

PEN CITY CURRENT

It's Black & White and Read all over

Tuesday, June 18, 2024 | 9 pages | Volume 8 • Issue 106



www.pencitycurrent.com

LCC goes even more natural



Courtesy photos0

The Eagle's Nest platform is just one of the new all-natural attractions at the Heron Bend Conservation Center in Montrose. The playground was unveiled last week.

PLAYGROUND: Kids get a unique play area that highlights conservation efforts

PCC Staff

LEE COUNTY - Lee County Conservation (LCC) is thrilled to announce the opening of a brand-new natural playground at the Heron Bend Conservation Area. Constructed over the past several months, this unique playscape is designed to inspire children to be active outdoors and foster a connection with the natural environment.

Crafted predominantly from natural and recycled materials, the playground features unique elements such as an eagle's nest platform, balance and jumping logs, and a crawl-through tunnel removed from the Skunk River in perfect condition. A standout feature of the playground is the red-eared slider climbing sculpture, made possible by a generous \$6,400 grant from the State of Iowa Health and Human Services Appropriations for Childhood

Obesity Prevention, 5-2-1-0 Healthy Choices Count!, through the Iowa Department of Health and Human Services.

"We envision Heron Bend Conservation Area as a premier destination, inspiring environmental education and outdoor enjoyment through the Conservation Center, trails, and river access," Heather Huebner, LCC Director, said, "This natural playground is a significant step toward that vision, offering another space for the community to experience and enjoy at Heron Bend."

The completion of the playground is a testament to the dedication of LCC staff and the vital funding support through Southeast Iowa Regional Planning Commission and Three Rivers Conservation Foundation. The playground not only serves as a recreational space but also as an educational tool, encouraging children to explore and appreciate their natural surroundings.

EDITORIAL



Finding some friends in the fairways

I can prove that golf is a social game. I never get any better, but I keep meeting more and more people to play the game with.

A friend of mine and I found our way to Riverside on Saturday to play Blue Top Ridge Golf Course.

We saw this young man on the driving range smoking shots down the middle. He hit about, oh, nine dead center and walked off the driving range.

I thought about tripping the kid because I've got about 50 lbs. on him and wasn't 'scurred'.

I blew through about half the balls on the neatly arranged pyramid hitting them off the hazzle, and the toe, with just a few going neatly down the middle with a nice apex, but it's six of one, half a dozen of the other if I'm gonna catch it right at contact.

After hitting about 40 golf balls all over the place, I decided that maybe I would have to score closer to the flag on this beautiful overcast blue-gray breezy day. So I meandered through the damn gnats to the putting green where I fared much better.

While we headed over, the course ranger asked our group name and I gave it to him. He said, "Ok, I'm gonna pair you up with a single," which meant we had to golf with someone we didn't know, but so would he.

I was warming up well on the green, waving off the bugs trying to climb in my ears and nose. Yes, I used the vanilla spray, but I think they're getting used to vanilla. And until we get a good solid week of temps below 0 in the winter, these things are gonna keep getting worse and worse. My entomology knows no bounds.

Anyway, I had made, like, three good putts

See COUNTY, page 9

See FRIENDS, page 5

COUNTY NEWS

Supervisors creating capital reserve fund for I.T.

BY CHUCK VANDENBERG
PCC EDITOR

LEE COUNTY - The Lee County Board of Supervisors is moving toward creating a capital reserve fund for the county's Information Technology department.

Kevin Harter, the county's IT director,

asked the board last week during a workshop to consider establishing the fund to allow his department to roll over funds for IT support without having to spend the full budget yearly.

"When the IT budget was moved from its own fund to the general fund last year,

we lost the mechanism to save money for larger expenses because we no longer have the fund for money to sit in between fiscal years," Harter said.

Harter said he wants the county to es-

INDEX

Business Directory.....P.6
CLASSIFIEDS.....P.6
Complete Rental.....P.3
Connection Bank.....P.8
Fort Colony Family Restaurant.....P.8
FOR THE RECORD.....P.4
Fort Madison Area Arts Association.....P.4
Fort Madison Family YMCA.....P.5
FROM THE FRONT.....Ps.5,9
IOWA NEWS.....P.5
James Healthcare & Associates, Inc.....P.5

JDRE.org.....P.4
Jim Baier, Inc.....P.6
LCK Roofing.....P.5
Lee County
Health Department Hospice.....P.7
LEE COUNTY NEWS.....P.9
OBITUARIES.....Ps.2-3
• Ruth E. Coffey, 88
• Faye P. Fraise, 94
• Robert E. Leisy, 86
• Rhoda B. Molter, 85

OPINION.....P.5
Pen City Current.....Ps.2,5-6,8
Pothitakis Dental Group.....P.3
Pothitakis Law Firm, P.C.....P.2
Public Notices.....P.6
Ron Davoo.....P.3
Sonny's Super Market.....P.2
Southeast Iowa
Regional Medical Center.....P.9
SPORTS.....Ps.8-9

WEATHER

WED 18 Jun.....Mostly sunny, breezy, 92° F/ 73° F
THU 19 Jun.....Sunny, then chance of storms, 90° F/ 71° F
FRI 20 Jun.....Mostly sunny, 90° F/ 72° F

IOWA LOTTERY

LUCKY FOR LIFE 06/16.....112 20 38 43, Lucky Ball: 10
PICK 3 MIDDAY 06/16.....016
PICK 3 EVENING 06/16.....460
PICK 4 MIDDAY 06/16.....2332
PICK 4 EVENING 06/16.....4143

SUBSCRIBE

Scan the code to subscribe today
Paid & Free Options Available!



Obituaries

OBITUARIES

RUTH E. COFFEY

Ruth Elizabeth (Hoenig) (Beelman) Coffey, a lifelong resident of Southeast Iowa, entered into her eternal home on June 12, 2024 following a brief illness.

She was born in West Point on November 13, 1935, she was a tender eighty-eight years of age. The seventh of nine children born to Mary and Frank Hoeing. Ruth was preceded in death by her parents, three brothers, Frank, Fr. Gerald, Ralph and Albert; two husbands, Jack Beelman and Fred Coffey; two sons, Stephen and Nicholas as well as one granddaughter, Stacie.



COFFEY

Ruth was blessed to call six children; seven grandchildren; eleven great grandchildren and four great, great grandchildren as her own.

Ruth is survived by three sisters, Jean Helling, Gretchen Joachim, Bernadette Cramblit as well as one brother, David Hoenig. Her surviving four children include David, Rebecca Marriott, Deborah and Patrick.

Ruth, known as Ruthie to those that loved her saw her as a constant fixture at Holy Family Parish. Ruth was a lifelong advocate for prolife initiatives as well as serving her local community where needed. Faith, family and friends were her priorities. She thoroughly enjoyed living the country life and all that encompassed her wholesome lifestyle.

Friends may call after 2 PM on Friday, June 14, 2024 at King-Lynk Funeral Home & Crematory. A rosary will be recited at 3:30 PM followed by the family meeting friends from 4-6 PM all at the funeral home. The funeral mass will be held on Saturday, June 15, 2024 at 10:30 AM at Sacred Heart Church with Rev. Gary Beckman officiating and burial will follow in Gethsemane Cemetery.

A memorial has been established in her memory and online condolences may be left at www.kinglynk.com.

OBITUARIES

ROBERT A. LEISY

Robert A. "Bob" Leisy, 86, of Donnellson, Iowa, passed away at 11:00 p.m. Wednesday, June 12, 2024, at the Keosauqua Health Care Center.

He was born on September 26, 1937, in Lee County, Iowa, the son of Howard W. and Alice C. (Scheffler) Leisy.



LEISY

He is survived by his twin sister Roberta Krehbiel; one niece Doris (Harlan) Unruh of Peabody, Kansas; three nephews: Darrell (Tammy) Krehbiel, Willis (Laura) Krehbiel, and Dennis (Linda) Krehbiel; and numerous great nieces and nephews.

He was preceded in death by his parents and brother-in-law Rudolph H. Krehbiel III.

Bob was a 1955 graduate of Donnellson High School and was a member of Zion Mennonite Church.

He served as the president of several banks throughout the Midwest, He retired back to Donnellson to be near his family. He was a pilot, serving many locals, experiencing their first airplane ride.

His body has been entrusted to Schmitz Funeral Home for cremation.

The Family will receive friends from 9:30 a.m. to 10:00 a.m. Wednesday, June 19, 2024, at Schmitz Funeral Home in Donnellson.

A Memorial Service will be held at 10:00 a.m. Wednesday, June 19, 2024, at Schmitz Funeral Home in Donnellson with Pastor Gordon Hawkins officiating.

A memorial has been established in his memory for PAWS Animal Shelter or Zion Mennonite Church.

Burial will be at a later date in Evangelical Cemetery in Donnellson.

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

ACCIDENT & INJURY LAW



*Fighting to get you
the compensation you deserve.*



320 North 3rd Street, Suite 100, Burlington, Iowa 52601-0337
1603 Main Street, Keokuk, IA 52632

www.PothitakisLaw.com

Click here to place your ad online 24/7



**BUTCH'S
PREMIUM PIZZAS**
Limited flavors & quantities



319.837.6126 327 5th Street, West Point, IA

Charles Vandenberg, Editor

(319).371.1670
Charles.V@PenCityCurrent.com

Lee K. Vandenberg, Sales Manager

(319).371.4125
Lee.V@PenCityCurrent.com

Copyright © 2024 by Pen City Current

All published materials are property of Pen City Current and cannot be used without express written permission.

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

Founded in 2016
P.O. Box 366 | Fort Madison, IA

Member LION Publishers
www.lionpublishers.com



Pen City Current, www.PenCityCurrent.com, and Pen e-Saver are products of Market Street Publishing, LLC. Pen City Current is published Monday through Friday mornings by 6AM.

Obituaries

OBITUARIES

FAYE P. FRAISE

Faye Pauline Mehaffy Fraise, 94, of West Point, Iowa passed away peacefully at 11:15 a.m. Sunday, June 16, 2024 at the Southeast Iowa Regional Medical Center in West Burlington, Iowa.



FRAISE

Born on December 28, 1929 in Kingston, Iowa, the daughter of Russell and Alice (Cover) Mehaffy.

She graduated from Huron High School in 1947. She loved playing basketball in the guard position on her team for four years. She was named Honorable Mention for the All State team. Faye also enjoyed ice skating and dancing.

After graduation, she worked at the glove factory in Burlington and also was a telephone operator for Northwestern Bell.

On February 21, 1951, she married Andrew Fraise of West Point at St. Mary's Catholic Church, in which they were both members, he preceded her in death on March 28, 2015.

They farmed for forty one years before retiring to West Point in 2005. They enjoyed playing card games together, such as Pinocle, Pitch, Bid Euchre, and Cribbage. Faye liked putting puzzles together, playing Farkle with her children on Sunday mornings, and playing her organ, she also enjoyed making rosaries with her rosary makers, and helping with bingo at the West Point Care Center. In addition she was also an huge Iowa Hawkeye Basketball fan.

She is survived by two daughters: Patricia Fraise of West Point, Iowa and Penny (Dave) Sund of Cedar Falls, Iowa; two sons: Dave Fraise of West Burlington, Iowa and Danny (Cheryl) Fraise of West Point, Iowa; two brothers: Donald (Carol) Mehaffy of Mount Pleasant, Iowa and Ronald (Patty) Mehaffy of Burlington, Iowa; six grandchildren; seven great grandchildren and several nieces, nephews, and cousins.

She was preceded in death by her parents; husband Andrew; three sisters: Cleo Gerst, and Donna Yoder, and Grace Mellinger; brother Loren; three brother-in-laws: one sister-in-law; and two daughters-in-law.

A visitation will be held from 12:00 noon to 6:00 p.m. at Schmitz Funeral Home in West Point, where the family will receive friends from 4:00 p.m. to 6:00 p.m. A Parish Rosary will be recited at 4:30 p.m. and a Christian Wake Service will be held at 6:00 p.m.

A Mass of Christian Burial will be at 10:30 a.m. Thursday, June 20, 2024 at St. Mary's Catholic Church in West Point, Iowa with Father Dan Dorau Officiating.

Burial will be in Calvary Cemetery in West Point

Following the burial a luncheon will be held at the West Point American Legion. Memorials have been established in her memory for West Point Fire & Rescue.

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

OBITUARIES

RHODA B. MOLTER

Rhoda B. Molter, 85, of Dallas City, Illinois passed away at 4:06 a.m. Saturday, June 15, 2024 at her home.

Rhoda was born September 8, 1938 in Bradford, Illinois, the daughter of Paul and Thelma (Burrell) Marsden. On July 24, 1966 she married Michael Molter at the First Christian Church in Dallas City. He survives.

Rhoda was raised and educated in Dallas City. She worked for many local factories, including Sheaffer Pen in Fort Madison and retired from Methode in Carthage in 1999. She could often be found quilting, making and enjoying her own wine, gardening, feeding hummingbirds and spending time with her friends and family.

Besides her husband, survivors include two sons: Byron Newberry of Dallas City and John Molter of Moline, Illinois; eight grandchildren; two great-grandchildren: five siblings: Lori Ray, Kirby Marsden, Linda Rettig, Mary Alice Krannenberg and Gary Marsden.

She was preceded in death by her parents; one son: Gary Newberry on March 23, 2020, and four siblings: Marilyn McDermott, Nedra McKasson, George Marsden and Mike Marsden.

Cremation has been entrusted to Banks & Beals Funeral Home of Dallas City.

A Celebration of Rhoda's Life will be held at a later date. To leave an online condolence for the family, please visit Rhoda's obituary at banksandbeals.com.



MOLTER

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.

THANK YOU



We are grateful for the opportunity to care for your family's oral health & appreciate the trust you put in us to do so.



POTHITAKIS DENTAL GROUP

Ft. Madison West
(319) 372-4882

West Burlington
(319) 753-2515

New London
(319) 367-2311

Mediapolis
(319) 394-3255

Burlington
(319) 752-7993

www.DrMarkDDS.com

For the Record

For the Record

Fort Madison Police Report

06/13/24 - 10:08 a.m. - Fort Madison Police cited Kevin Eugene Bower, 64, of Fort Madison in the 1300 block of Avenue G.
 06/13/24 - 7:35 p.m. - Fort Madison Police responded to a report of a hit and run in the 2600 block of Avenue L.
 06/14/24 - 12:04 p.m. - Fort Madison Police responded to a report of van-

dalism in the 500 block of 10th Street.
 06/14/24 - 9:42 p.m. - Fort Madison Police arrested Paul David Lawson, 50, of Fort Madison in the 300 block of Riverview Drive on charges of domestic assault and public intoxication. He was held at Lee County Jail.
 06/15/24 - 5:30 p.m. - Fort Madison Police cited Belinda Lorene McWhorter, 36, of Fort Madison in the

600 block of 34th Street, on charges of dog at large and no rabies vaccination.
 06/16/24 - 8:01 a.m. - Fort Madison Police arrested Jason Edward Haynes, 47, of Fort Madison, in the 5200 block of River Valley Road, on an active warrant and a violation of a no-contact order. He was held in Lee County Jail.
 06/16/24 - 8:01 a.m. - Fort Madison Police arrest-

ed Patricia May Malloy, 42, of Fort Madison in the 5200 block of River Valley Road, on a charge of violation of a no-contact order. She was held in Lee County Jail.
 06/16/24 - 10:42 p.m. - Fort Madison Police arrested Roger Glenn Traman, 83, of Fort Madison in the 1800 block of Avenue M on charges of possession of a controlled substance and possession of drug paraphernalia. He was held at Lee County Jail.

okuk Police responded to a report of a larceny/theft in the 1000 block of Main Street.
 06/13/24 - 7:51 p.m. - Keokuk Police responded to a report of a larceny/theft in the 1200 block of Main Street.
 06/13/24 - 9:18 p.m. - Keokuk Police arrested Kristjan DeWayne Sant, 25, of Keokuk, in the 1200 block of Bank Street, on a warrant for 1st-degree harassment. He was held at Lee County Jail.
 06/14/24 - 1:41 p.m. - Keokuk Police arrested Heather Joy Lefler, 44, of Keokuk in the 1500 block of Morgan Street on an active warrant. She was held at Lee County Jail.
 06/14/24 - 9:27 a.m. - Keokuk Police responded to a report of a burglary in the 1200 block of Exchange St.
 06/14/24 - 10:18 a.m. - Keokuk Police responded to a report of a property damage accident in the 700 block of Main Street.
 06/14/24 - 12:43 p.m. - Keokuk Police responded to a report of a property damage accident in the 1000 block of Main Street.
 06/14/24 - 12:58 p.m. - Keokuk Police responded to a report of vandalism in the 100 block of Suncrest Terrace.
 06/15/24 - 11:57 a.m. - Keokuk Police arrested Jolene Elise Hieatt, 36, of Keokuk, in the 1400 block of High Street, on a charge of domestic assault. She was held at Lee County Jail.
 06/15/24 - 3:58 p.m. - Keokuk Police responded to a three-vehicle accident in the 1800 block of Main Street. According to the report, a vehicle driven by Kyla Grace Gilpin, 19, of Keokuk was eastbound in the inside lane following a vehicle driven by Karen Marie Wright, 76, of Keokuk. A vehicle driven by Kayla Gayle Sherwood, 33, of Canton, Mo was following Gilpin. Wright slowed to allow the vehicle in front of her to make a left hand turn. Gilpin slowed behind Wright, but Sherwood struck Gilpin's vehicle that was moved forward into Wright's vehicle. Sherwood was cited for failure to stop in a clear distance. No injuries were reported.
 06/15/24 - 3:48 p.m. - Ke-

okuk Police responded to a report of a property damage accident in the 1800 block of Main Street.
 06/15/24 - 6:03 p.m. - Keokuk Police responded to a report of a larceny/theft in the 1300 block of Main Street.
 06/16/24 - 3:08 a.m. - Keokuk Police arrested Gabrielle Lynn Rooney, 29, of Keokuk in the 900 block of Johnson Street on a charge of OWI. She was held at Lee County Jail.
 06/16/24 - 2:29 p.m. - Keokuk Police responded to a report of a burglary in the 1500 block of Bank Street.
 06/16/24 - 4:20 p.m. - Keokuk Police responded to a report of a gas odor in the 1500 block of Des Moines Street.
 06/16/24 - 8:16 p.m. - Keokuk Police responded to a report of a larceny/theft in the 100 block of Water Street.
 06/16/24 - 11:53 p.m. - Keokuk Police arrested Gregory Dwayne Seals, 35, of Keokuk in the 200 block of N. 14th Street, on a charge of violation of a no contact order. He was held at Lee County Jail.
 06/17/24 - 12:36 a.m. - Keokuk Police arrested Patricia Mae Ruckle, 36, of Keokuk, in the 900 block of Concert Street on a charge of violation of a no-contact order. She was held at Lee County Jail.
 06/17/24 - 2:07 a.m. - Keokuk Police arrested Toni Rae Inman, 30, of Keokuk, in the 1900 block of Main Street, on warrants for failure to appear, and charges of providing false identification and driving under suspension. She was held at Lee County Jail.

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

Lee County Sheriff's Report

06/13/24 - 7:08 p.m. - Lee County Sheriff's deputies arrested Dale Jene Clark, 78, of Montrose in the 2100 block of 255th Street, on a charge of OWI. He was held at Lee County Jail.
 06/13/24 - 7:26 p.m. - Lee County Sheriff's deputies arrested Immanuel Maurice Williams, 37, of Fort Dodge, at the South Lee County Courthouse, on two active warrants. He was held at Lee County Jail.
 06/13/24 - 7:33 p.m. - Lee County Sheriff's deputies arrested Nicholas Ryan Queen, 45, of Coralville, at North Lee County Courthouse on an active warrant. He was held at Lee County Jail.
 06/16/24 - 8:20 p.m. - Lee County Sheriff's deputies arrested Amanda Joy Brunswig, 44, of Monmouth at the South Lee County Courthouse, on a warrant for failure to appear. He was held in Lee County Jail.
 06/16/24 - 7:05 a.m. - Lee County Sheriff's deputies arrested Johnny Jay Garcia, 51, of Donnellson, in the 200 block of Lincoln Avenue in Donnellson, on a charge of assault with bodily injury. He was held in Lee County Jail.

Keokuk Police Report

06/13/24 - 12:18 p.m. - Keokuk Police arrested Joshua Lee Stark, 40, of Keokuk, in the 200 block of N. 5th Street, on a warrant for failure to appear. He was held at Lee County Jail.
 06/13/24 - 1:44 p.m. - Keokuk Police responded to a report of a larceny/theft in the 1000 block of Exchange St.
 06/13/24 - 7:26 p.m. - Ke-

A summer of the alebrijes with Sheri Lozano

what is an alebrije?
 Alebrijes is the style of mexican folk art featuring vibrantly painted animal figures.

when?
 Fort Madison Area Arts Association
 825 Avenue G
 Sundays from June 23-August 11th
 2-4pm

Free!!
 3rd grade & up
 Parents are encouraged to participate
 Pre-Registration is required
 deadline is June 16th
 go to www.fortmadisonart.com/classes

Thank you!
 Sponsored by:
 The Lee County Youth Services Inc.
 grant
 Hosted by:
 Fort Madison Mexican Fiesta
 Committee

WARNING SIGNS OF T1D



- Headaches
- Weight Loss
- Blurry Vision
- Extreme Thirst
- Frequent Urination
- Increased Appetite
- Fruity Breath Odor
- Fatigue and Weakness
- Rapid Deep Breathing

Iowa News/From the Front

Fate intervenes again

FRIENDS - Continued from Page 1

in a row and was finding the right ball line on the practice green. I heard the ranger who was conversing with the showoff in the blue button down and golf pants. Yeah, he was wearing golf pants. The ranger said “Now who’s this guy” referring to me and my ability to find the bottom of the cup. He didn’t think I heard him and I sent the next ball about five feet past.

I threw my hands up and looked over.

“Was it because I said something?” he laughed.

“You had to say something,” I replied.

I practiced a little more and then the ranger said “the box is yours” meaning we could go tee off.

I headed to the cart and we motored to the first-tee, and guess who he partnered us up with? The kid striping balls down the range in the golf pants.

I looked over at my partner and we both had this look of, “well this could be bad.”

Thankfully he didn’t feel like playing the long tees so we played up a bit and, after the first hole, I knew this wasn’t going to be anything like we had anticipated.

After 18 holes, he had shot about a 77 and I didn’t quite double that. But as I said at the outset, I play golf socially and not to score, but I love it when I do score. I stand by that and you can spend your Sunday morning figuring out what the means.

We started a conversation with Ryan, who’s in finance. Ryan ended up helping me correct my grip and offered some other tips to both of us as he slid easily around the golf course with his girlfriend in the cart. Now it became a mission to build another friendship. Sure, I tried to hit that one special golf shot after the next, but I never got to that “next”. As a matter of fact, I don’t think I ever put two good shots together.

Not one to pout, I made some lemonade. By the end of our round we had agreed to all meet up for a drink and a snack after we finished. During that time, we shared our contact information and agreed to reach out to each other for future runs to the golf course, or to play at other courses around the area.

So we made a friend, and possibly a golf guru, to help me figure out why, after more than 30 years swinging a club, I never get any better.

I’m being honest here. I don’t really care if I ever get any better. I’d like to just to be more competitive so the friends I golf with can have a competitive round. But other than that, I golf for the exact experience that Saturday brought - spending the day with a good friend and finding the potential to add a couple more friends.

I can’t play without cracking a joke here or there. Good players say golf is a game of short memory and

played on a field of seven inches - the space between your ears. Well, I don’t have a short memory. Actually, I think golf is a game of long memory - muscle memory and until you have that buttoned down, the game will go up and down, and in my case up and down, and back and forth.

And because I suck at this game, and people still want to spend four hours on the course with me... I must be doing something right. And that’s just fine with me, but that’s Beside the Point.

Chuck Vandenberg is editor and co-owner of Pen City Current and can be reached at Charles.V@PenCityCurrent.com.

Burlington getting ready for RAGBRAI with town halls

BURLINGTON - The Burlington RAGBRAI Committees will be hosting two Town Hall meetings open to the general public in June and July. The Town Hall meetings are being held to inform the community on what has been planned for Burlington RAGBRAI as well as give residents an opportunity to have any questions they may have answered.

The Town Hall meetings will consist of an overview presentation on Burlington RAGBRAI followed by a Question and Answer session.

Meetings will be held: Tuesday, June 25 from 5:30 - 6:30 PM at the Burlington Public Library - Meeting Room A. Tuesday, July 9 from 5:30 - 6:30 PM at the Burlington Public Library - Meeting Room A

Members from individual Burlington RAGBRAI Committees will be on hand to answer questions about the planning, preparation and day of execution of RAGBRAI on Saturday, July 27.

More than 20,000 people from all over the United States and the world will be coming to Burlington to dip their tires at the end of RAGBRAI on Saturday, July 27

Information on the Burlington RAGBRAI can be found at BurlingtonRAGBRAI.com.

#HyperLocalSuperFresh

BACK PAIN?

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

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

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

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



Dr. Jason James, D.C.

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

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

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

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



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

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

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

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

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

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

MYTH #3: Your Back is “Out”!

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

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

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

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

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

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

MYTH #4: “It’s Only a Muscle!”

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

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

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

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

WOULDN’T YOU RATHER:

Turn over in bed without pain waking you up?

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

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

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

SCIENTIFIC BREAKTHROUGH:

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

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

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

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

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

LCK ROOFING AND REPAIR
Gutters & More
JASON STOTT
OWNER/OPERATOR
(319) 371-2554
Lckroofingandrepair1@gmail.com
SENIOR/MILITARY DISCOUNTS

#BetterTogether

REFER A FRIEND and receive ONE FREE MONTH added to your membership!
Forms available online at fortmadisony.org

Memberships Starting at \$14.50/mth

the FORT MADISON FAMILY YMCA
220 26th St. Ft. Madison, IA
319.372.2403
fortmadisony.org

Classifieds/Public Notices

PEN CITY CURRENT CLASSIFIEDS

HOUSES FOR RENT

Three to four bedroom home for rent in Fort Madison. Corner lot. Central Air, full bath, partially finished full basement, \$1,000/mo. \$1,000 deposit. 1405 35th Street.

Contact Sal at 319-572-1091 by text if possible.

**PUBLIC NOTICE
TENTATIVE AGENDA
FORT MADISON
CITY COUNCIL**
Tuesday, June 18, 2024
5:30 P.M.
City Council Chambers,
City Hall

INVOCATION
ROLL CALL
VISITORS AND APPEARANCE REQUESTS:
At this time persons may

address Council on any matters not on the Council agenda. After identifying yourself by name and address, please briefly state your issue. PLEASE NOTE: This is not an opportunity to discuss issues with Council or to get information. In accordance with Open Meetings law, Council may not deliberate upon, nor take action on any complaint

or suggestion or respond to any allegations which are not part of the published agenda.

CONSENT AGENDA
1. (Blank) MOVED and (blank) SECONDED to approve the consent agenda:

- Minutes of June 3, 2024;
- Liquor License Renewal: Vinnie's Longbranch, 2601 Avenue L, Effective August 1, 2024 – Class C Retail;
- Partial List of Cigarette Permits;
- Setting public hearing for 5:30 p.m. on Tuesday, July 2, 2024, concerning rezoning a property at 2301 Avenue G from B-2, Business District, General Retail & R-4, One-Family

Dwelling District, to R-6, Multiple-Family Dwelling District;

• Claims dated June 12, 2024, May Manual Claims and May Financial Report.

SPECIAL EVENTS PERMITS

2. (Blank) MOVED and (blank) SECONDED to approve the Special Event Permits and waive the associated fees.

a. Light Up the Sky this 4th of July City Fireworks, July 4, 2024

b. Rodeo Parade, September 7, 2024

COMMUNITY REPORTS: Fort Madison Housing Authority, Michael Dear

ORDINANCES AND RESOLUTIONS

3. (Blank) MOVED and (blank) SECONDED to adopt a resolution approving changes to the City's Personnel Manual.

CITY MANAGER/DEPARTMENT REPORT COUNCIL COMMUNICATIONS/MAYOR ANNOUNCEMENTS

CLOSED SESSION

4. (Blank) MOVED and (blank) SECONDED to enter into Closed Session to discuss the potential purchase or sale of real estate, pursuant to Iowa Code Section 21.5(1)(j).

OPEN SESSION

5. Discussion and possible action.

ADJOURNMENT – The next City Council meeting will be held at 5:30 P.M. on Tuesday, July 2, 2024.

VROOM. VROOM. Get Pre-Approved in Seconds.

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



www.JimBaier.com
Click here to visit us online now

The average person is on their device 3+ hours per day.

**Reach your customers
wherever they are
with digital ads.**

Call Lee (319)371.4125 or Chuck (319)371.1670

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

BUSINESS DIRECTORY

Call Lee at 319.371.4125 today to advertise!



Patrick Profeta
General Manager

Keokuk Auto Credit

We Tote the Note

No Credit Check Low Weekly Payments

www.keokukautocredit.com

1728 Main
Keokuk, IA 52632

Office: 319-524-2334
Fax: 319-524-2373

Your Neighborhood Hardware and Rental Store!

KEMPKER'S



1904 Avenue H Fort Madison | 608 S 9th St Burlington | 1405 E Washington St Mt Pleasant

Visit us online: kempkerstruevalue.com



Jess Sutcliffe, Agent
2623 Avenue L
Fort Madison, IA 52627
Bus: 319-372-5982
www.fortmadisoninsurance.com

Surprisingly
great rates
right around
the corner.

I'm your one-stop shop for the service you deserve at a price you want. Call me for surprisingly great rates and Good Neighbor service right in your neighborhood.

Like a good neighbor,
State Farm is there.®

Individual premiums will vary by customer. All applicants subject to State Farm® underwriting requirements.

State Farm
Bloomington, IL
2001878



Never Shiver. Don't Sweat.



Just call



Ft. Madison: 319-372-4328
Burlington: 319-752-4328
All Areas: 877-380-4328

24 Hour Service • FREE Estimates • Servicing All Makes

www.YourHeatAndAirGuy.com

General Insects
Termites

Mice
Bed Bugs



(319) 372-1060

Toll Free 1-888-818-7378
Email: cullenpest@hotmail.com
www.cullenpest.com

"Cause who needs bugs?"

Residential
Commercial

YOUR ONE-STOP SHOP FOR ALL THINGS PRINTING!

Advertising
Vinyl Banners
Office Supplies
Large Format Printing
Copy & Digital Services
Business Cards & Forms

Graphic Design
T-Shirt Printing
Promotional Products
Faxing & Email Service
Full Service Print Shop
Coffee Mugs & Gift Items



621 Ave G • Fort Madison, IA • 319.372.2721 • doddprinting.com

FREE DELIVERY TO FORT MADISON & SURROUNDING AREA

Auto Detailing • Car Wash • Sign Rental

Turbo Wash

(319) 372-WASH (9274)
Fort Madison



Locally owned & operated

Touching the Community with Care

Lee County Health Department Hospice

Your Choice for Compassionate Hospice Care

in Lee, Des Moines, Henry, and Van Buren counties in Iowa
& Hancock and Henderson counties in Illinois

Hospice Services include

*24/7 on-call nursing staff • Skilled nursing services
Social worker visits • Music & massage therapy
Homecare aide assistance • Volunteer services
Spiritual & grief support*

Providing comforting end-of-life care since 1989



#3 John Bennett Drive, Fort Madison
(319) 372-5225 or (800) 458-6672
Medicare Certified

www.LeeCountyHD.org

Central Lee Softball

No. 15 Lady Hawks overcome 5-0 deficit to knock off WBND

BY CHUCK
VANDENBERG
PCC EDITOR

DONNELSON – The Central Lee girls are playing a little “Hawkish” right now.

Whether it’s the regular lineup that includes three girls named Hawk, or a coach named Hawk or the reputation starting to build a reputation as a team of Hawks that you don’t look forward to on the schedule, the Hawks are winning.

The Class 3A No. 15 Central Lee girls softball team has been playing aggressive offensive softball enroute to their 14-4 record, including knocking off formerly ranked West Burlington Notre Dame 9-8 Friday night in Donnellson.

The win was the Hawk’s second one-run win over the Falcons this year. The two are creating a strong rivalry as two of the best softball teams in southeast Iowa and Friday’s game added to the resume.

The Falcons jumped out to a 5-0 lead after three innings. They put up a run in the first and then scored three more in the top of the second. West Burlington/Notre Dame’s Madelyn Thomas reached on walk to start the inning, then Anna Engberg reached on an error at first Junior Hawk hurler Jayln Hawk got the next two hitters and then went 3-0 to Logan Kelly who sat on the next pitch and drove it over the left field fence down the line for a 4-0 lead. West Burlington would add another run in the top of the third when Thomas singled in Paige Cramer, but was thrown out on a nice relay to sec-

ond from left field to get Thomas stretching the hit.

Central Lee wouldn’t get on the board until the bottom of the fourth down 5-0. Shanna Buford and Kenna Sandoval hit back-to-back one-out doubles with Sandoval’s driving in two runs. She would come around to score on a passed ball to cut the lead to 5-3 with just one out. Jayln Hawk would get hit by a pitch and Aubree Bunnell would draw walk to put two on. Kamryn Cox would come into pinch run for Hawk and would get to third on a couple passed balls. Sophomore Layla Gonterman then flew out to left center where Engberg threw a strike to get Cox at home on a very close play after tagging up at third for an inning-ending double play.

Head Coach Jason Hawk said he had no hesitation in sending Cox to try and get the Hawks within one.

“I was 100%. It takes a great throw even to be close and she’s fast and one of our better base runners. That’s why she runs for us. She did exactly what she was supposed to do, came back to the bag and be ready for me to tell her to go. It was a bang-bang play, it was a good throw. Anything off one way or another and she’s safe there,” Hawk said.

Jayln Hawk would get the Falcons three-up, three-down in the top of the fifth and Central Lee’s girls went back to work.

Jaliann Hawk singled and Sara Young walked to start the bottom half of the fifth. Both would advance on passed balls before Jaci Hawk would drive one in with a sac fly to right to cut the lead to 5-4. Carlee Pezley stroked an RBI

single to shortstop to tie the game. She would steal second and move to third on Shanna Buford’s ground out back to the pitcher and eventually score on another Falcon passed ball to take a 6-5 lead the Hawks would not surrender.

WB/ND would tie things up in the top of the sixth with one out when Tannisyn Christofferson hit a sac fly to left scoring Alexis Brookhiser. Hawk would get Engberg to ground out to Buford at short to end the inning.

Jayln Hawk would walk to start the bottom half and get replaced by Cox on the base paths. After a strikeout, Gonterman would reach on a hard shot back to the pitcher. Cox who got to second on a wild pitch and then swiped third scored on Gonterman’s come-backer. Another single and a couple stolen bases set the stage for Young’s two-run single to center for a 9-6 lead.

West Burlington would score two runs in the top of the seventh but Hawk got the Falcon’s Shona Anderson to pop out to the catcher to end the inning and the game.

Jason Hawk said his niece, Jayln did a nice job of keeping West Burlington’s hitter off balance. Jayln suffered a season-ending elbow injury that has kept her out of the circle for more than a season.

“She doesn’t throw the hardest, but when she gets her spot and then gets her change up over, she can be very hard to hit. She’s very effective that way,” he said.

The junior said it was difficult in the final couple innings, but she had to trust the defense behind her.



Photo by Chuck Vandenberg/PCC

WB/ND’s Bailey Hayes tries to turn a double play in the bottom of the fourth inning Friday night in Donnellson as the Hawks’ Jaci Hawk bounces up from a slide at second. The Hawks would hold on for a 9-8 win over the Falcons.

“It’s very nerve racking. They’re a very good team and I just had to trust my teammates. I tried to hit my spots and I know they’ll have my back,” Hawk said.

“Coming back this season was a bit more of a challenge. It’s been tough coming back into it without being able to pitch for a whole year and half. Finding my spots and getting my pitches back has been tough.”

The Hawks combined for seven hits in the win. Sandoval and Young both had

two RBIs. Hawk’s pitching line was eight runs, three earned, on seven hits striking out three and walking one. She improves to 7-2 on the year with the win.

Coach Hawk said the Hawks slipping into the rankings doesn’t matter to him day in and day out but he knows the girls appreciate the recognition.

“To be honest I don’t care about rankings. I like to see the number because it’s good for the girls, but whether your one or 15 you can always get beat by somebody. Last year

we went to Iowa City and knocked off Williamsburg, who was No. 1 in the state, so that shows you it doesn’t matter what the ranking is. That’s what somebody thinks you are. You gotta play the game every night.”

Friday’s win gives the Hawks a tie for first place with the Falcons in the SEI Superconference South at 5-1. Their 14-4 record overall is tops in the SEISC. They play six games next week starting with Columbus Junction Monday at home.



CONNECTION
BANK

We’ve got this.

www.myconnectionbank.com

Burlington • Fort Madison • Montrose • Keokuk

Member FDIC

Got a news tip?
Call Chuck (319)371.1670

Fort Colony

Family Diner

Open 7 Days A Week

DAILY SPECIALS

Breakfast All Day

(319) 372-5759

5102 Ave. O, Fort Madison, IA 52627

Sports/From the Front

Chairman says capital reserve may not work for all departments

COUNTY - Continued from Page 1

establish an IT Capital Reserve Fund for any money allocated to the budget that's not spent during that budget year to go into the CRF to be used for projects and expenditures in another fiscal year.

"We're not asking for any additional money at all, just money that's leftover in our budget," Harter said.

Supervisor Chuck Holmes made a motion to create the account at Monday's regular meeting. Supervisor Ron Fedler seconded the motion.

Supervisor Chairman Garry Seyb said the CRF isn't something that would be considered for all the county departments, but said it did make sense for IT to do that.

Seyb said he has heard some feedback since last week's workshop on the potential for the county to establish a lot of reserve funds in other departments if they do it for the IT department.

"In this case with the IT department, I think it makes a lot of sense," Seyb said. "I don't know that's something we would want to do for every department, but I think for the IT Department it makes a lot of sense when it comes to timing of purchasing software and equipment is not on a set schedule," Seyb said.

Harter said he's fighting vendor schedules, equipment availability, and licensing issues where we have equipment sitting in the box and not installed and burning those expensive licenses," Harter said.

Fedler said it doesn't make any sense for county departments to just spend so they don't lose appropriations from the county from year to year.

"You're being punished for not using it all. This way it carries it over into a reserve fund so it can help you with future budgets," he said.

Supervisor Tom Schulz said he had mixed feelings about the idea. He said if, theoretically, there was a budget for five servers, but the department didn't, for whatever reason, buy that equipment then he could see moving that over.

"I can see taking that money and moving it over into a capital fund so that money wasn't lost from the budget," he said.

"But I would have a problem if we, say, went seven months without filling a position and we save that money. The way I'm looking at this is that money now goes into a capital fund instead of into savings for that fiscal year. I don't have a problem doing it with capital funds to capital funds, but saying anything not spent is still "mine" is a really bad way to do business."

Holmes said the department may be able to just move the capital funds that are appropriated for equipment and not payroll.

Budget Director Cindy Renstrom said other counties have created the capital reserve funds.

"If the state auditors say it's not doable and we shouldn't have done it, we can always correct in the next fiscal year."

Fedler said if the county doesn't do it, they are encour-

aging department heads to just spend everything and discouraging them from being conservative in spending.

"I'm going to spend everything in my budget I can because, if I don't, you're gonna take it away from me," Fedler said.

Schulz said you could make that argument for every department. Seyb said that's why he feels it doesn't work for some, but could work for IT, specifically.

One county resident asked if this wasn't creating the opportunity for a slush fund, understanding the cost of IT equipment, but said IT equipment can be delayed in delivery and the cost could overlap the county's fiscal year, but other department heads, including Recorder IT Director Nancy Booten, and Auditor Denise Fraise said other departments could utilize capital reserves as well.

Harter did say that he was looking at moving the entire remainder of his budget each year into the capital reserve fund. That would include any payroll or other savings outside of capital purchases.

Seyb said any other department who wanted to do that would have to come forward and make a case, but said IT made sense to him.

Holmes said he didn't think payroll savings should be included. Seyb pointed out that the motion in front of supervisors was just to establish the fund. Future discussion would determine what funds would be allowable in the fund.

CENTRAL LEE BASEBALL

Davis helping solidify Hawks' future as a freshman

BY CHUCK VANDENBERG

PCC Editor

DONNELSON – Freshman Blake Davis is quickly making a name for himself as the next four-year starter at shortstop for the Central Lee Hawks – knock on wood.

Davis is stepping in nicely as the Hawks' gap infielder and is following in the footsteps of 2022 graduate Alex Sandoval who played four years for the Hawks including a state appearance in 2019 and a substate championship in 2020.

A crystal ball wouldn't even be enough to tell if Davis will assemble a similar resume, but for right now, he's enjoying playing ball.

Davis went 3-for-4 with two doubles, two RBI and run scored in Friday's 7-1 win over West Burlington in a SEI Superconference South showdown in Donnellson.

"The ball looks really good right now," Davis said after Friday's win. "There's no intimidation here, you just have to go out and do your thing."

Davis is just a freshman but is hitting .432 before Friday night's game, with a home run and 13 RBI. That's just one behind Zach Manwill's team-high 14.

Head Coach Shane Weirather said Davis' age aside, he's one of the best young players in the conference.

"He's definitely the real deal," Weirather said. "There's not anything he doesn't do exceptionally well as a high school player and as a freshman. He's just one of the top players I've seen at short. He can hit, and I don't believe he has a strikeout this year, so he puts it in play. And pitching - I think we're gonna really start to see him roll."

Davis is 1-1 on the year from the mound with a 2.42 ERA and 24 strikeouts. He's also walked 14 hitters. But hidden in those figures is the fact he's allowed just three hits in more than 14 innings of work.

Friday's game was scoreless through the first two innings, but the Hawks got things going on the second trip through WB starter Conner Bush's rotation on the mound. After Gage Van Ausdall lined out to start the bottom half of the third, Cory Jones and Davis both singled and Manwill wore a pitch to load the bases. Junior Bo Herdrich singled to center scoring both Jones and Davis, but Herdrich would get gunned down trying to stretch the hit into a double. Junior Kayden Calfee followed with a single to score Manwill and spot

the Hawks at 3-0 lead.

Central Lee would expand the lead to 6-0 on a Davis two-run double in the bottom half of the fourth. A Manwill fielder's choice also scored a run in the inning. Brayden Wyrick would drive in the final Hawk run in the fifth with an RBI infield single.

West Burlington would get its only run in in the 6th when Bush scored tagging up at third on a Thuleen sacrifice fly to center.

Herdrich and Caedon Newton combined on the two-hit win with Herdrich getting the win. The two combined to strike out six and walk just two in the win. Weirather said that says a lot of about his team's defense.

"They struck out six so that means we had 15 outs

in the field, right? Two walks – that's a lot of control. That's the feeling I had that both of these guys were throwing a lot of strikes," he said.

"But we mixed enough speeds and changed things up to get some weak contact and then our defense played a little bit too, so I like the way that played out."

Weirather said he's fairly happy with the teams 9-4 start. They are 4-3 in SEI Superconference South Division and have won two in a row.

"We beat the teams for the most part that we're supposed to. We've been up and down and it's been a little rocky, actually," Weirather said. "I wish we would have played better against some of the better competition we've seen. But we had a nice win against Fairfield and that's a good team."

June is **MEN'S HEALTH** Month

All you men out there, it is time for you to prioritize your good health.

Start with making an appointment for an annual physical with a primary care provider at one of our clinics. An annual physical allows you to keep tabs on any changes in your physical or mental health, get any recommended health screenings, and make a treatment plan for any new health conditions.

Then take action to improve your physical and mental health by starting with small steps that are easy to make part of your daily routine.

- Drink more water – when properly hydrated your brain and body will function better.
- Cut back on red meat, and eat more vegetables, fruits, whole grains, and beans.
- Move more – commit to 30 minutes of physical activity every day.
- Take a break from your computer, your phone, your job, your stress, AND relax!
- If you smoke, seek support to cut back or quit altogether.

June may be men's health month, but every day is a day to improve your health!

Great River HEALTH

Right place. Right care. Right here.

www.greatriverhealth.org/prevention