

Students headed to Nepal

From left to right Holden Fraise, Ernie Schiller, and Aiden Dostalek meet up for a photo at FMHS. The three are headed with a group to Nepal at the end of the month. Schiller has been to the Asian country nine times in the past 11 years as part of his Rebuild Nepal effort.



Photo by Chuck Vandenberg/PCC

LOCAL NEWS

False alarm sets FMHS on lockdown

District takes precautionary steps in abundance of safety for staff, students

BY CHUCK VANDENBERG
PCC SPORTS

FORT MADISON - The Fort Madison High School entered a short lockdown Thursday afternoon as a result of what turned out to be a false-alarm.

School officials are going to send an alert notice to families this afternoon outlining the incident through the district's communication system.

Co-Principal Patrick Lamb said the lock down was done out of an abundance of safety for students and staff, but no threat was made against anyone or the facility.

"Fort Madison High School experienced a brief lockdown this afternoon due to a false alarm, which prompted a response from school staff to ensure the safety and well-being of all students and staff members," Lamb wrote in a text message to Pen City Current.

"The incident, although a false alarm, served as a valuable opportunity to test emergency protocols and assess the school's security measures. We appreciate the understanding and patience demonstrated by the Fort Madison community during this time as we continue to prioritize the safety of everyone within the school premises.

"As part of our ongoing commitment to enhancing security measures, we are in the process of upgrading our systems and implementing necessary improvements to make our buildings even safer for all occupants. Thank you to the Fort Madison community for their support and cooperation as we work towards creating a secure and conducive learning environment at Fort Madison High School."

REBUILD NEPAL: Schiller making 11th trip in nine years to embattled country

BY CHUCK VANDENBERG
PCC EDITOR

FORT MADISON - Two Fort Madison students are joining Rebuild Nepal founder Ernie Schiller on his next trip to the earthquake-ravaged Asian country known as the Federal Democratic Republic of Nepal.

Schiller is making his 11th trip in nine years to the landlocked mountainous country in south Asia nestled in the Himalayas.

Schiller started traveling there to help students and children who continue to suffer from the effects of a massive earthquake in 2015 that killed close to 9,000 people as a 7.3 magnitude aftershock. Another earthquake struck the small country in 2023 that killed 153.

But Bloodhounds Holden Fraise and Aiden Dostalek, both sophomores, are gearing up, literally and metaphori-

cally, for a three-week venture to the historically impoverished nation.

The two are taking a drone on the trip, which could prove to be one of the more fantastic discoveries for the children that they will be helping educate while in the region. Fraise said they will use a GoPro camera on the drone and then send back vlogs, or video blogs, of their experiences. They will also be regularly journaling on a daily basis.

The footage will be used for presentations and a closer look at the small villages that make up the regions the group will be visiting.

Schiller regularly takes adults with him on the trek to help and experience the region, but bringing kids along is special for him.

See NEPAL, page 5

FMGSD

FM school district's facilities projects at 98% completion

CHUCK VANDENBERG
PCC EDITOR

FORT MADISON - Officials from Carl A. Nelson told the Fort Madison School Board Monday, the construction at the new PreK-6th grade and 7th-12th-grade high school are 98% complete.

The district's contingency fund on the project, which began at \$1.56 million, has been reduced to about \$65,000.

Chris Smith, President of Carl A. Nelson, went through a breakdown of the contingency and where costs are at on the project.

Smith said there aren't a lot of people working at the sites now except for

those in completing the finishing touches and installation of equipment and furniture.

"I reported a couple months ago that that was a moving target because some of the bids were coming in overbudget and the contingency was being used

See FACILITIES, page 8

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WEATHER

FRI 19 Apr..... Mostly sunny & cool, 58° F/ 36° F ☀️
SAT 20 Apr..... Mostly sunny & cool, 52° F/ 33° F ☀️
SUN 21 Apr..... Early frost then sunny, 60° F/ 37° F ☀️

IOWA LOTTERY

DOUBLE PLAY 04/17..... 7 8 25 39 68, Powerball: 7
LOTTO AMERICA 04/17..... 10 20 24 29 38, Star Ball: 1 All Star Bonus: 2
LUCKY FOR LIFE 04/17..... 6 9 19 27 42, Lucky Ball: 2
PICK 3 MIDDAY 04/17..... 7 9 5
PICK 3 EVENING 04/17..... 6 3 5
PICK 4 MIDDAY 04/17..... 0 5 0 0
PICK 4 EVENING 04/17..... 9 6 5 8
POWERBALL 04/17..... 24 29 44 47 54, Powerball: 2 Power Play: 2

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Obituaries/For the Record

OBITUARIES

ETHEL G. SEABOLD

Ethel G. Seabold, 94 of Farmington, IL formerly of Keokuk, IA passed away Wednesday, April 17, 2024 at Farmington Village Nursing Home in Farmington, IL.

She was born on July 15, 1929 in Romney, WV the daughter of Ernest and Susan Speelman Miller. Ethel moved to Keokuk as a teenager and graduated in 1949 from Keokuk Senior High School.



SEABOLD

On June 27, 1953 Ethel was united in marriage to Roy Seabold, Jr. They were married for sixty years, until he preceded her in death on February 25, 2014. Ethel was a member of the Emmanuel Methodist Church. She had worked for the Sisters of Charity for several years in the 1970's and 1980's, still keeping in contact with many of the Sisters throughout the years. Ethel had a love for dogs and found great joy in many four legged companions over the years. During the summer months, Ethel enjoyed taking care of her flowers. At the nursing home, she kept everyone laughing with her great sense of humor and quick wit.

She is survived by two daughters, Kathy Buckert of Keokuk and Nancy Caverly of Canton, IL, one son, Gary Seabold of Keokuk two grandchildren Amanda (Nick) Stoneking of Macomb, IL and Jesse Caverly of Paducah, KY and two great-grandchildren, Branton and Addilyn Stoneking of Macomb, IL.

Besides her husband, she was also preceded in death by her parents, three sisters, Ester Galliher, Helen Hallford and Alice McNamar and two brothers, Ernest "Wilbur" Miller and August Franklin Miller.

A graveside service will be held at 12:15 p.m., Wednesday at the Keokuk National Cemetery in Keokuk, IA with Donald Miller officiating. Visitation will be held prior to the graveside from 11 a.m.-12 noon at the Vigen Memorial Home in Keokuk, IA with family meeting with friends at that time.

Online condolences may be sent to the family at www.vigenmemorialhome.com.

OBITUARIES

ELOISE L. McWATERS

Eloise L. McWaters, 92, of Keokuk, passed away on Saturday, April 13, 2024, at River Hills Village in Keokuk, Iowa.

Eloise was born on December 16, 1931, in Keokuk, Iowa, the daughter of William Theodore and Lorene Winfred (Riter) Foster. In 1956, she was united in marriage to James George McWaters in Keokuk, Iowa. He preceded her in death in 1979.



McWATERS

Eloise was employed as a nurse, but her favorite job was raising her children. She was a member of the United Presbyterian Church in Keokuk and enjoyed traveling in the world, visiting England, Scotland, Spain and France. She loved Paris, visiting four times. Some of her hobbies included reading, making candles, crafting (especially with driftwood), quilting, needlepoint, jigsaw puzzles, adult coloring books and doing the crossword every day.

Eloise is survived by two children: Scott Alan McWaters of Greenville, South Carolina, and Lorene Auralia McWater of Eden Prairie, Minnesota; four grandchildren: Sonja McPherson of Eden Prairie, Minnesota, Elspeth Hope McWaters of Athens, Georgia, Ainsley Grace McWaters of Greenwood, South Carolina, and Kirstin Joy McWaters of Simpsonville, South Carolina; four grandchildren; three brothers: William "Ted" (Dorothy) Foster of Big Lake, Wisconsin, Lewallen "Lew" (Beverly) Foster of Keokuk; and Milton (Linda) Foster of Muscatine, Iowa; and several nieces, nephews and cousins.

Eloise is preceded in death by her parents and her sister Joan Hinrichs.

No services will be held at this time.

Memorials may be directed to P.A.W.S. Animal Shelter.

Tributes and condolences may be left at www.dejongsfuneralhome.com.

DeJong-Greaves-Printy Funeral Home in Keokuk is in charge of arrangements.

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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For the Record

Fort Madison Police Report

04/17/24 - 8:02 a.m. - Fort Madison police responded to a report of a property damage accident in the 600 block of Avenue E.

04/17/24 - 12:39 p.m. - Fort Madison police responded to a report of a burglary in the 2800 block of Avenue N.

04/17/24 - 4:03 p.m. - Fort Madison police cited Steven Lee Stigall, 71, of Fort Madison, in the 1100 block of 24th Street, on a charge of driving under suspension.

04/17/24 - 4:55 p.m. - Fort Madison police responded to a report of larceny/theft in the 1700 block of Avenue H.

04/17/24 - 7:13 p.m. - Fort Madison police responded to a report of larceny/theft in the 1500 block of Avenue H.

Keokuk Police Report

04/17/24 - 12:43 p.m. - Keokuk police arrested McKenzie John Paris, 29, of Keokuk, in the 800 block of Johnson Street Road, on a charge of domestic assault choking/bodily injury. He was taken to Lee County Jail.

04/17/24 - 1:28 p.m. - Keokuk police responded to a report of a burglary in the 800 block of Carroll Street.

04/17/24 - 6:15 p.m. - Keokuk police arrested Shawn Michael Schelby, 42, of Keokuk, at South 21st and Des Moines Streets, on a warrant for failure to appear/contempt of court. He was taken to Lee County Jail.

04/18/24 - 2:18 a.m. - Keokuk police arrested Ernest Lloyd Justice, 58, of Keokuk, on two warrants for failure to appear/contempt of court and charges of 1st offense possession of

marijuana, possession of drug paraphernalia, and driving under suspension. He was taken to Lee County Jail.

Lee County Sheriff Report

04/17/24 - 3:23 p.m. - Lee County sheriff deputies arrested Jason Lee Davis, 44, of Keokuk, at the sheriff's office, on a warrant for violation of probation. He was taken to Lee County Jail.

04/17/24 - 7:49 p.m. - Lee County sheriff deputies arrested Guy Eugene Beach, 40, of Fort Madison, in the 3100 block of Agency Street, Burlington, on a judgment entry/mittimus warrant and a warrant for voluntary absence from custody. He was taken to Lee County Jail.

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

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Charles Vandenberg, Editor

(319).371.1670

Charles.V@PenCityCurrent.com

Lee K. Vandenberg, Sales Manager

(319).371.4125

Lee.V@PenCityCurrent.com

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Iowa News

Jobless rate falls to 2.9% across state in March

DES MOINES – Iowa’s seasonally adjusted unemployment rate decreased to 2.9 percent in March from a revised February rate of 3.0 percent. The state’s labor force participation rate fell to 67 percent from 67.2 percent in February despite solid job growth. Meanwhile, the U.S. unemployment rate fell to 3.8 percent in March.

“March employment figures indicate steady progress across Iowa’s economy,” said Beth Townsend, Executive Director of Iowa Workforce Development. “Construction expanded for the fifth straight month while Iowa employers added more than 4,000 jobs in March. This month’s increase followed a historically large increase last month of over 11,000 added jobs and was fueled by private service industries ramping up payrolls. With more than 60,000 jobs currently posted on IowaWORKS.gov, it is clear that employers continue to look for Iowa workers.”

The number of unemployed Iowans decreased to 48,700 in March from 50,200 in February.

The total number of working Iowans fell to 1,648,200 in March. This figure is 2,500 lower than February and 17,400 lower than one year ago.

Seasonally Adjusted Nonfarm Employment

Iowa establishments added 4,400 jobs in March, lifting total nonfarm employment to 1,612,500 jobs. This month’s increase followed a historically large increase last month and was fueled by private service industries ramping up payrolls. Private service industries gained 3,100 jobs in March, while goods-producing firms added 700 jobs. Government, a sector that includes workers at hospitals and schools as well as federal, state, and local government agencies, increased slightly in February (+600) and is up 5,200 jobs compared to last year.

Professional and business services gained the most jobs in March (+2,200). Administrative support and waste management businesses were responsible for most of the jobs added (+1,400). Hiring was most evident in employment and landscaping services. Professional scientific, and technical services also added staff in March (+600). Much of this gain could be attributed to consulting and other technical services. Trade, transportation, and utilities increased by 1,800 jobs. Wholesale trade added 1,200 jobs following little change in February. This increase helped offset a slight drop in retail trade (-400). Construction added 900 jobs. This gain is the fifth-consecutive for the sector, which now has risen by 6,100 jobs since October. The only other major increase was rooted in arts, entertainment, and recreation, which added 800 jobs. Alternatively, health care and social assistance shed 600 jobs to lead all sectors. This loss was the first since September for this industry. Other services also shed jobs in March (-500). Most of this device was related to religious, grant-making, and similar professional organizations.

Over the past 12 months, education and health care industries have added the most jobs (+6,400). Health care and social assistance have been responsible for most of the jobs gained (+5,300). Leisure and hospitality are markedly up over the past 12 months (+5,400). Accommodations and food services fueled all the growth. Trade, transportation, and utilities conversely has shed the most jobs (-3,100). These losses were the result of cutbacks in retail and transportation and warehousing.

Dairy Margin Coverage enrollment open now

DES MOINES – The U.S. Department of Agriculture (USDA) is encouraging dairy producers to enroll by April 29, 2024, for 2024 Dairy Margin Coverage (DMC), an important safety net program that helps offset milk and feed price differences. This year’s DMC sign-up began Feb. 28, 2024, and payments, retroactive to January, began in March 2024. So far, DMC payments triggered in January and February of 2024 at margins of \$8.48 and \$9.44 respectively.

“We encourage producers to join the 473 dairy operations in Iowa that have already signed up for this important safety net program in advance of the deadline,” said USDA Farm Service Agency (FSA) State Executive Director Matt Russell in Iowa. “At \$0.15 per hundredweight for \$9.50 coverage, risk protection through Dairy Margin Coverage is a cost-effective tool to manage risk and provide security for your operations.”

2024 DMC Coverage and Premium Fees

FSA revised DMC regulations to extend coverage for calendar year 2024, which is retroactive to Jan. 1, 2024, and to provide an adjustment to the production history for dairy operations with less than 5 million pounds of production. In previous years, smaller dairy operations could establish a supplemental production history and receive Supplemental Dairy Margin Coverage.

For 2024, dairy producers can establish one adjusted base production history through DMC for each participating dairy operation to better reflect the operation’s current production.

For 2024 DMC enrollment, dairy

operations that established supplemental production history through Supplemental Dairy Margin Coverage for coverage years 2021 through 2023, will combine the supplemental production history with established production history for one adjusted base production history.

For dairy operations enrolled in 2023 DMC under a multi-year lock-in contract, lock-in eligibility will be extended until Dec. 31, 2024. In addition, dairy operations enrolled in multi-year lock-in contracts are eligible for the discounted DMC premium rate during the 2024 coverage year. To confirm 2024 DMC lock-in coverage or opt out in favor of an annual contract for 2024, dairy operations having lock-in contracts must enroll during the 2024 DMC enrollment period.

DMC offers different levels of coverage, even an option that is free to producers, minus a \$100 administrative fee. The administrative fee is waived for dairy producers who are considered limited resource, beginning, socially disadvantaged or a military veteran. To determine the appropriate level of DMC coverage for a specific dairy operation, producers can use the online dairy decision tool.

Congress passed a 2018 Farm Bill extension requiring these regulatory changes to the program. DMC is also authorized through calendar year 2024.

DMC Payments

DMC payments are calculated using updated feed and premium hay costs, making the program more reflective of actual dairy producer expenses. These updated feed calculations use 100% premium alfalfa hay.



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AG's office releases grant program for SE Iowa

DES MOINES—Iowa Attorney General Brenna Bird today announced that the Victim Services Support Program is releasing a competitive grant opportunity to provide comprehensive sexual assault services in southeast Iowa.

Following the University of Iowa's closure of the Rape Victim Advocacy Program, the Iowa Attorney General's office is making grant funds available through a competitive grant application to ensure the best services possible are provided to support victims. The office is seeking applications from qualified organizations to serve sexual assault victims in the following Iowa counties: Cedar, Des Moines, Henry, Iowa, Johnson, Lee, Van Buren, and Washington.

Grant Details:
Estimated annual funding: Up to \$401,536 (through a combination of federal and state victim services funding).

Grant application release date: April 30, 2024. Applications and instructions will be available on the Iowa Attorney General's website at <https://www.iowaattorneygeneral.gov/for-crime-victims/grants>.

Application deadline: May 31, 2024.

Grant cycle: October 1, 2024 - September 30, 2026.

Eligibility:
All applicants must be registered in Iowa Grants for Victim Services. Registration information and instructions can be found at <https://iowagvs.intelli-grants.com/IGXLogin/Index?ReturnTo=%2FDashboard>. Organizations that are not currently registered must follow the "New User? Register Here!" link.

Contact Lori Miller, VSS Administrator, with any questions at (515) 725-4130 or lori.miller@ag.iowa.gov.

USDA unveils new tools for Livestock Indemnity Program

DES MOINES – The U.S. Department of Agriculture (USDA) today unveiled a new, online Livestock Indemnity Program (LIP) Decision Tool and farm loan resources available to agricultural producers and cooperators who help producers access USDA disaster assistance, farm loans and other federal farm programs. The new LIP tool and the farm loan informational video resources were developed in partnership with FarmRaise and USDA's Farm Service Agency (FSA). These tools are now available at www.farmraise.com/usda-fsa.

"By providing collaborative outreach and technical assistance to the agricultural community, the Farm Service Agency's partnerships with organizations like Farm-Raise, Inc. increase awareness of and broader participation in our extensive suite of farm and farm loan programs," said FSA State Executive Director Matt Russell. "Offering innovative tools and resources with help from our cooperators breaks down program delivery barriers ensuring equitable access to our programs for millions of rural, urban and small-scale to mid-sized producers."

Current FarmRaise Tools and Resources
FarmRaise, Inc. has created an online, educational hub -- called Farm Service Agency 101 -- comprised of videos, and resources that enable cooperators and the agricultural producers they serve to learn about and access major FSA programs.

The newly launched LIP Decision Tool assists livestock producers who suffered losses from eligible adverse weather events and other causes of loss as well as cooperators who are helping disaster-impacted livestock producers navigate available federal disaster assistance programs. The optional decision tool gives producers guidance on what is needed to gather and submit required loss documentation, reducing the amount of time needed to complete applications and enabling FSA county office staff to deliver much-needed assistance faster. Using this tool, however, is not an application for benefits or a determination of eligibility.

Through use of the LIP tool, livestock producers can provide supporting documentation, inventory numbers, and loss numbers to FSA county offices. Doing so, in advance of the initial county office visit, will help FSA staff serve customers more effectively and efficiently. Producers will also need to complete an application for LIP assistance and, upon request, may be asked to provide additional supporting documentation.

LIP offers payments to livestock producers for livestock deaths in excess of normal mortality caused by qualifying adverse weather events. LIP also covers losses due to eligible diseases and attacks by animals reintroduced into the wild by the federal government or protected by federal law. This includes attacks by wolves and predatory birds.

AM I OKAY TO DRIVE?

BUZZED DRIVING IS DRUNK DRIVING

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!

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

MYTH #1: Sciatica (pain down your leg) is always caused by a herniated disc!
No way...even though most doctors will sell you a \$3,000 MRI at the first sign of leg pain. But they don't tell you about a 5-inch muscle in the hip that can squeeze the sciatic nerve. And it feels EXACTLY like you've got the worst slipped disc on earth. It's a major discovery and...

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

MYTH #2: Stiffness from Arthritis means you're getting old...and it must be the reason for all your pain and stiffness!
Not true, because thousands of folks with arthritis in their backs have absolutely NO PAIN! Then why do YOU feel like your back will snap if you bend forward or twist too fast? Because the truth is: Your stiffness may be caused by a hidden, even more dangerous problem than arthritis, and it can lead to a hip replacement!

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

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

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

MYTH #3: Your Back is "Out"!
Sure, that's exactly how it feels. But guess what, we found that's usually not the case. It sounds good, but we now know better. You see, there are 7 different reasons for that painful, locked-up and stuck feeling that causes so much misery:

- low-grade spasm
- pelvis torque and tension
- imbalance of hips
- fallen or dropped arches
- stiff vertebra joint
- adhesions in leg muscle
- pinched nerve

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

It's like having your plumber doing all the dangerous electrical work!
Sure, he may get it done, and it may work at first, but how long until there's a fire? Or your back locks up? Which leads me to our next myth:

MYTH #4: "It's Only a Muscle!"
Boy, it's scary how many people think muscle problems are no big deal. Unfortunately, tight, bound-up, and spasmed or tight muscles can wear out joints faster than you can say, "Charley Horse!"

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

MYTH #5: "Muscle Relaxants" will help your muscles heal! Good grief, NO!
Your muscles tighten up for a reason, and muscle relaxants are like turning back the clock on a time bomb...you know it's still going to blow up! Sure, you may feel better now, but you'll pay later...and pay "in spades"! So don't fall for these lies about your low back. They'll keep you hurting, frustrated and exhausted forever!

WOULDN'T YOU RATHER: Turn over in bed without pain waking you up?
Get up in the morning without being as stiff as a board?
Be able to stand for as long as you want without sitting down for relief?
Lean forward over the sink without that "stabbing" in your back or leg?

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

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

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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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"I broke my back when I was 41 years old and have had problems from then on, until June 2017. Dr. James gave me my life back! I have very few back problems now. It is great to be able to do my everyday duties without back problems."—Roger Kirchner

James Healthcare & ASSOCIATES, INC.
Dr. Jason James, DC
Dr. Mack Kohnke, DC
Ashley Neuweg, ARNP
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BACK PAIN?

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

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



Dr. Jason James, D.C.

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

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

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

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

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

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

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

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

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

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

MYTH #3: Your Back is "Out"!

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

- low-grade spasm
- pelvis torque and tension
- imbalance of hips
- fallen or dropped arches
- stiff vertebra joint
- adhesions in leg muscle
- pinched nerve

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

It's like having your plumber doing all the dangerous electrical work!
Sure, he may get it done, and it may work at first, but how long until there's a fire? Or your back locks up? Which leads me to our next myth:

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

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

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

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

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

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

Get up in the morning without being as stiff as a board?
Be able to stand for as long as you want without sitting down for relief?

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

SCIENTIFIC BREAKTHROUGH:

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

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

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

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

Call NOW! (319) 524-3339
James Healthcare & Associates, Inc.
612 Main Street

"I broke my back when I was 41 years old and have had problems from then on, until June 2017. Dr. James gave me my life back! I have very few back problems now. It is great to be able to do my everyday duties without back problems."—Roger Kirchner

James Healthcare & ASSOCIATES, INC.
Dr. Jason James, DC
Dr. Mack Kohnke, DC
Ashley Neuweg, ARNP
612 MAIN STREET • KEOKUK, IA
319-524-3339

Scene Around the Area/From the Front

Students to spend three weeks in South Asia

NEPAL - Continued from Page 1

"I had one 15-year-old kid go with me several years ago, but to have two is special," Schiller said.

"I want to make sure the kids are capturing as much of this as they can. They are spending some of their own money to do this. They are doing some fundraising to help pay for the supplies they are bringing, but still I want them to be sure they get the best out of this," Schiller said.

The two have been friends for awhile and discussed going on the trip before sharing the plans with their parents.

Fraise said he's excited to see other parts of the world.

"It's a good opportunity to help us learn about the other perspectives of the world and how they live, and it gives us a chance to help out underprivileged kids in other countries," he said.

Dostalek said he was most excited about experiencing the different culture.

"Just seeing how they live and immersing myself in that culture," he said.

Fraise said most of the trip will be going to different schools and helping students with math and basic engineering using Lego™ systems.

"Most of the time we'll be going to different schools, giving away scholarships and supplies," he said.

The demands of the trip aren't lost on the two friends.

"The altitude will be challenging and there will be a lot of walking. There isn't clean water filtration systems. It's rough terrain and it will be good for us," Fraise said.

Each student will bring along 100 lbs. of supplies for students, including backpacks filled with socks and supplies.

Schiller said the economy is slowly starting to rebuild after the earthquakes, but it is a slow process. There is English spoken along with Nepalese in younger grades so Fraise and Dostalek will be able to communicate with most of the kids and engage in conversation.

The students will be missing some time at school while on the trek, but FMHS Co-principal Adrian McKay said those hurdles have been worked out.

Corey Fraise said Holden just dropped the idea on them and wasn't going with them, but was proud of his son for being adventurous.

"I'm really excited for him and am very proud that he's taking the initiative to do this. This wasn't available when I was in school, but I don't know that I would have had the nerve or courage to do it anyhow," Corey said.

The two students will be vaccinated with tetanus, typhoid, and possibly malaria. The monsoon season doesn't start until July 1 historically, so the malaria vaccine may not be required. The last couple years the area has had 700 to 900 inches of rain in about a six-week period. They are leaving prior to the middle of June to avoid the heavy precipitation.

Fraise said there will be a bunch of adjustments, including water consumption and showering. They will have to drink bottled water and eat mostly a vegan diet, but they said they will adjust to that.

They will also get to work in the fields with some of the families.

Schiller said he will be there for about five weeks. Lee County Supervisor Chuck Holmes is also making the trip this year. He leaves May 14 and the students leave on May 23 and stay for three weeks.



Sidney Gruntmeir of the Central Lee FFA received 1st place at the State FFA convention recently in division V(Animal Systems) of the state agriscience fair. Sidney is eligible for the National FFA Agriscience Fair at the National FFA convention held in Indianapolis in October. The National FFA Agriscience Fair recognizes students who gain real-world, hands-on experiences in agricultural enterprises. Students use scientific principles and emerging technologies to solve complex problems related to agriculture, food, and natural resources. The agriscience fair is for middle and high school students. Participation begins at the local level and progresses to state and national levels. #CTEworksforCL

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PEN CITY CURRENT CLASSIFIEDS

HELP WANTED

LEE COUNTY SECONDARY ROADS ROAD MAINTENANCE WORKER II

Lee County is taking applications for a Road Maintenance Worker III to work at the Ambrosia Shop. Duties will include the operation of light and heavy equipment and trucks 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 endorsements. The starting wage range is \$22.57 to \$27.55.

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 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. Applications will be accepted until 4:30 p.m. on Monday, April 29, 2024.

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



PUBLIC NOTICES

PUBLIC NOTICE West Burlington Special City Council Meeting Minutes Wednesday, April 3, 2024

The West Burlington City Council met in Special Session on Wednesday, April 3, 2024, at 5:30 p.m. at West Burlington City Hall, 122 Broadway Street, West Burlington, Iowa, with Mayor Ron Teater presiding.

MEMBERS PRESENT: John Johnson, Melanie Young, Therese Lees, and Ringo Covert
MEMBERS ABSENT: Andy Crowner

HELP WANTED Parks & Cemeteries Part-Time Laborer

Under direct supervision, performs manual work in grounds and building maintenance of public parks, cemeteries, and their facilities.

DESIRED MINIMUM QUALIFICATIONS

Education and Experience:
 • Some experience in building and grounds maintenance;
 • Must have a valid Iowa driver's license;
 • Skill in operating some of the listed tools and equipment: hand, tractor & power mowers, carpentry, and plumbing tools, etc.

Apply at City Hall, 811 Avenue E, Fort Madison, IA 52627 or email applications to knafziger@fortmadison-ia.com

Applications can be found online at www.fortmadison-ia.com.



ALSO PRESENT: Mayor Ron Teater, Police Chief Jesse Logan, Public Works Director Mike Brissey, City Clerk Kelly Fry, and City Administrator Gregg Mandsager

CALL TO ORDER
ROLL CALL
PERFECTING & APPROVAL OF AGENDA
 Moved by Lees, seconded by Young, to approve the agenda as presented. Motion carried by the following votes:
Ayes: Johnson, Young, Lees, and Covert
PUBLIC HEARING
 Public Hearing on the Proposed Tax Levy Rate for FY24-25

Mayor Teater opened the Public Hearing on the proposed taxation for the fiscal year 2024-2025, which included a maximum levy rate of \$10.25008. No oral or written comments were received during the public comment period, and no action was taken on setting the levy rate for fiscal year 2024-2025 during this meeting. The Public Hearing was closed at 5:35 p.m.

CITIZEN INQUIRIES ADJOURN
 Moved by Lees, seconded by Young, to adjourn at 5:36 p.m. Motion carried by the following votes:
Ayes: Johnson, Young, Lees, and Covert
 Approved
 Ron Teater, Mayor
 Kelly D. Fry, City Clerk

PUBLIC NOTICE
 Subject to change as finalized by the City Clerk. For a final official copy contact the City Clerk's office at (319) 753-8124.

MINUTES OF THE PROCEEDINGS OF THE

BURLINGTON, IOWA CITY COUNCIL Meeting No. 6 March 18, 2024

The Burlington City Council met in regular session at 5:30 p.m. in the Thomas J. Smith Council Chambers, City Hall, 400 Washington Street, with Mayor Billups, Council Members Bailey, Graham-Murray, Scott and Weiss present.

BURLINGTON CITY COUNCIL PROCLAMATION:
 *Down Syndrome Awareness Day - Dylan Diewold and Lauren Blackburn
COMMENTS FROM AUDIENCE: None
CONSENT AGENDA:
 To the Public:

All matters listed under Item I., Consent Agenda, having been discussed were considered to be routine by the City Council and were enacted by one motion. There was no separate discussion of these items. If discussion was desired, that item was removed from the Consent Agenda and was considered separately.

Introduced By: Graham-Murray Seconded By: Scott
MOTION: To approve all items listed under Item I., Consent Agenda.
DISCUSSION: Mayor Billups reviewed the items listed on the consent agenda to the viewing audience. Council Member Scott requested the removal of the Resolution Awarding Contract for

the Central Fire and Police Station Roof Replacement Project for discussion at the close of the meeting. All present had opportunity to speak and nothing additional was filed in the office of the City Clerk.
(VOTE: 5 - "AYES")
CARRIED
HEARINGS:
 1. Statement: Consideration of Plans and Specifications for the 2024 Sealcoat Streets Project
COMMENTS: Nick MacGregor, Assistant City Manager for Public Works, stated that the project work will include rotomilling the existing sealcoat roadway to a

depth of approximately 5 inches. He stated that all streets will receive added oil into the rotomilled surface and certain streets will receive extra crushed stone as well. He stated that the surface will be graded and compacted and will become the stiffened base for a new double sealcoat cover. He stated that the project includes various ADA sidewalk ramp connections, cross street connections and

1
 Subject to change as finalized by the City Clerk. For a final official copy contact the City Clerk's office at (319) 753-8124.
 adjustments and repairs to sewer manhole lids and water valve lids. He stated that the bids will be received on April 2, 2024. He stated that the best option would be to use curb and gutter for better drainage. All present had opportunity to speak and nothing additional was filed in the office of the City Clerk.
 Introduced By: Graham-Murray Seconded By: Scott
Motion to Close CARRIED
 Introduced By: Graham-Murray Seconded By: Scott
 Resolution Approving Plans and Specifications for the 2024 Sealcoat Streets Project
DISCUSSION: None.
(VOTE: 5 - "AYES")
ADOPTED
 2. Statement: Consideration of Sale of Property Locally Known as 1213 Jefferson Street, City of Burlington, Iowa, with Conditions
COMMENTS: Eric Tysland, Development and Parks Director, stated that the City acquired the vacant lot at 1213 Jefferson through the abandoned building program. He stated that one (1) \$500.00 bid has been received for the property. He stated that Andrea Lane of 1211 Jefferson, Burlington is an adjacent property owner that would like to combine the lot with her property.
 All present had opportunity to speak and nothing additional was filed in the office of the City Clerk.
 Introduced By: Scott
 Seconded By: Bailey
Motion to Close CARRIED
 Introduced By: Scott
 Seconded By: Gra-

ham-Murray Resolution Approving Sale of Property Locally Known as 1213 Jefferson Street, City of Burlington, Iowa, with Conditions
DISCUSSION: None.
(VOTE: 5 - "AYES")
ADOPTED
 3. Statement: Consideration of an Ordinance Amending Section 135.06 Streets and Sidewalks for Use for Business Purposes of the City of Burlington Municipal Code
COMMENTS: Tysland stated that due to the TIGER Grant project which included the widening of sidewalks on Jefferson Street, more business owners are desiring to use the sidewalks for sidewalk cafes or the display of merchandise. He stated that City Code currently states that in order to use the street or sidewalk a permission must first be obtained from the City Council. He stated that Section 137.16 additionally states that a special event permit must first be obtained to place goods on a sidewalk. He stated amending the code would make obtaining a sidewalk

2
 merchandising permit the same process and requirements as a sidewalk café. All present had opportunity to speak and nothing additional was filed in the office of the City Clerk.
 Introduced By: Bailey
 Seconded By: Billups
Motion to Close CARRIED
 Introduced By: Bailey
 Seconded By: Weiss
Motion for Preliminary Adoption of the First Reading of an Ordinance Amending
 Section 135.06 Streets and Sidewalks for Use for Business Purposes of the City of Burlington Municipal Code
DISCUSSION: None.
(VOTE: 5 - "AYES")
CARRIED
 4. Statement: Consideration of an Ordinance Amending Section 137.16 Sidewalk Regulations for Merchandise Display of the City of Burlington Municipal Code
COMMENTS: Tysland stated that per current City Code it is unlawful for any person to place any goods or merchandise for temporary sale or display upon any sidewalk

depth of approximately 5 inches. He stated that all streets will receive added oil into the rotomilled surface and certain streets will receive extra crushed stone as well. He stated that the surface will be graded and compacted and will become the stiffened base for a new double sealcoat cover. He stated that the project includes various ADA sidewalk ramp connections, cross street connections and

1
 Subject to change as finalized by the City Clerk. For a final official copy contact the City Clerk's office at (319) 753-8124.
 adjustments and repairs to sewer manhole lids and water valve lids. He stated that the bids will be received on April 2, 2024. He stated that the best option would be to use curb and gutter for better drainage. All present had opportunity to speak and nothing additional was filed in the office of the City Clerk.
 Introduced By: Graham-Murray Seconded By: Scott
Motion to Close CARRIED
 Introduced By: Graham-Murray Seconded By: Scott
 Resolution Approving Plans and Specifications for the 2024 Sealcoat Streets Project
DISCUSSION: None.
(VOTE: 5 - "AYES")
ADOPTED
 2. Statement: Consideration of Sale of Property Locally Known as 1213 Jefferson Street, City of Burlington, Iowa, with Conditions
COMMENTS: Eric Tysland, Development and Parks Director, stated that the City acquired the vacant lot at 1213 Jefferson through the abandoned building program. He stated that one (1) \$500.00 bid has been received for the property. He stated that Andrea Lane of 1211 Jefferson, Burlington is an adjacent property owner that would like to combine the lot with her property.
 All present had opportunity to speak and nothing additional was filed in the office of the City Clerk.
 Introduced By: Scott
 Seconded By: Bailey
Motion to Close CARRIED
 Introduced By: Scott
 Seconded By: Gra-

ham-Murray Resolution Approving Sale of Property Locally Known as 1213 Jefferson Street, City of Burlington, Iowa, with Conditions
DISCUSSION: None.
(VOTE: 5 - "AYES")
ADOPTED
 3. Statement: Consideration of an Ordinance Amending Section 135.06 Streets and Sidewalks for Use for Business Purposes of the City of Burlington Municipal Code
COMMENTS: Tysland stated that due to the TIGER Grant project which included the widening of sidewalks on Jefferson Street, more business owners are desiring to use the sidewalks for sidewalk cafes or the display of merchandise. He stated that City Code currently states that in order to use the street or sidewalk a permission must first be obtained from the City Council. He stated that Section 137.16 additionally states that a special event permit must first be obtained to place goods on a sidewalk. He stated amending the code would make obtaining a sidewalk

2
 merchandising permit the same process and requirements as a sidewalk café. All present had opportunity to speak and nothing additional was filed in the office of the City Clerk.
 Introduced By: Bailey
 Seconded By: Billups
Motion to Close CARRIED
 Introduced By: Bailey
 Seconded By: Weiss
Motion for Preliminary Adoption of the First Reading of an Ordinance Amending
 Section 135.06 Streets and Sidewalks for Use for Business Purposes of the City of Burlington Municipal Code
DISCUSSION: None.
(VOTE: 5 - "AYES")
CARRIED
 4. Statement: Consideration of an Ordinance Amending Section 137.16 Sidewalk Regulations for Merchandise Display of the City of Burlington Municipal Code
COMMENTS: Tysland stated that per current City Code it is unlawful for any person to place any goods or merchandise for temporary sale or display upon any sidewalk

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PUBLIC NOTICES

without first obtaining a special event permit from the city. He stated that the proposed language removes the words "special event" and simply requires a permit. All present had opportunity to speak and nothing additional was filed in the office of the City Clerk.

Introduced By: Weiss
Seconded By: Bailey
Motion to Close CARRIED

Introduced By: Weiss
Seconded By: Graham-Murray
Motion for Preliminary Adoption of the First Reading of an Ordinance Amending Section 137.16 Sidewalk Regulations for Merchandise Display of the City of Burlington Municipal Code Municipal Code

DISCUSSION: None.
(VOTE: 5 - "AYES")
CARRIED

RESOLUTION:
Introduced By: Billups
Seconded By: Scott
1. Resolution Awarding Contract for the Central Fire and Police Station Roof Replacement Project

DISCUSSION: Council Member Scott stated that he felt that the council should be more open with the citizens about projects before they are approved. He stated that it was difficult for citizens to be informed on what council was discussing. He asked the Fire Chief to explain why the project was necessary. Chief Trexel stated that the Central Fire Station roof is twenty years old and has been damaged after several storms with heavy winds. He stated that the Fire Department has contracted with Klingner and Associates, P.C. for project management. He reviewed the project schedule with city council and the viewing audience. All present had opportunity to speak and nothing additional was filed in the office of the City Clerk.

(VOTE: 5 - "AYES")
ADOPTED
Adjournment: 6:07 p.m.
Approved: April 1, 2024
Katie Music, CMC Jon D. Billups
City Clerk Mayor
(See recording on file in the office of the City Clerk for complete discussion and documentation.)

March 21, 2024
501 Main Street
5:30 P.M.

The City Council of the City of Keokuk met in regular session on March 21, 2024, at 501 Main Street. Mayor Kathie Mahoney called the meeting to order at 5:30 p.m. There were eight council members present, one absent. Tyler Walker, Roslyn Garcia, Shelley Oltmans, Devon Dade, Steve Andrews, Dan Tillman, Roger Bryant, and Michael Greenwald were present. Carissa Crenshaw was absent. Staff in attendance: Interim City Administrator Dave Hinton, City Clerk Celeste El Anfaoui, Community Development Director Pam Broomhall, Water Pollution Control Manager Tom Wills, Police Chief Zeth Baum, Fire Chief Gabe Rose, and Bridge, Cemetery, Parks, and Sanitation Manager Bob Weis.

MAYOR'S CORRESPONDENCE: Informed of local events.
CITIZEN'S REQUEST: Amanda Rogers with the Best You Coalition gave an update on the coalition and upcoming events and brought students to speak about their experiences and how they are involved

with the organization. Motion made by Greenwald, second by Garcia to remove Item #11 from the agenda. Motion made by Dade, second by Walker to approve the amended agenda, including the consent agenda. (8) AYES, (0) NAYS. Motion carried.

• Minutes of the Regular City Council meeting & Council Workshop of March 7, 2024;
• Cash Receipts & Treasurer's Report for February 2024;
• RESOLUTION NO. 35-2024: Approving a Liquor License for B.P.O. Elks, Lodge #106, 2200 Lincoln Avenue, Class F Retail Alcohol License – effective April 1, 2024, pending dram;
• RESOLUTION NO. 36-2024: Approving a Liquor License for Angelini's, 1006 Main Street, Class C Retail Alcohol License with Outdoor Service – effective April 1, 2024;
• Appointment of Kimber Tinder to the Human Rights Commission, fulfilling a term to expire September 19, 2026;
• Appointment of Becky Crenshaw, Pam Broomhall, Kira Kruszynski, Dave Baum, Martha Neff and Joyce Glasscock to Architectural Design Review Commission, term to expire June 9, 2026;

• Motion to pay bills and transfers listed in Register No.'s 5394-5396;
Mayor Mahoney opened the public hearing at 5:45 p.m. awarding a contract for South 18th Street Water Main Reconstruction. A public hearing notice was published in the Daily Gate City on February 21, 2024.
COMMENTS: Hinton gave overview of bids and informed all bids are rejected.
No further comments were received, Mayor Mahoney closed the public hearing at 5:45 p.m.
Motion made by Greenwald, second by Tillman to approve the following proposed RESOLUTION NO. 37-2024: "A RESOLUTION AWARDING A CONTRACT TO DANSCO TO CONSTRUCT RESTROOMS AT RAND PARK." (8) AYES (0) NAYS. Motion carried.
Motion made by Garcia, second by Bryant to approve the following proposed RESOLUTION NO. 38-2024: "A RESOLUTION DESIGNATING QUINCY MEDICAL GROUP AND TSS, INC. OFFICES LOCATED IN KEOKUK TO PROVIDE PROFESSIONAL SERVICES FOR THE CITY OF KEOKUK." (8) AYES, (0) NAYS. Motion carried.

Motion made by Dade, second by Garcia to approve the following proposed RESOLUTION NO. 39-2024: "A RESOLUTION TO RESCIND AGREEMENT WITH KEOKUK COMMUNITY SCHOOL DISTRICT FOR GOWING TENNIS COURTS." (8) AYES, (0) NAYS. Motion carried.
Motion made by Greenwald, second by Oltmans to approve the following proposed RESOLUTION NO. 40-2024: "A RESOLUTION AUTHORIZING THE MAYOR TO SIGN LETTER OF SUPPORT FOR COMMUNITY CATALYST BUILDING REMEDIATION PROGRAM GRANT FOR REDEVELOPMENT PROJECT LOCATED AT 1000 MAIN STREET." (8) AYES, (0) NAYS. Motion carried.
COUNCIL LIAISON REPORTS: Garcia updated on Oakland Cemetery Initiative pavilion plans and Keokuk Little League.
STAFF REPORTS: Baum informed of Civil Service testing date.
Motion made by Tillman, second by Garcia to adjourn the meeting at 5:51 p.m.

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General Manager

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School projects about to wrap

FACILITIES - Continued from Page 1

to cover that. But, when the bids came in over budget, we established a goal of \$600,000 in value engineering on the project and we've exceeded that goal by quite a bit," Smith said.

Value engineering is where the general contractor can find savings in material changes to the project.

He said Nelson was also able to reduce their general conditions' budget by \$192,000 which was added to the contingency fund.

Playground equipment at the PreK-6th grade building came in about \$15,750 over budget, which also came out of the contingency. Tech bidding came in slightly under budget, but additional furniture ordered by the district of about \$345,000 was taken from the contingency fund, as well. Replacing bleachers at the high school gymnasium was also added to the project and that came from the contingency fund, too, at about \$308,000. The rest was in overbudget big packages.

Change orders have amounted to close to \$180,000 on the project, which is less than 0.2%, which Smith said is a very low number historically.

Project Manager Alan Schrock said, based on billing, the projects are 98% complete. He said there are some final touches, including quality control, and final inspections are still left and then, when the weather dries out, grass seeding will begin.

Parking lots have been completed at the high school.

Schrock said there were about \$21,000 in change orders over the past month due to some concrete removal and replacement, some fire suppression additions, and some plaques that will be displayed.

The construction project was scheduled to be finalized prior to the fall start of the 2024-25 school year. Original costs for the work at both schools was estimated at \$24 million and was paid for by borrowing against SAVE funds.

Alliant Energy honored for work with country's veterans

MADISON Wis. – For the second consecutive year, VETS Indexes recognized Alliant Energy (NASDAQ: LNT) as a 3 Star Employer. The award recognizes the organization's commitment to recruiting, hiring, retaining, developing and supporting veterans and the military-connected community.

"The diligent efforts of Alliant Energy to hire, retain and support veterans and the military-connected community have earned the organization a highly coveted VETS Indexes Employer Award," said George Altman, president of VETS Indexes. "Even with hundreds of employers in the running, Alliant Energy demonstrated a strong dedication to veteran employment. Congratulations to Alliant Energy on this achievement!"

Alliant Energy works proactively to match veteran candidates with available career opportunities and supports the personal and professional development of veterans through an employee-driven Veterans Alliance resource group. Additionally, veterans in the craft trades have benefited from the thousands of local construction jobs and new training opportunities spurred by the company's recent energy investments.

"It's an honor to be recognized as a 3 Star Employer by VETS Indexes," said Diane Cooke, vice president and chief human resource officer at Alliant Energy. "The unique skills, training and dedication veterans bring to our team helps us deliver the energy solutions and exceptional service customers and communities count on – safely, efficiently and responsibly. We're proud to support our veterans and deliver on our purpose-driven strategy to serve customers and build stronger communities."

The VETS Indexes survey and recognition program analyzes employers' policies, practices and outcomes across five categories:

- Veteran job candidate recruiting and hiring.
- Veteran employee development and retention.
- Veteran-inclusive policies and culture.
- Support for members of the National Guard and Reserves.
- Military spouse/family support.

According to VETS Indexes, a record number of organizations submitted completed surveys for the VETS Indexes Employer Awards this year. Participating organizations included companies large and small, government agencies and departments, nonprofit groups, colleges and universities. The full list of awardees is available on the VETS Indexes website.

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THURSDAY, APRIL 18

FRIED CHICKEN DINNERS

Friday, April 19

Grilling on the Sidewalk