seconded by Councilmember Engberg that the Council approve the following consent agenda items with one roll call motion vote:

the minutes of the November 21, 2023, City Council meeting.

the payment of bills totaling \$891,380.30.

the report of officers including the following receipts for the month of November - \$328,646.15 General Fund; \$102,654.82 Road Use Tax; \$131,293.46 LOST; \$19,886.74 TIF; \$51,355.36 Debt Service; \$7,827.18 Capital Projects; \$2,125 Trust & Agency; \$28,404.48 Sew-

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er Revenue; \$4,891.00 Solid Waste; \$277.78 Library General Fund; \$3,449.02 Library Gift Fund. And the following disbursements for the month of November -\$248,400.30 General Fund; \$71,195.71 Road Use Tax; \$138,473.75 Debt Service; \$325,760.40 Sewer Sinking; \$200,968.70 Sewer Plant Improvement; \$628,141.00 Capital Projects; \$802.48 Trust & Agency; \$55,481,96 Sewer Oper. & Maint.: \$37,884.84 Solid Waste; \$33,784.95 Library General Fund; \$595.41 Library Gift Fund.

Resolution No. 2023-91 including the following inter-fund transfers for the month of November - \$31,057 from General Fund to Library Fund for 1/12th library operating expenses; \$89,903 from Sewer Revenue Fund to Sewer Sinking for 1/12th Sewer Debt; \$75,000 from Sewer Revenue Fund to Sewer Operation & Maint.

Roll call vote 6-0. Motion carried.

Kayleigh Septer, Library Director, and Theresa Rose, Library Board President gave the Council a Library update.

Councilmember Griffith moved and Councilmember Batty seconded that the Council approve the agenda as printed.

Roll call vote 6-0. Motion carried.

5:44 p.m. This being the time and place fixed for a public hearing on the matter of the adoption of a Second Amended and Restated Mount Pleasant Urban Revitalization Plan, the Mayor asked the City Clerk whether any written objections had been filed with respect to the proposed Plan. The City Clerk reported that zero (0) written objections had been filed. The Mayor then called for any oral objections to the adoption of the Plan and zero (0) were made. 5:47 p.m.

Councilmember Crull moved, and Councilmember McWilliams seconded that the Public Hearing close.

Roll call vote 6-0. Motion carried

Councilmember Griffith then introduced the following Resolution No. 2023-92 entitled:

RESOLUTION NO. 2023-92

RESOLUTION ADOPTING SECOND AMENDED AND RESTATED MOUNT PLEASANT URBAN REVITALIZATION PLAN

WHEREAS, pursuant to the provisions of lowa Code Chapter 404, by resolution adopted June 27, 2007, the City of Mount Pleasant, Iowa (the "City"), designated certain areas of the City as a revitalization area, by the adoption of the Amended and Restated Mount Pleasant Urban Revitalization Plan for the Mount Pleasant Urban Revitalization Area (the "Revitalization Area" or "Area"); and

WHEREAS, the
Amended and Restated
Mount Pleasant Urban
Revitalization Plan has
subsequently been
amended twice, lastly by
the adoption of Amendment No. 2 to the Amended and Restated Plan,
adopted by Resolution
No. 2022-14 on February
23, 2022; and

WHEREAS, by the foregoing action, the Council has determined that the Revitalization Area within the City can be revitalized as authorized by Iowa Code Chapter 404; and

WHEREAS, a proposed Second Amended and Restated Mount Pleasant Urban Revitalization Plan (the "Plan") has been prepared the purpose of which is to, among other things, extend the duration of the Plan and to reflect changes to lowa Code Chapter 404; and

WHEREAS, after published notice was given,

as required by law, the City Council held a public hearing on the Plan on December 13, 2023, and considered all objections, comments, and evidence presented.

NOW, THEREFORE, BE IT RESOLVED, BY THE CITY COUNCIL OF THE CITY OF MOUNT PLEASANT, STATE OF IOWA:

Section 1. That all objections received, if any, at the public hearing referred to in the preamble above are found to be without sufficient merit to warrant amending the proposed Plan.

Section 2. That the proposed Plan is adopted in the form attached as Exhibit 1 to this Resolution; the City Clerk is hereby directed to file a certified copy of the Plan and this Resolution with the County Assessor.

Section 3. That all resolutions or parts of resolutions in conflict herewith be and the same are hereby repealed, to the extent of such conflict.

PASSED AND AP-PROVED this 13th day of December 2023.

and moved that the Resolution be adopted. Councilmember Batty seconded the motion. The roll was called and the vote was:

Ayes: Engberg, Crull, White, Griffith, Batty, McWilliams

Nayes: None Whereupon, the Mayor declared the measure duly adopted.

It was moved by Councilmember McWilliams and seconded by Councilmember White that the Council read for the second time the following Ordinance:

AN ORDINANCE TO
AMEND THE OFFICIAL ZONING MAP OF
THE CITY OF MOUNT
PLEASANT, IOWA,
BY REZONING AND
CHANGING THE DISTRICT CLASSIFICATION
OF PROPERTY CONSISTING OF VACANT

FARMLAND AND A
DWELLING LOCATED
ON THE SOUTH SIDE
OF W WASHINGTON ST
COMMONLY KNOWN
AS 2000-2200 W WASHINGTON ST FROM "M-1
LIMITED INDUSTRIAL
DISTRICT" TO "M-2
LIGHT INDUSTRIAL
DISTRICT"

Roll call vote 6-0. It was moved by Councilmember McWilliams and seconded by Councilmember Griffith that the Council adopt the following entitled Resolution No. 2023-93:

A RESOLUTION
NAMING CANDIDATE
TO SOUTHEAST IOWA
REGIONAL PLANNING
COMMISSION BOARD
OF DIRECTORS FOR
2024

Roll call vote 6-0. Resolution adopted, signed by the Mayor and hereby made a portion of these minutes.

Councilmember Batty moved and Councilmember Griffith seconded that the Council authorize the Mayor to sign an Engineering Services Agreement with Warner Engineering for E Linden Drive-2025. Motion approved, 6-0.

Councilmember Batty moved and Councilmember White seconded that the Council authorize the Mayor to sign an Engineering Services Agreement with Warner Engineering for Winfield Avenue-2026. Motion approved, 6-0.

It was moved by Councilmember Griffith and seconded by Councilmember Engberg that the Council approve the Site Plan for Flexible Use business building at 1100 Block of N Broadway Street. Motion approved, 6-0.

It was moved by Councilmember Engberg and seconded by Councilmember Griffith that the Council adopt the following entitled Resolution No. 2023-94:

RESOLUTION AP-

PROVING CURBSIDE RESIDENTIAL SOLID WASTE COLLECTION AGREEMENT BETWEEN THE CITY OF MT. PLEASANT ("CITY") AND WEMIGA WASTE, INC. AND LANCE REFUSE, INC.

Roll call vote 6-0. Resolution adopted, signed by the Mayor and hereby made a portion of these minutes.

It was moved by Councilmember Crull and seconded by Councilmember Engberg that the Council approve the 5-year FAA Capital Improvement Program for the Mount Pleasant Municipal Airport. Motion approved, 6-0.

It was moved by Councilmember McWilliams and seconded by Councilmember White that the Council adjourn. Motion carried. Meeting adjourned at 5:59 p.m. to meet in regular session on Wednesday, December 27, 2023.

Steven K Brimhall, Mayor

ATTEST: Lori Davis, City Clerk

PUBLIC NOTICE
Fort Madison
Community School
District
Work Session
02/07/2024 - 06:00 PM
Central Office,
Board Room
1930 Avenue M
Fort Madison, lowa
52627
MEETING MINUTES

Attendees
Voting Members Josh
Wykert, Board President
Kelly Nelton, Director
Brad Menke, Director
Keith Hehr, Director Mio

Santiago, Vice

President Paul Wilkerson, Director Non-Voting Members Dr. Erin Slater, Superintendent Kim Harmon, Dir. of Curriculum, Sp. Ed & Student Services Sandy Elmore, Director of Business Services

. Call meeting to order and determination of a

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PUBLIC NOTICES

Daily Democrat

quorum The meeting was called to order by President Wykert at 6:00 p.m. II. Consider approval of agenda Motion made by: Brad Menke Motion seconded by: Mio Santiago Voting: Unanimously Approved III. Legislative Update The Board received a legislative update.

IV. Certified Budget The Board participated in a discussion session regarding the Certified V. Athletic Facilities Discussion The Board sion regarding athletic facilities. VI. Winter academic screening data review The Board reviewed and discussed winter screening data. Madison CSD Work Session 02/07/2024 -06:00

FY2024-2025 Discussion Budget for FY2024-2025. participated in a discus-VII. Announcements Fort

PM Central Office. Board Room 1930 Avenue M Fort Madison, Iowa 526271 i. Regular Board Meeting: February 21, 2024, 6:00 PM - Central Office Board Room ii. Board Work Session: March 6, 2024, 6:00 PM - Central Office Board Room VIII. Adjourn The meeting was adjourned at 7:45 p.m. Motion

Motion seconded by: Brad Menke Voting: Unanimously Approved

made by: Mio Santiago

PUBLIC NOTICE MEETING MINUTES REGULAR MEETING OF THE WEST POINT **CITY COUNCIL WEST POINT, IOWA** 52656 **FEBRUARY 12, 2024**

Mayor Gary Peitz called the properly noticed regular meeting of the City Council of the City of West Point to order in the West Point Library, 309 Fifth Street. West Point, Iowa 52656

on February 12, 2024, at 6:30 p.m. In addition to Mayor Gary Peitz indicated the following Council Members were present: Wendy Vonderhaar, Larry Buchholz, Bruce Wellman, Brian Meierotto and Will Stuekeriuergen.

Mayor reported the following: Municipal Utility Board Meeting Tuesday, February 13, 2024, at 5:00 p.m. at City Hall, Library Board Meeting, Tuesday, February 13, 2024, at 6:00 p.m.; Next regular City Council Meeting is Monday, March 11, 2024, at 6:30 p.m. at the West Point Public Library.

Mayor Gary Peitz presented the City Administrator's report.

CLAIMS REPORT FOR JANUARY 2024

Access System Leasing
88.32
Amazon Capital Services
92.00
Baker & Taylor 712.78
Cessford Construction
Co117.44

Dully Delliodiat 17.04	
Delta Dental of Iowa	
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Demco Inc 204.38	
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19.95	
Jet Gas 959.02	We
Jet Stop West Point	
37.42	We
MaQueen Equipment	
25,000.00	We
Mastercard 1,275.96	Wi
MidAmerican Energy	
88.70	
NAPA Auto Parts 227.96	
Office of Auditor of State	F
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RECAPITULATION

FUND: PREV BAL, CPTS, DSBSD, UR BAL: Gen.Govt.: 6.614.56: 19.599.08: ,403.82; 436,809.82 rants: 3,440.82;--;--; 440.82; Cap Equip:

4127.06, ---, ---, 4127.06; Lib County/St: 6,884.10; --, 893.20; 5,990.90; Lib Mem & Gift: 13,423.01; 2,078.65; 374.03; 15,127.63; Hoenig Estate: 527,259.22; 8.57; 275.00; 526,992.79 Road Use Tax: 55,004.45; 10,781.78; 5,980.59 59,895.64; LOST: 10.217.72: 9,202.27;9,202.27; 10,217.72; Restricted Gifts: 4,811.27;--; --; 4,811.27 East Sewer; --; ; 16,678.00; -16,678.00; Walk Path; 6,079.40;--; --; 6,079.40; American Rescue:57,598.57; 17.14; 2,061.71; 55,554.00; Sewer: 21,889.94 ;19,558.87; 19,250.49 ;22,198.32; Sewer Sinking: 40,242.35; 8,413.33; --; 48,655.68; Landfill: -11,013.56, ---; --; -11,013.56 /s/ Gary B. Peitz, Mayor

Attest: Randy Welding, City Administrator Denise R. McGowan / City Clerk

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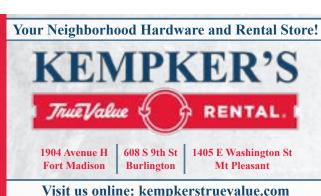
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From the Front

Bloodhounds have high expectations for Thursday

STATE - Continued from Page 1

Riddle said he felt a little underseeded in the tournament, but said none of that matters now. He set out to prove that he was under-seeded, rolling CC-A's Trace Robertson in the first round, scoring a fall in the third period, while racking up a 16-0 lead before getting the slap.

"I think I was underseeded coming into here. But everybody goes for an underdog story and we're going to see where it takes us," he said.

Riddle, the No. 7 wrestler in 3A at the end of the season according to Iowa Wrestle, then got a pin over Cedar Rapids Prairie's Wyatt Vlasek. Riddle got in a scrum with Vlasek off the horn resulting in both wrestlers trying to roll out of takedowns. Riddle would give up a takedown 30 seconds in but would quickly score a reversal at the end of the circle near the scorers' table. Then, starting from the bottom, would get an escape in about one second with a sit-and-roll that he converted to a takedown and two nearfalls for a 10-2 lead before securing the pin with 20 seconds left in the period, moving him to the quarterfinals Thursday.

The senior Hound made it to state last year, but was eliminated on the second day. This year he said his mentality is clearer.

"I knew this year coming in I had to wrestle, and if I find myself in a bad position, I just have to keep wrestling and sooner or later they'll break," he said. "One time I got into that, but I kept wrestling through it and he broke."

Riddle said this year is all about his offense.

"Offense, offense, offense. There's a lot less nerves. My mentality has changed a lot. I was scared last year, but this year I'm just going out there and doing what I want to do."

He'll need that offense Thursday afternoon as Riddle will start with the state's No. 2 157 lbs. wrestler in Linn-Mar's Grant Kress. The senior is 31-1 on the year and is the top-seed in the bracket. Kael Voinovich, who got the best of Riddle at Saturday's districts, is ranked at the top wrestler at 157 in the state and seeded 5th overall. He's also in the top part of the bracket with Riddle.

"It's good not that he's just winning, but he's putting points on the board. He's putting people on their back, he's going for the fall. That's what is gonna get these guys to where they want to be, not just winning a one-point match. You can get bit in the butt there."

Ike Thacher, wrestling at 190 and seeded 7th, recorded



Photos by Chuck Vandenberg/PCC

Fort Madison junior Cory Arnett gets his hand raised after knocking off Clear Creek-Amana's Vinnie Keller. Arnett went 1-1 on the day and moves to consolation wrestling Thursday.

a second period pin over Isaiah Kellow of Indianola. Thacher said he'd never wrestled with Kellow prior to Wednesday but said he knew he was a good wrestler at 25-10.

Thacher scored the only points of the first period about halfway through when the two took some time getting to know each other with hand fighting and elbow collar holds. However, Kellow scored a takedown in a rolling move toward the edge of the circle, but Thacher would take about 20 seconds to roll out of the hold and convert a reversal that ended with Kellow's back on the mat for a quick slap by the referee.

"I knew he was a pretty decent wrestler. But I just had to go in and get the job done. I knew where my advantages were on top and the bottom and I could feel he didn't really want to tie up with me," Thacher said.

He said having one match on the day with the bye was a benefit.

"I like having that one match and have that one thing to focus on."

Thacher will now go up against Ames' Denarii Mickel (43-2), a sophomore who beat Thacher in 2023 at the Urbandale Invitational, by one point.

"I just got do the same stuff and do everything I can to get prepared. Now's not the time to be changing anything up."

Fort Madison Head Coach Ryan Smith said Thacher had a bit of a slow start but recovered nicely.

"He's a dangerous kid and explosive and when he makes up his mind, good things are gonna happen," Smith said.

Arnett's first match with Keller was at 9-0 in Arnett's favor before he scored in the third period fall. He scored a takedown in each period and would likely have had a second period if the horn hadn't prompted the 3-point near fall.

The Bloodhound then faced Rheingans and battled to a 0-0 first-period score. Arnett then popped from the bottom start in period two and scored a quick reversal. Rheingans would escape and then score his own reversal and would ride Arnett to the end of the 2nd period. Arnett would then get Rheingans close to a pinfall with three shots at a cradle in the opening minute of the third, but the Lancer would fend off the attacks and force an escape. When Arnett took the offensive and tried to pull Rheingans back down, the move countered and Rheingans came down on top for another takedown that turned into 6-2 decision, sending Arnett to consolation wrestling.

"He was right there. The first three minutes was a great job of keeping pressure on and a good job on the bottom exploding up and getting the reversal," Smith said.

"Maybe he took his foot off the gas...maybe, but he did have a couple three shots at a cradle and, if he gets those locked up, it's over for the other guy."

"Now he knows he can hang with the big boys. But he needs to get over the hump and keep the mindset for six minutes. He had it for three minutes, but he needs to now focus on six."

Arnett said he felt good in the first match, but the second match he lost his energy.

"The first match, I knew I was dominating the whole time. It felt great and I just kept pressure on the kid. But the second match, I did that for the first three minutes and somewhere in between that, I lost my energy," he said.

"Now that I've wrestled against a guy of his stature, I know what I'm capable of. I can still place here and I intend on doing that. Going into tomorrow I feel bad for the people I'm going in against. I'm going in for some vengeance."

Arnett will now face Andy Crowder (24th-seed, 11-14) in the second round of consolation wrestling. The best wrestlers can do coming out of consolation wrestling is 3rd place.

Hartman will tangle with Pella junior Logan Bruxvoort (13th-seed, 20-5).

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