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# Hawks flying to D.C.



Courtesy photo

Addison Hohl and Caedon Newton have been selected to attend the Washington D.C. National STEM Festival in April. The two Central Lee 8th graders were picked out of 280 finalists to be one of 126 projects represented at the festival.

## **NEWTON, HOHL:** 8th graders headed to national STEM festival in Washington D.C.

**BY CHUCK VANDENBERG**  
PCC EDITOR

**DONNELLSON** – They use words and phrases like visual studio code, Arduino, and bioreactors, and it's not the engineering department at Climax.

The "they" here is a couple of 13-year-old students at Central Lee Junior High.

Caedon Newton, son of Chase and Sara Newton, and Addison Hohl, daughter of Adam and Julie Hohl, have both had projects selected as finalists for the National STEM Festival

April 11-13 in Washington D.C.

The two projects were among just 128 nationwide to be selected for the first-ever symposium out of more than 2,500 applicants in 6th – 8th grade from across the country. The two were part of 280 finalists who were selected to make the trip. The event is a non-judged event and it's a chance to showcase their projects and network with other STEM-oriented students and mentors.

The 2024 National STEM Challenge is a competition for

See **STEM**, page 5

## **FORT MADISON**

# Homes needed for FM Partners' 2024 Paint A Thon

**FORT MADISON** - The 2024 Paint A Thon dates are set for the week of April 22-April 26th— painting thru that week. But before painting can begin homes are needed. Now is the time the Fort Madison Partners organization starts seeking homeowners to fill out the application so qualifications can

be verified. Applications can be found at Kempker True Value & Rental, Inc, Fort Madison Partners, Fort Madison Library and City of Fort Madison. The goal is to find three or four qualifying homes depending on volunteers.

During the week of April 22nd, teams will finish prep on the house and

start painting as soon as prep work is complete. Volunteers are needed so get your group (friends from work, service organization, church group, etc.) together and call the Partner office: 319-372-5471.

See **HOMES**, page 8

# Farm Bureau forces county on bond issue

**COUNTY NEWS:** Supervisors to validate signatures on petition before deciding next steps with project

**BY CHUCK VANDENBERG**  
PCC EDITOR

**LEE COUNTY** – Two petitions filed by the Lee County Farm Bureau Sunday may have put the future of a health department and ambulance facility in Fort Madison up to voters.

At Monday's regular meeting of the Lee County Board of Supervisors, Chairman Garry Seyb said petitions had been received in opposition to the county bonding for a total of \$7.3 million to complete an EMS facility in Keokuk and a new health department/EMS facility in Fort Madison. Two public hearings were held for a \$1.3 million bond for the Keokuk facility and a \$6 million bond to start construction in Fort Madison.

The majority of the borrowing, which Seyb had said previously wouldn't be near that total amount, would be to show the USDA that the county had funding in place to trigger grants from that agency and a Community Development Block Grant from the state.

The petitions were accepted by Lee County Auditor Denise Fraise on Sunday at the Lee County offices, a day before the deadline. Any petition had to be filed with the county prior to the day of the hearings.

The USDA money could total close to \$3 million if a \$2 million Congressional appropriation is approved as part of the annual Farm Bill. That bill is scheduled to come back to the House of Representatives the first week in March.

Brent Koller, the president of the Lee County Farm Bureau board, spoke at the hearings reciting a wish list of how he would have liked to have seen the issue handled better.

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## **WEATHER**

**TUE 27 Feb**.....Partly sunny then slight chance of rain, 75° F/18° F ☁️  
**WED 28 Feb**.....Sunny, breezy, and cold, 32° F/20° F ☀️  
**THU 29 Feb**.....Sunny and breezy, 49° F/ 34° F ☀️

## **IOWA LOTTERY**

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# Obituaries

## OBITUARIES

### ANN S. DECKER PEEL

Ann Sue Decker Peel, 86, of La Crosse, WI, formerly of Keokuk, IA passed away Wednesday, February 14, 2024.

She was born January 13, 1938 in Fort Madison, IA the daughter of Gilbert Theodore Decker and Alma Lillie Miller Decker.



PEEL

She graduated from Fort Madison High School with the class of 1956. As part of her high school experience, she was a member of the Kilties (a school spirit team).

As a teenager, Ann was an avid baseball fan. She even occasionally rode the train from Fort Madison to Chicago or Milwaukee to watch professional baseball games.

After graduating high school, Ann attended Gem City Business College in Quincy, IL and worked in the business field before becoming a wife and mother.

On July 2, 1961 Ann was united in marriage to Raymond Samuel Peel at the First Christian Church in Fort Madison, IA. They had two daughter, Donna Howard (James) of St. Francisville, MO and Linda Richardson (Michael) of La Crosse, WI.

Ann was an unassuming person who put others' needs before her own, always making sure her family had what they needed and made it look effortless. She baked countless chocolate angel food cakes from scratch over the years. We smile remembering her mother using the egg yolks to make noodles from scratch and giving the egg whites to Ann for angel food cakes.

Ann enjoyed listening to gospel quartet music and working search-a-word puzzles. When time allowed, she followed several college professional sports, having favorite baseball, basketball, football and NASCAR teams. Figure skating was also a favorite sport to watch.

Ann is survived by her sister, Linda Morgan (Jeff), brother, Richard Decker (Beverly), two daughters, Donna and Linda, three grandsons, Vincent, TJ (Brittany) and Brice Vaughn, and five great-grandchildren, Josiah "JJ", Jacob, Jenelle, Carson and Makenna Vaughn, and several nieces and nephews.

She was preceded in death by her parents, husband Ray and older brother, Ronald Decker.

Ann was cremated and will be quietly laid to rest next to Ray at the Keokuk National Cemetery in Keokuk, IA.

Visitation will be Friday, March 1, 2024 from 2-5 p.m., at the Vigen Memorial Home in Keokuk, IA. Per her request, there will not be a funeral service or graveside service.

The family is grateful to the La Crosse County Sheriff's Department, West Salem Police Department, West Salem First Responders, Tri-State Ambulance and the Gundersen Health System for their compassion and support during Ann's last days.

Memorials may be made to Bethel Bible Church or to Lee County EMS.

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

## OBITUARIES

### MARY E. REAL

Mary Elizabeth Real, 90 of Keokuk, IA died Sunday, February 25, 2024 at her home.

She was born November 1, 1933 in Keokuk, IA the daughter of Edward Chester and Helen Marie Alpha Omega Cady Harrison. On December 23, 1948 she was united in marriage to William Delbert Real in Keokuk. He preceded her in death on July 20, 2020.



REAL

Mary loved her family and was famous for her pies, home-made ice cream, and sweet pickles. She loved bowling, bingo, slot machines and jig saw puzzles. She was an avid gardener and always enjoyed canning for her family. To her children she was a wonderful mother and friend.

She is survived by nine children, Wanda (Allan) Elliott of Biloxi, MS, William "Bill" (Kathy) Real of Brownsville, TX, L. Sue Kay of Keokuk, Mary (Kevin) Hageman of Eureka, MO, Ruth (Steve) Block of Keokuk, Laura (Bill) Coppage of Fort Madison, IA, Rita (Joel) Harris of Hudsonville, Michigan Nancy (Bill) Murrell of Rover, Arkansas and Lisa (Tim) Stevens of Windsor Heights, IA, twenty-two grandchildren and thirty-five great-grandchildren, and one great-great grandchild. She is also survived by special friends, Jimmy (Nici) Johnson of Argyle, IA.

She was preceded in death by her parents, her siblings, three grandchildren, Michelle Lee Hageman, Jenny Marie Hageman Tillman and Leslie Leann Real Jones and one great-grandchild, Alleyna Joy Kersey.

Funeral services will be held at 10:00 a.m., Wednesday, at the Vigen Memorial Home in Keokuk with Pastor Larry Wallingford officiating. Burial will be in Sunset Memorial Park in Keokuk.

Visitation will be held Tuesday with the family meeting with friends from 5 - 7 p.m. at the funeral home.

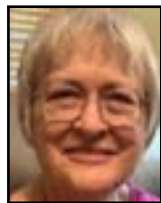
Memorials may be made to Lee County Hospice.

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

## OBITUARIES

### MARY JO MENKE

Mary Jo Menke passed away on January 5, 2024. Her graveside services will be on Saturday, March 2nd at 12:00 noon at Calvary Cemetery in West Point, Iowa. There will be a luncheon immediately following at the American legion in West Point. We invite all family and friends to join us in celebrating Mary Jo's life on March 2nd and look forward to seeing as many of you as can make it. Schmitz Funeral Home of West Point is assisting the family with arrangements. Online condolences may be made to the family at [www.schmitzfuneralhomes.com](http://www.schmitzfuneralhomes.com).



MENKE

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# Obituaries/For the Record

## OBITUARIES

### DANNY W. PIX

Danny William Pix, 70, of Keokuk, IA, passed away Monday, February 19, 2024 at Henry County Hospital in Mt. Pleasant, IA.

He was born February 13, 1954 in Santa Monica, CA the son of Clarence William and Helen Faye Wilcox Pix. Danny graduated from LaPue High School in California.

He was married to Miriam Martinez.

He had been employed by several factories including Kenyo in California and Marshal Industries and also worked at Randy's Donuts as well as being a Crossing Guard at Garvey School District in California.

Danny was a member of God's Way Christian Center in Keokuk.

Danny enjoyed all kinds of music and played in a band and also played many instruments including saxophone, violin, drums, guitar, flute, tuba, congos, cowbells and harmonica. He was also a talented songwriter. He was a great enthusiast of the outdoors and enjoyed bicycling, mountain hikes, going to the aquarium at Sea World and visiting mountains and beaches. He also made rainmakers and t-shirts, jewelry and did abstract paintings as a hobby.

Survivors include one daughter, Sarah Pix of Keokuk and two sons, Adam Pix and Daniel Pix of California and a grandson, Daniel Jr. Also surviving are two sisters, Darlene Acosta (Raymond) of California and Caroline Fleury (Howard) of Minnesota and his mother, Helen Pix of California.

Preceding Danny in death are his father Clarence, a son Joshua Pix and a sister Charlene Annette Pix.

A funeral service will be held 12 p.m., Saturday, March 2, 2024 at Vigen Memorial Home.

Visitation will be held prior to the service from 11-12:00 and 1-4:30 p.m.

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

## For the Record

### Fort Madison Police Report

02/23/24 - 10:45 a.m. - Fort Madison police responded to a report of a property damage accident in the 2100 block of Old Denmark Road.

02/23/24 - 11:12 a.m. - Fort Madison police responded to a report of vandalism in the 900 block of Avenue F.

02/23/24 - 11:36 a.m. - Fort Madison police arrested John Russell Helmick, 54, of Fort Madison, in the 300 block of Avenue F, on warrants for 3rd degree burglary - pretrial violation and possession of burglary tools.

02/24/24 - Fort Madison police had no activity to report.

02/25/24 - 2:09 p.m. - Fort Madison police responded to a report of vandalism in the 1700 block of Avenue B.

02/25/24 - 2:14 p.m. - Fort Madison police responded to a report of vandalism in the 6100 block of Reve Court.

02/25/24 - 5:04 p.m. - Fort Madison police responded to a report of a burglary in the 1700 block of Avenue I.

02/26/24 - 8:37 a.m. - Fort Madison police responded to a report of larceny/theft in the

6000 block of Avenue O.

### Lee County Sheriff Report

02/23/24 - 3:32 p.m. - Lee County sheriff deputies arrested Oryan Shaughnessy Davis, 40, of Keokuk, at the sheriff's office, on a judgment entry/mittimus warrant. He was taken to Lee County Jail and later released after time served.

02/23/24 - 10:40 p.m. - Lee County sheriff deputies arrested Aaron Blake Cook, 22, of Keokuk, in the 3500 block of 168th Street, Wever, on a charge of driving under suspension. He was taken to Lee County Jail and later released after paying a fine.

02/23/24 - 10:45 p.m. - Lee County sheriff deputies arrested Brooke Lynn West, 27, of Keokuk, in the 3500 block of 168th Street, Wever, on a charge of 2nd offense - possession of marijuana. She was taken to Lee County Jail and later released on her own recognizance.

02/24/24 - 9:39 p.m. - Lee County sheriff deputies arrested Joshua Dean Potter, 36, of Fort Madison, in the 2300 block of Hwy. 61, Fort Madison, on charges of driving while barred and fraudulent use of registra-

tion. He was taken to Lee County Jail and later released on his own recognizance.

02/25/24 - 2:32 p.m. - Lee County sheriff deputies arrested Johnnette Sue Williams, 46, of Fort Madison, at the sheriff's office on an arrest of affidavit. She was taken to Lee County Jail.

02/25/24 - 6:45 p.m. - Lee County sheriff deputies arrested Jon Robert Rooney, 58, of Donnellson, in the 2700 block of 211th Avenue, Donnellson, on a warrant for 1st degree harassment. He was taken to Lee County Jail.

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

## Paul Cornelius named IDOC's newest Chief of Staff

DES MOINES - The Iowa Department of Corrections is pleased to announce the appointment of Paul Cornelius as the new Chief of Staff, effective March 1, 2024.

With a distinguished career spanning 22 years in State Government, Cornelius brings a wealth of experience and expertise to the role. His proven leadership and commitment to excellence make him an excellent fit for this crucial position within the department.

In his role as Chief of Staff, Cornelius will play a pivotal role in advancing the mission of the Iowa Department of Corrections, working closely with leadership to develop and implement strategic initiatives, enhance operational efficiency, and promote a culture of innovation and accountability.

"We are thrilled to welcome Mr. Cornelius to the Iowa Department of Corrections team," said Director Beth Skinner. "His extensive background and dedication to public service make him an invaluable asset as we continue our efforts to improve the correctional system and better serve the people of Iowa."

Cornelius expressed enthusiasm for the opportunity, stating, "I am honored to join the Iowa Department of Corrections and contribute to the important work being done to promote safety, rehabilitation, and positive outcomes for all individuals within our correctional system."

## SEISC Science fair March 7 at SCC

WEST BURLINGTON - Local Southeast Iowa students will present Science, Technology, Engineering and Mathematics Research Science Fair Projects at The Hall of Science on the West Burlington SCC Campus.

The 6th-12th grade science research students from the attending schools have been

working for months, many since last spring, on their research, and experiments.

The Hall of Sciences on the SCC West Burlington Campus, will host the event. Judging will take place from 9:15am - 12:30 pm.

The public and the press are invited to

view the projects and visit with students as long as they are not being judged at that time.

We welcome the public and press to come and interview and talk to many of Southeast Iowa's top and award winning student science researchers.

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## Sports/From the Front

# Path for County HD/EMS building not clear

COUNTY - Continued from Page 1

"There's been a lot of emotions and opinions, but there's a lot of questions still out there," he said.

"There's a lot of things I wish that would have happened and I listed a few things."

Koller said he wished there was a blank check to fund all county needs, and he wished the county knew if the ag appropriation was going to get passed.

"I wish we knew what would happen at the state level with speed cameras, and I wish we knew what the future of the health department looked like," he said.

He said he wished everyone had seen the floor plans for the new health department months ago, and referenced the county's financial situation where a year ago they had to use ARPA funds to keep from "going broke".

At last week's meeting, Holmes pointed out that different investing is producing about \$1.2 million a year in interest earnings - a move Seyb credited to County Treasurer Becky Gaylord. Seyb said that should have been happening a long time ago.

Seyb has also referenced additional funding the county is getting in reimbursements for ambulance services through the Ground Emergency Medical Transport program that enhances Medicare and Medicaid payments.

Koller said he wished the county wasn't subsidizing the EMS ambulance service by about \$3 million per year, and that the county didn't have the second-highest general basic levy and highest overall basic levy in the state.

"Those are all wishes and we have to deal in fact. Farm Bureau started this petition, but the people of Lee County are the ones that signed it. They're the ones asking for the ability to vote. That's what this petition does - no more, no less."

Koller said Farm Bureau is not against the Health Department or the EMS, but he said the county cannot continue doing business the way it is being done.

Seyb, who declined to comment following the board meeting, did say during the meeting he's unsure what path supervisors will take with the Health Department/EMS facility in Fort Madison. He said that the EMS facility in Keokuk will go on as planned with funding already in hand. That construction could start as soon as today.

"The board may make the decision not to do it and scrap the (Fort Madison health department/EMS) project, but that would be up to the board of supervisors," he said.

The resolution on the Keokuk bond to have the signatures verified was approved 3-2 with Ron Fedler and Chuck Holmes voting against it saying it wasn't necessary if construction has started and money has been allocated.

The resolution to verify signatures on the \$6 million bond was approved 6-0. Seyb asked that the issue be put back on the agenda for next week to determine the board's action going forward.

# Riddle, Smith named SEC wrestlers of the year

BY PCC STAFF

FORT MADISON - The winter sports accolades keep pouring in and several Fort Madison athletes have received honors from Southeast Conference coaches.

Senior Nolan Riddle was named Wrestler of the Year in the conference after finishing 4th at the IHSAA Boy's State Wrestling tournament at 157 lbs. Sophomore Mara Smith was named a co-Wrestler of the Year in the conference after qualifying for her second state wrestling tournament in the program's first two years.

Along with Smith, Hailey Kemper was also named to the first team for the Lady Hounds, who finished 5-0 winning the Southeast after both qualified for the IGHS AU girls' state tournament earlier this month. Other Lady Hounds on the conference champion Lady Hounds were Lucille Zimmerman, Briena Fenton, Chloe Sokolik, Kat DiPrima, Tatum Peters, and Sadie Brandon.

The Bloodhound boys landed a bevy of wrestlers on the first team including Ike Thacher, Luke Vanderpool, Cory Arnett, Teague Smith, and Riddle. Being named to the second team were Noah Swigart, Cade Goodrich, Joe Hartman, and Logan Pennock. Hartman and Arnett also qualified for this year's boys' state



RIDDLE

meet.

In girls basketball, Fort Madison's Dayonna Davis was named 1st Team all-conference for the Hounds. Aija Jenkins and Irelynd Sargent were selected for 2nd team

honors. Keokuk's Kendra Boatman was Player of the Year.

Fort Madison finished second in the conference by Keokuk with a 7-3 (14-8 overall) conference record. Two of the losses came against the Chiefs.

Honorable mention honors went to Fort Madison's Halle Menke and Hadley Wolfe.

Earning Academic All-Conference for the girls were Jenkins, Taylor Johnson, Katelyn Sissel, and Sargent. On the boys wrestling team, Gavin Callahan, Calvin Johnson, Riddle, Smith, Thacher, Swigart, and Aaron Warner all earned academic honors.

Kemper and Sokolik were listed on the girls' wrestling academic all-conference list.

The Southeast Conference boys list was released but won't be made public until all teams are done playing and 4th-seeded Keokuk defeated Solon Thursday night and will play Williamsburg Monday night for the right to go the boys' state tournament.

# Bendlage named to girls Southeast All-District team

FORT MADISON - Holy Trinity senior Mary Kate Bendlage added another honor on Sunday.

Bendlage was named to the Iowa Girls Coaches Association Class 1A Southeast All-District team.

Bendlage, who became Holy Trinity's all-time leading scorer this season, averaged 20.9 points per game this season.

That ranked 15th best in all classes in Iowa, and tied for third best among all players in Class 1A.

Bendlage also averaged 8.5 rebounds and 2.2 assists.

Bendlage was joined on the team by Carly Goodwin (Sigourney), Ellen Cook (Montezuma), Finley Jacque (Lone Tree), Jaeda Molle (Danville), Kennedy Axmear

(English Valleys), Lauren Krieger (Notre Dame), Majesta Vos (Lynnvilleville-Sully), Sarah Burton (Highland) and Shiressa Wetering (Montezuma).

Mediapolis' Haley Steffener was named to the Class 3A Southeast team. Kendra Boatman of Keokuk and Mylee Stiefel of Burlington were named to the Class 4A Southeast team.

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FORT MADISON FAMILY YMCA



## From the Front

# Central Lee projects garner national attention

**STEM** - Continued from Page 1

students presented by the U.S. Department of Education and EXPLR, an organization focused on providing middle and high school students virtual and hands-on learning resources. The National STEM Challenge encourages students to design a STEM project using scientific method or engineering design processes.

Hohl's project is one near and dear to agriculture people. Her parents Adam and Julie Hohl own Harvestville Farm in Donnellson and are interested in the reduction of nitrogens from fertilizer runoff into natural and man-made waterways.

"I was trying to find a way to reduce levels of nitrogen in runoff water from fields. There is a thing called a bioreactor and I tested it with different biodegradable materials to find out which one could remove the most nitrogen," Hohl said.

"I tested it with four different materials, wheat straw, rice straw, oat straw, and special wood chips and which one would remove the most nitrogen."

She said the nitrogen can work its way down to what is called "The Dead Zone" in the Gulf of Mexico where algae is produced by the nitrogen runoff, constricting other aquatic life.

Newton created a sensory reaction meter that he used to time stimulus reactions and used the information to code distracted driving response times.

He used coding and digital technology to build the device.

"Coding and technology are things I love to do in my spare time. That brought me to autonomous cars and I found that over one million people pass away in car accidents every year and I wanted to see what I could do to reduce that number," he said.

"So I tested auditory, visual, or tactile stimuli as I thought they would be the most beneficial to driver reaction times."

The gadget, a small black box with two buttons and some sensory panels, can test people's reaction times to different stimuli.

A small circle appears for the visual test and, when subjects see the circle, they press a button and the box registers the time it took to press the button. It can also make a noise and register time to hit the button, and then the tactile is a touch sensor where a small plate moves and the subject again has to hit a button.

Newton then programmed a code to convert reaction time to stopping distance to formulate how far a car trav-

els while a driver is reacting to one of the three stimuli.

"I also tested with no distractions and a video of children yelling to simulate children yelling in the back of a car," Newton said.

"I also had them text a phrase on their phone while I was testing."

Newton tested 30 people 27 times for a total of 864 data points. He said most of the testing was done at basketball games in conference rooms and wherever he could find time to test volunteers.

Teacher Amanda Myhre said the event is brand new and to have two student projects chosen from Central Lee is incredible in the first year.

"It's pretty exciting. For something brand new like this, and I didn't even know about it," she said.

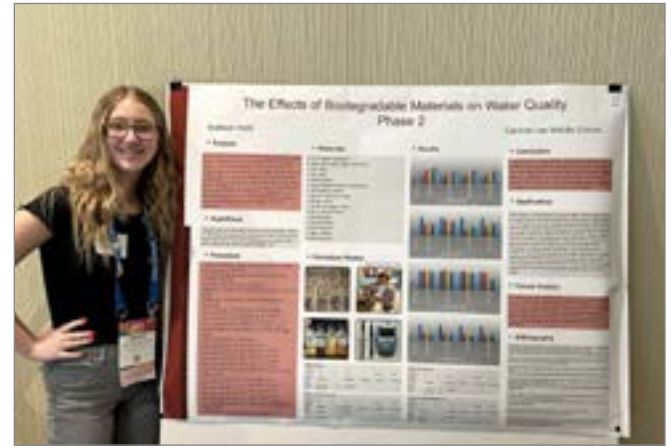
Newton said he has aspirations of industrial engineering and the project has fueled that energy. Hohl said she doesn't know about going into the family business.

"I don't know. Maybe," she chuckled.

She said she's making her own path. Her brother Jacob is also a decorated science fair student and went into business in college.

The two were notified of their selection by Addison's parent who found the announcement on the website.

"I enjoy the types of projects they have. They are on opposite ends of the spectrum, but they are both equally interesting as the others," Myhre said.



Above, Addison Hohl, and below, Caedon Newton stand with their respective projects selected for the national STEM festival.



# 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 vertebrae 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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612 Main Street

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# Classifieds/Public Notices

## PUBLIC NOTICES

**PUBLIC NOTICE  
MT. PLEASANT  
CITY COUNCIL  
REGULAR MEETING  
MINUTES  
Mount Pleasant, Iowa,  
January 10, 2024**

The Mount Pleasant City Council met in regular session on Wednesday, January 10, 2024, 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, Batty, White, Crull  
Absent: Griffith  
It was moved by Councilmember White and seconded by Councilmember Batty that the Council approve the following consent agenda items with one roll call motion vote:  
the minutes of the December 27, 2023, City Council meeting;  
the payment of bills totaling \$124,663.59;  
the report of officers including the following receipts for the month of

December- \$114,934.91 General Fund;  
\$111,699.12 Road Use Tax; \$31,215.00 Housing-Rehab; \$112,614.05 LOST; \$8,814.18 TIF; \$26,494.56 Debt Service; \$8,135.18 Capital Projects; \$3,100.00 Trust & Agency; \$288,074.35 Sewer Revenue; \$64,569.28 Solid Waste; \$4,049.68 Library General Fund; \$119.11 Library Gift Fund. And the following disbursements for the month of December - \$623,660.95 General Fund; \$144,824.67 Road Use Tax; \$33,303.75 Debt Service; \$38,649.05 Sewer

Sinking; \$123,255.10 Sewer Plant Improvement; \$267,952.22 Capital Projects; \$127,957.82 Sewer Oper. & Maint.; \$71,015.91 Solid Waste; \$42,731.50 Library General Fund; \$2,175.90 Library Gift Fund.  
Resolution No. 2024-01 including the following inter-fund transfers for the month of December - \$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; \$50,000 from Sewer

Revenue Fund to Sewer Operation & Maint Fund; \$1,021,505.62 from 2022 bond proceeds Capital Projects to Henry Street Project to complete project;  
the Renewal of a Class E Retail Alcohol License for Wal-Mart Inc #784 at 1045 N Grand Avenue.  
Roll call vote 5-0. Motion carried.  
Mike Gardner, Airport Advisory Committee Chair, gave an update on the Airport and thanked the City Council and Mayor for their support.  
Councilmember McWilliams moved and Councilmember Batty seconded that the Council approve the agenda as printed.  
Roll call vote 5-0. Motion carried.  
Councilmember Engberg moved and Councilmember Batty seconded that the Council read the second time the following ordinance:  
AN ORDINANCE AMENDING CERTAIN SECTIONS OF CHAPTER 21 "SOLID WASTE" AND CHAPTER 25 "SOLID WASTE CHARGES" OF THE CITY CODE OF MOUNT PLEASANT, IOWA, CODE OF ORDINANCES

posted in the local paper.  
Lane Evans asked why there was no opt-out option and why no bid was taken for the collection. He asked for a breakdown of solid waste fees on his utility bill; \$4.25 recycling fee, \$3.00 solid waste fee; \$1.00 landfill closure fee. Evans has heard that some apartments uptown would now have a dumpster rather than having to use the new system. He requested that the City post agendas on Facebook.  
Karl Braun, 505 S. Hoaglin, asked if the apartments he owns would be included in the new collection system.  
Lynn Conrad, Henry Street, asked how you determine if an extra building is charged the solid waste fees.  
Judy Williams, Iowa Avenue, asked if the Council had held a meeting since the December 27, 2023, Council Meeting to discuss the concerns that were presented at that meeting.  
John McDowell, 302 S. Locust, is concerned about truck traffic having to pick up on one side of the street and then the other side. Also concerned about truck traffic in the alleys and if a vehicle is blocking the area where the trash receptacle is located, will it still be picked up.  
Michael Packer asked the Council if they would periodically review the new collection system and make changes if needed.  
Councilmember McWilliams left the meeting at 6:53 p.m.  
Susie Kerr is concerned about the senior citizens in Mount Pleasant and those on social security. She told the Council that the new garbage collection fees will take one third of their cost of living increase.  
Councilmembers listened to all questions and concerns and responded. The Council will take all questions and concerns into consideration.  
Roll call vote 5-0. Motion approved.  
It was moved by Councilmember Crull and seconded by Councilmember White that the Council designated the second and fourth Wednesdays at 5:30 p.m. as the time of regular City Council meeting. Motion carried, 5-0.  
It was moved by Councilmember Griffith and seconded by Councilmember Batty that the Council confirmed City Council meetings will be conducted according to Roberts Rules of Order.

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### PUBLIC NOTICES

Motion carried, 5-0.

It was moved by Councilmember Griffith and seconded by Councilmember White that the Council approve Stephen Engberg as Mayor Pro-Tem. Motion carried, 5-0.

It was moved by

Councilmember Griffith and seconded by Councilmember Batty that the Council designate the official publication for City Council public notices to be the Mount Pleasant News. Motion carried, 5-0.

It was moved by Councilmember Griffith and seconded by Councilmember Batty that the Council approve the City Council Standing Committee assignments as follows. (the asterisk designates chairman)

Finance & Personnel  
\*Engberg, McWilliams, Griffith

Sanitation  
\*Crull, Engberg, Griffith Streets

\*White, Batty, Engberg Ordinance

\*Griffith, White, McWilliams

Public Safety  
\*McWilliams, Batty, Crull

Public Improvements/Utilities  
\*Batty, Crull, White

Motion carried, 5-0. Councilmember White moved and Councilmember Batty seconded that the Council authorize the Mayor to sign an Engineering Services Agreement with Warner Engineering for E. Pearl Street – Main Street to Adams Street 2024. Motion approved, 5-0.

It was moved by Councilmember Griffith and seconded by Councilmember Engberg that the Council adopt the following entitled Resolution No. 2024-2:

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF MOUNT PLEASANT, IOWA APPROVING RONALD S. GALUSHA TO POLICE OFFICER

Roll call vote 5-0. Resolution adopted, signed by the Mayor and hereby made a portion of these minutes.

It was moved by Councilmember Griffith and seconded by Councilmember Batty that the Council adopt the following entitled Resolution No. 2024-3:

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF MOUNT PLEASANT, IOWA APPROVING THE PROMOTION OF JONATHAN

L. BODY TO POLICE SERGEANT

Roll call vote 5-0. Resolution adopted, signed by the Mayor and hereby made a portion of these minutes.

It was moved by Councilmember Griffith and seconded by Councilmember Engberg that the Council adopt the following entitled Resolution No. 2024-4:

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF MOUNT PLEASANT, IOWA APPROVING THE PROMOTION OF ROBERT D. SZEWCZYK TO POLICE SERGEANT

Roll call vote 5-0. Resolution adopted, signed by the Mayor and hereby made a portion of these minutes.

It was moved by

Councilmember Engberg and seconded by Councilmember Batty that the Council adjourn. Motion carried. Meeting adjourned at 7:00 p.m. to meet in regular session on Wednesday, January 24, 2024.

Steven K Brimhall, Mayor  
ATTEST: Lori Davis, City Clerk

### HELP WANTED



**BURLINGTON FIRE DEPARTMENT**  
NOW ACCEPTING APPLICATIONS  
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- Pension with retirement at age 55
- 24-hour shifts (48 hours off between shifts)
- 15 days (7 weeks) paid time off
- Newer apparatus and equipment
- Coming soon – New Fire Station #3

#### Application Process

- Applications open January 1, 2024
- Applications close March 29, 2024
- Written exam April 4-5, 2024 (online)
- Interviews April 11-12, 2024
- High School Diploma or GED
- Driver's License

Scan the QR code, click here, or go to <https://www.burlingtoniowa.org/2634/Recruitment> to apply online.



### LEE COUNTY SECONDARY ROADS ROAD MAINTENANCE WORKER II

Lee County is taking applications for a South Road Maintenance Worker II. Duties will include the operation of light and heavy equipment and trucks used to perform road maintenance and construction projects, occasionally plowing snow, and the performance of manual labor as required. Requires a high school graduate or G.E.D. equivalent and must possess a valid Class A commercial driver's license with air brake and tanker endorsements. The starting wage range is \$23.47 to \$28.65.

Lee County provides equal opportunity in employment to all persons regardless of age, race, creed, color, sex, national origin, religion, or disability.

For a job description and to apply, download an application from our county website, [www.leecounty.org/employment.aspx](http://www.leecounty.org/employment.aspx), or you can pick an application up at the Engineer's office and return your completed application along with a resume to Lee County Engineer, P.O. Box 158, Fort Madison, Iowa 52627, or email it to [engineer@leecounty.org](mailto:engineer@leecounty.org). Applications will be accepted until 4 p.m. on Friday, March 8, 2024.

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



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## From the Front

# Volunteer groups need to register by March 31

### HOMES - Continued from Page 1

“There are criteria, such as being owner-occupied one-story home, income guidelines, age guidelines, etc.” said Tim Gobble, Fort Madison Partners Executive Director.

“While I am looking for homes that fit our criteria, I am also looking for volunteers that are willing to help paint, as well as those knowledgeable- and with the tools- to help with some of the repair/replacement needs for the homes. Applications are requested prior to March 15, 2024, so there is time to conduct a site evaluation.”

The Paint-A-Thon is an event in which volunteer groups paint the homes (owner occupied) of individuals living in the city limits of Fort Madison. This event allows homeowners with financial and physical limitations to have their homes painted free of cost so they can use their income to cover other important costs, such as medication, groceries, and utility bills. Residents will apply to have the exterior of their homes painted, then volunteers from civic groups, churches, and businesses lend a helping hand to paint, and local businesses and residents donate supplies.

The Paint-A-Thon is a major volunteer event. It takes 20 to 30 people per house with one volunteer leader. Volunteers will need to make themselves available at some point during the hours of 10 a.m. to 5 p.m. throughout the week. Volunteers must be 16 years old or older (parental/guardian signature on waiver required between the ages of 16/17) to be a part of a team and willing to put in the work to get the house painted. Waivers will need to be signed by all volunteers. Teams of volunteers are needed from businesses, churches, schools, industry, social service, and civic groups, etc. “

“We will need a “Team Leader” to be a contact that can then pass information along to their volunteers (teammates) and help prepare for the home selection process”,” Gobble said.

“We will be looking for people who can crawl up ladders (if needed) and able to stand for long periods of time during this process. All are welcome to participate but the team leader will be responsible for delegating the tasks to those team members.”

This project is great for anyone looking for an opportunity to help out others in the community. If your group is interested in volunteering, contact Fort Madison Partners via email at [tgobble@fortmadison.com](mailto:tgobble@fortmadison.com) or calling 319-372-5471 by March 31st.

Once Community Action has qualified the house(s) and they have been inspected, a team of volunteers from the community will be assigned to scrape, prime and paint each house. Homes are painted throughout the week of April 22nd and work times will be set by the team leader. Team leaders will coordinate with their team and visit the home prior to April 19th to evaluate the home’s needs regarding prep work such as: debris removal, power washing, scraping of peeling paint, caulking and spot priming, etc. Some work may start the weekend prior to the 22nd to make sure the house is ready from the beginning

Fort Madison Partners is currently looking for sponsorships to offset the incidental costs of paint supplies, yard equipment, home prep needs, etc. as well as volunteer needs such as water, snacks, etc. These sponsorships will be promoted through media and social media outlets posts and signage at each home. Kempker’s True Value & Rental, Inc. has once again agreed to supply all the paint that is used, and Community Action of Southeast Iowa will help choose the houses to be painted and do small repairs if necessary. There are still a few sponsorship opportunities available, so give us a call. Monetary or painting supplies donations will also be accepted.

Volunteers will be needed from many community organizations, businesses, industries, and citizens to help paint with their “team”. This community beautification effort is a great way to help those qualifying candidates maintain their property (therefore helping local property values), increase energy efficiency, beautify the community, and lend a helping hand to someone that may not be able to do it on their own. The Paint-a-Thon is a collaborative effort between Community Action of Southeast Iowa, Kempker’s True Value & Rental, Inc and Fort Madison Partners-Beautification Foundation. This is a partnership venture to get something started for the betterment of Fort Madison and one funding source to the Fort Madison Beautification Foundation- a 501c3 Not for Profit organization.

For more information on how to get involved, please call the Partners office at 319-372-5471!



Photos by Chuck Vandenberg/PCC

This is a before picture of an Avenue C home that was part of the 2023 Paint A Thon. The photo below shows the home after volunteers worked on the house.



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