# **INSIDE:** Budweiser Clydesdales to hang around for Tri-State Rodeo • See page 10

# PEN CITY CURR. It's Black & White and Read all over

Friday, July 12, 2024 | 10 pages | Volume 8 • Issue 112

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# **County digging into utility regs**

**SEIRPC:** Planning commission to give supervisors an assist with ordinance

#### **BY CHUCK VANDENBERG** PCC EDITOR

FORT MADISON - a;ldkjf;lakjdafoiufapoifdoifapfudsLEE COUNTY - The Lee County Board of Supervisors is moving forward with intentions to create an ordinance to protect the county and landowners as utility projects continue to pop up in the county.

Lee County Board chair Garry Seyb said he would like to see a consensus from the board to move in one direction or another.

"Is this something we want to explore, then I think next week we vote on that. Not necessarily an ordinance, but



the fact that we are going to do it." Supervisor Tom Schulz said the board needed to have consensus to move forward into developing something more substantive. Supervisor Ron Fedler said the board should move forward, but rural residents need to have an opinion because of the impact to that group.

"You're not going to put a wind tower or a solar field inside Fort Madison or Keokuk or any of that stuff," Fedler said. "But they would have their two-mile radius around

See **ORDINANCE**, page 8



Photo by Chuck Vandenberg/PCC

Montrose Mayor Matt Mullins discusses city projects with John Kaufman of Congresswoman Mariannette Miller-Meeks legislative staff Wednesday at the site of the Mississippi River Road that collapsed earlier this year.

## **COUNTY BUDGET**



# **Speed bumps** on road to perfect union

**D**o you remember that phrase our nation's founders wrote in the preamble to the Constitution 237 years ago? The one about forming a more perfect union?

We have hit some speed bumps in that quest, a couple that would rattle your teeth. I wonder when, and how, or if, we are going to get back on the road.

Consider these potholes our nation has banged into on that road to a more perfect union:

President Joe Biden, in front of a television audience in the tens of millions, stumbled and stammered and had his train of thought rumble off the tracks in one of the most embarrassing performances since I was told to sing a solo in front of my classmates in fourth grade.

Donald Trump, the president's opponent in that debate two weeks ago, had trouble uttering a truthful statement - except when he stated, "I really don't know what he said at the end of that sentence. I don't think he knows what he said, either."

Democrats were beside themselves afterward. Some dismissed President Biden's halting performance as the effects of a bad cold or lingering jet lag. Others pooh-poohed Biden's "We finally beat Medicare" nonsequitur and said it is more important for voters to remember all Joe Biden has accomplished in his life's work in government service.

# Amendment redirects county camera, opioid funding

#### BY CHUCK VANDENBERG PCC EDITOR

LEE COUNTY - County Supervisors moved close to \$700,000 into a reserve fund off revenues generated from Hwy. 27 speed cameras on Monday.

The move comes from an ordinance that was created by the board when the cameras were set up in late 2023. The

ordinance requires that revenues from the cameras be used in accordance with a formula set up by the board to keep the funds from being integrated into the general fund.

Seyb didn't want the funds included in the general fund because he said the county would then budget off the additional revenue and, if the state were to change speed camera legislation, it

could pinch the county's budget if that revenue were suddenly pulled from the general fund.

Lee County Budget Director Cindy Renstrom said, as part of Monday's board discussion on a budget amendment, that \$671,000 from highway traffic cameras was moved from the

See **FUNDING**, page 5

But others wondered whether we are seeing a new version of the lasting

#### See EVANS, page 6

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### WEATHER

----- Patchy fog, then sunny and warm, 84° F/ 70° F FRI 12 Jul ..... -SAT 13 Jul......Hot with slight chance of thunderstorms, 90° F/ 74° F ....Sunny & hot, 93° F/ 75° F 🛛 🚺 SUN 14 Jul ...

### **IOWA LOTTERY**

DOUBLE PLAY 07/10	
LOTTO AMERICA 07/10	6 21 25 42 51, Star Ball: 4 All Star Bonus: 3
LUCKY FOR LIFE 07/10	2 14 19 22 36, Lucky Ball: 9
PICK 3 MIDDAY 07/10	
PICK 3 EVENING 07/10	
PICK 4 MIDDAY 07/10	6388
PICK 4 EVENING 07/10	
POWERBALL 07/10	7 11 12 27 46, Powerball: 26 Power Play: 3

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## **Obituaries**

### OBITUARIES

# SUSAN P. CLARK

Susan Clark, 75, of Keokuk passed away Sunday, June 30, 2024 at the Southeast Iowa Regional Hospice House in West Burlington, IA.

She was born July 16, 1948 in Monmouth, IL the daughter of Larry and Mathil\_\_\_\_\_\_ da Louvdal Shimmin.



CLARK

She graduated from Warren High School in Monmouth, IL with the class of 1966.

On October 17, 1992 Susan was united in marriage to Jerry Clark in Plymouth, IL. He preceded her in death on April 17, 2023.

She is survived by her sons, Brad Gilpin (Jeannie) of Keokuk, Scott Gilpin (Denise) of Burlington, IA and Michael Gilpin of Keokuk, five grandchildren Destiney Gilpin, Kaylee Gilpin, Alyssa

Minor (Austin), Riley Gilpin and Chance Gilpin and one great-grandson Clark Gilpin. She is also survived by several nieces and nephews.

Besides her husband, she was also preceded in death by her parents, and two brothers, Thomas Shimmin and Donald Shimmin.

Susan had been employed as a packing/shipper for Good Apple. Jerry and she then was employed by the Mississippi Terrace in Keokuk as after-hours emergency personnel for nineteen years.

Susan was an avid reader and enjoyed playing solitaire on her computer. Most of all, she loved spending time with her family especially her grandchildren.

A celebration of life will be held at a later date.

The Vigen Memorial Home in Keokuk is assisting the family with arrangements.

Online condolences may be sent to the family at <u>www.vigenmemorialhome.</u> <u>com</u>.

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#### **OBITUARIES**

# VIRGINIA P. GARCIA

Virginia P. Garcia, 90, of Fort Madison, IA, passed away at 11:50 a.m. on Tuesday, July 9, 2024 at the Good Samaritan Society Center in Ottumwa, IA. She was born on August 15, 1933 in Elgin, IL to Luz & Monica Servin Pavon. She graduated from



Fort Madison High School. She married Antonio Luna on April 26, 1952 in Fort Madison, IA. He preceded her in death on July 3, 1966. She then married Felix M. Garcia on November 16, 1968 in Fort Madison, IA. He preceded her in death on December 9, 2003. She was employed at Sheaffer Pen as an office clerk for 17 years until she retired and was a member of Holy Family Parish and the Altar & Rosary Society of the church. She loved to take walks, read and do embroidery. She also enjoyed baking, especially pies, and making her

GARCIA

well known "Mexican Fudge". She enjoyed going to monthly lunches with Sheaffer friends & having breakfast out with her friends Sandy & Gary Scholl. Her greatest love was spending time with her kids, grandchildren & great grandchildren. Virginia lived in Fort Madison most of her life, but also lived in Galesburg, Illinois, Des Moines, Iowa, & the Good Samaritan Center in Ottumwa.

She is survived by: her children Christina (David) Boyer of Ottumwa, IA, Phillip & Richard (Sue) Garcia of Burlington, IA, John (Cathy) Luna of Fort Madison, IA, Felix (Lisa) Garcia Jr. of Antioch, CA & Liza Garcia of Des Moines, IA; 4-grandchildren: Emily Garcia, Katie (Brett) Black, Kayley (Christoffer) Lobberecht & Marissa Hirschman; 4-Great Grandchildren: Tyler Boyer, Gabriel & Nora Lobberecht & Cort Black. She was preceded in death by: her parents, 3-sisters, 4-brothers, first husband Nick Luna, husband Felix Garcia, 1-son: John Garcia, 1-daughter: Connie Luna, & 1-grandson: Joshua Boyer.

A visitation will be held from 4:30 to 6:00 p.m. on Friday, July 12, 2024 at King-Lynk Funeral Home & Crematory. The funeral mass will be held at 10:00 a.m. on Saturday, July 13, 2024 at Sacred Heart Church with Rev. Gary Beckman officiating. A memorial has been established in her memory. Burial will be held at Sacred Heart Cemetery. Online condolences to Virginia's family may be left at the King-Lynk Funeral Home & Crematory website: www.kinglynk.com.



Monday, July 8 Carved Ham, Cheese Potatoes, Corn

Tuesday, July 9 Minit Steak, Loaded Potatoes

# Wednesday, July 10 Burnt Ends Sandwich, Potato Salad



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# Thursday, July 11 Fried Chicken Dinners

# Friday, July 12 Grilling on the Sidewalk

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## **Obituaries**

#### **OBITUARIES**

# JOSEPH R. HILLGARTNER

Joseph Robert Hillgartner, 66 years, of Fort Madison, Iowa died Thursday, July 4, 2024 at his home. He was born July 1, 1958, a son of Francis and Hazel (Mercer) Hillgartner. He married Theresa Ann Edholm Fuget. She preceded him in death.



Joe lived in the area most of his life. He worked at LaMont Limited as a shipping supervisor. He enjoyed fishing and camping.

He is survived by his brother, John Hillgartner of Blue Grass, Iowa; one niece Jeannie Hillgartner; two nephews Jay Hillgartner and Jerry Hillgartner; two step-sons, Andrew Fuget and Bradley Fuget; step-grandchildren; and extended family and friends. He was preceded in death by his parents, two infant siblings, and his wife Theresa.

HILLGARTNER

His family will greet friends 5:00 - 6:00 pm Thursday, July 11, 2024 at the Barr Memorial Chapel, Fort Madison. A Catholic Committal Service and burial of his cremated remains will be held 10:30 am Friday, July 12, 2024 at South Walker Cemetery, rural Burlington, Iowa. Barr Memorial Chapel is honored to serve the Hillgartner family and an online guest book may be found at www.barrmemorialchapel.com.

# JUDY M. BENJAMIN

Judy Mae Benjamin, 77, of Keokuk, passed away on Tuesday, July 2, 2024, at Southeast Iowa Regional Medical Center in Fort Madison, Iowa.

Judy was born on October 3, 1946, in Burlington, Iowa, the daughter of Dorothy Hale. She was united in marriage to Donald Benjamin, he survives. Judy

is also survived by three daughters: Candy Johnson, Cindy Shoup and Chris Austin; her son Gary Cross; and numerous grandchildren. Judy is preceded in death by her mother Dorothy Hale and one grandson.

"I lost my best friend, my love, my wife, my life. Rest in peace." No services will be held at this time.

BENJAMIN

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

Printy Funeral Home of Keokuk is in charge of arrangements.

### **OBITUARIES**

# JOHN C. ROBERTSON

John Curtis Robertson, 88, of Farmington, Iowa passed away at 11:03 p.m. Sunday, July 7, 2024, at his home.

He was born on September 15, 1935, in Washington County, Iowa the son of Mar-



ion Curtis and Lola Francis (Alliman) Robertson. On June 5, 1960, he married Shirley Smith in Brighton, Iowa.

Survivors include his wife: Shirley of Farmington; daughter: Rene Robertson of North Hartford, Connecticut; brother: Don (Beverly) Robertson of Washington, Iowa; sister: Ann (Jim) Helmich of Livonia, Missouri. Also surviving are several nieces and nephews.

He was preceded in death by his parents; nephew: Frankie Joe Ch-

ROBERTSON melar; brothers: Larry Dean and Marion James Robertson; one sister: Marilyn Jean Chmelar.

John was a member of Grace Hill Moravian Church. He attended Brighton and Washington Schools and Paris Beauty Academy. He and his brother Jim, owned and operated Robertson's Salon of Beauty in Washington. He was also farmed and did lawn care. John enjoyed fishing, gardening and golfing.

The family will receive friends from 9:30 a.m. to 10:30 a.m. Friday, July 12, 2024, at the Farmington United Methodist Church in Farmington, Iowa.

A funeral service will be held at 10:30 a.m. Friday, July 12, 2024, at the Farmington United Methodist Church with Scott Butler officiating.

Burial will be in the Elm Grove Cemetery in Washington, Iowa.

A memorial has been established in his memory.

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

### Pen City Current obituary policy

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

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# **Sports/From the Front**

# funds per state audit

#### FUNDING - Continued from Page 1

#### current fund to the reserve fund.

According to the ordinance, the county deposits the revenue from citations less the vendor's fee into a separate interest-bearing account. At the end of the 3rd quarter of each fiscal year, the county will deposit at least 25% into a County Reserve/ Emergency Fund. After that deposit, any overtime expenses incurred by the sheriff's department for expert testimony/witness will be paid. Also 1% of the fees collected annually will got to Crimestoppers, 1% to the Lee County K9 Association, 1% to Lee County Narcotics Task Force; 1% to Lee County Attorney's Office, 1% to Lee County Auditor's office; 1% to Lee County EMS Ambulance, 1% to Lee County Secondary Roads, 5% to Lee County Sheriff's Office. Additional funds may be used at the discretion of the board of supervisors.

The only funds that have been spent out of the camera money to date is \$30,000 for an EMS consultant.

However, legislation passed that went into effect in June, changed the landscape of speed camera usage in the state, giving regulation of speed camera equipment to the state's Dept. of Transportation. That move pinched Lee County, who had been using the cameras prior to Jan. 1, 2024, to issue warnings at the request of the DOT. The new legislation allows for governmental agencies using the cameras prior to Jan. 1, 2024, to continue using them in the same fashion.

The DOT is still evaluating the county's situation and Sheriff Stacy Weber said the cameras are still up while the evaluation takes place. The county has submitted an application per the legislation and should hear in October whether they will be able to keep the cameras in the current locations.

Seyb said he didn't believe the legislation requires the county to abolish the ordinance in lieu of state legislation.

"I do not believe we need to totally get rid of that ordinance, and I believe there is some benefit to the county in maintaining that ordinance. We'll be looking at that and bring something before the entire board here in the next couple of weeks. With those funds, as of June 30, they automatically transfer into the reserve fund so that's where Cindy is moving it," Seyb said.

He also said the amendment replenishes the county's opioid settlement fund to the tune of about \$230,000. That was the amount the county moved into the EMS budget to help cover salaries and training for new employees when the county had to beef up staff to account for the closure of the Keokuk Blessing Hospital.

"This will meet our compliance with the State Auditor's report as far as the opioid funds and moving those back into that fund as suggested by the state auditor."

The county received no compliance errors from the Iowa Attorney General's office or the National Opioid Settlement Trust, but received a recommendation to move it back to the county opioid fund.

Seyb said he made the decision to move it back because the funds will still be available for use in the county to help mitigate opioid and substance abuse disorders.

An application for county opioid funds is close to being made available for groups in the county to apply for assistance around opioid abuse treatments. The county will make the application available online with details around how the funds must be used and how the applications will be evaluated.



# County replaces opioid |Bendlage named KHQA's female athlete of the year

**BY JOHN BOHNENKAMP** PCC SPORTS

FORT MADISON - Mary Kate Bendlage added one more award to end her high school career.

The Holy Trinity High School graduate was named the Female Student-Athlete of the Year by Quincy TV station KHQA this week, joining Mikaela Foecke as the only Crusaders to receive the honor.

Bendlage's record of athletic accomplishments, academic awards and volunteer work in the community made her a "landslide winner in the voting" among 18 finalists, KHQA sports director Chris Duerr said.

Bendlage was an all-state selection in Iowa in two sports this season.

She was a first-team All-State choice in volleyball after helping the Crusaders to a runner-up finish in the Class 1A state tournament. Bendlage was second on the team with 322 kills and 437 digs, and was



a 95.6 percent server. Bendlage, a thirdteam All-State selection in basketball, ended her career as Holy Trinity's all-time leading scorer, becoming only the sec-

BENDLAGE

ond player in program history to reach the 1,000-point mark. Bendlage averaged 20.9 points per game, ranking 15th in the state in all classes and third-best in Class 1A. She also averaged 8.5 rebounds, 3 steals and 2.2 assists per game in helping Holy Trinity to a 20-3 record and a spot in the regional semifinals.

Bendlage also was a three-year varsity starter for Fort Madison's soccer team, where she was a two-time All-Southeast Conference selection and was a team captain. She did not play this season.

Bendlage, who will attend Mount Mercy this year as an elementary education major and will play volleyball there, carried a 3.95 grade point average.



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# For the Record/From the Front

### For the Record

Fort Madison Police Report 07/09/24 - 9:54 a.m. - Fort Madison Police responded to a report of a larceny/theft in the 800 block of Avenue G.

07/09/24 - 10:23 a.m. - Fort Madison Police responded to a report of a property damage accident in the 2200 block of Avenue F.

07/09/24 - 1:02 p.m. - Fort Madison Police responded to a report of a larceny/theft in the 5200 block of River Valley Road.

07/09/24 - 9:00 p.m. - Fort Madison Police arrested Stefan Gregory Nicodijevic. 29. of Fort Madison in the 800 block of Avenue G, on a charge of domestic assault. He was held at Lee County Jail.

07/09/24 - 9:00 p.m. - Fort Madison Police cited Dylan Gilman, 19, of Fort Madison, in the 1800 block of Avenue F, on a charge of possession of drug paraphernalia.

07/10/24 - 8:25 a.m. - Fort Madison Police arrested John Russell Chaney, Jr., 38, of Fort Madison in the 1700 block of 35th Street on a warrant for domestic abuse assault. He was held at Lee County Jail.

07/10/24 - 3:51 p.m. - Fort Madison Police responded to a report of a burglary in the 1300 block of Avenue G.

07/10/24 - 5:45 p.m. - Fort Madison Police cited Trinity Lexus Dahlstrand, 22, of Fort Madison, in the 1300 block of Avenue G on a charge of trespass.

07/10/24 - 9:28 p.m. - Fort Madison Police cited Amelia Mae McCollum, 39, of Fort Madison in the 1900 block of Avenue N. on a charge of possession of drug paraphernalia and possession of a controlled substance - mar-

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#### **Keokuk Police Report** 07/09/24 - 8:43 a.m. - Keokuk

Police responded to a report of a larceny/theft in the 1200 block of High Street.

07/09/24 - 10:00 p.m. - Keokuk Police cited Deborah Lea Baum, 62, of Keokuk, in the 700 block of Concert Street, on a charge of simple assault.

07/09/24 - 10:45 a.m. - Keokuk Police responded to a report of a property damage accident in the 3500 block of Main Street.

07/09/24 - 10:58 a.m. - Keokuk Police responded to a report of vandalism in the 1500 block of Johnson Street Road.

07/09/24 - 11:17 a.m. - Keokuk Police responded to a report of a hit and run in the 2200 block of Middle Road.

07/09/24 - 3:35 p.m. - Keokuk Police responded to a report of a larceny/theft in the 1200 block of Johnson Street Road.

07/09/24 - 7:33 p.m. - Keokuk Police responded to a report of a larceny/theft in the 1200 block of Johnson Street.

07/09/24 - 7:51 p.m. - Keokuk Police responded to a report of a larceny/theft in the 1400 block of Exchange Street.

07/10/24 - 5:40 a.m. - Keokuk Police cited Christina Ivinia Dorsey, 38, of Keokuk on a charge of

driving under suspension. Lee County Sheriff's Report

07/09/24 - 8:55 p.m. - Lee County Sheriff's deputies arrested David James Kokjohn, 65, of West Point, on a judgment hold. He was held at Lee County Jail. 07/10/24 - no activity to report.

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

# Democrats may be making another mistake

#### **EVANS** - Continued from Page 1

consequences of Ruth Bader Ginsburg's decision to put off her retirement from the Supreme Court while Barack Obama was president and Democrats controlled the Senate.

RBG's health became more precarious, with another bout with cancer taking over, after that decision and the 2016 election. She died in 2020 at age 87, leaving the selection of her replacement to Donald Trump, not Obama.

Back to those speed bumps on the road to a more perfect union: The nation encountered a couple of them in recent weeks at the Supreme Court. One involved corruption by government employees. The other involved presidential immunity.

The court ruled public corruption laws do not apply to gifts and payments meant to reward state and local government officials for the actions they take. The court said those anti-corruption laws apply to bribes paid to government officials before they act, not to "gratuities" they receive after the fact.

The decision came in the case of the mayor of Portage, Ind. A jury found him guilty of accepting a \$13,000 check from a truck company for supposed consulting services he rendered to the company when it was awarded contracts worth \$1 million from the city for five new garbage trucks.

Where I come from in southern Iowa, no one expects nor desires teachers be prosecuted as criminals for accepting a bouquet of flowers or a small gift card from the appreciative parents of a student. But where I come from, Joe and Jane Citizen do not see such token gifts in the same light as they see gifts valued at tens of thousands of dollars.

And I do not think Joe and Jane Citizen see any difference between a gift made to a government official \*before\* a decision is made and a gift that is made \*after\* that decision.

The court's majority said a fair-minded reading of the corruption statute would leave reasonable doubt in the public's mind about whether an action like that involving the Portage mayor was corrupt or not. As a result, the decision said, the court should err on the side of the person charged with a crime.

And then there was the Supreme Court's decision in the case brought by Trump, who asserted he had absolute presidential immunity from criminal prosecution. Although nothing in our nation's founding

documents speaks of presidents being above the law, the court decided 6-3 that presidents do have absolute immunity for laws broken in carrying out their official duties.

The court concluded presidents enjoy no immunity for their unofficial actions. But the justices said prosecutors cannot use testimony or records about any official actions by a president, even if that evidence might aid prosecution of a president's unofficial acts.

This is another jarring speed bump on the road to a more perfect union. This is another reason to pour a tumbler of Maalox and wonder what a second Trump presidential term might be like, especially with his friends at the Heritage Foundation laying out a roadmap of new laws and executive orders for him called Project 2025.

My friends are not asserting Joe Biden's first term has been problem free. They mention their concerns about his response to the war between Hamas and Israel or to his delayed actions to deal with the flood of immigrants coming across our southern border.

But my friends also mention Biden's missed opportunities during the debate to clearly explain the relationship between high consumer prices and record-breaking corporate profits and the connection between workers' frustrations over paltry wage increases and those blockbuster corporate profits and compensation packages for corporate executives. My Democratic friends also point to the Project 2025 goals of cutting Medicare and Social Security benefits, ending same-sex marriages, banning emergency contraceptives, among many significant changes in the nation's laws.

My Democratic friends remind me of the television ad former Defense Secretary Dick Cheney recorded for his daughter Liz's re-election campaign two years ago. The elder Cheney, as conservative as they come, said, "In our nation's 246-year history, there has never been an individual who is a greater threat to our republic than Donald Trump."

That is why some Democrats wonder whether Biden's insistence he alone is best equipped to take on Trump in November worrying this is their party's new Ruth Bader Ginsburg lapse of judgment moment.

We will not know until it is too late, unfortunately. Randy Evans can be reached at DMRevans2810@ <u>gmail.com</u>.

**BUZZED DRIVIN** 

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# OH, JULY, THE HEART OF SUMMER...

with fireworks and campfires, boating and baseball, spending as much time outdoors as possible Make the most of your summer fun while staying healthy and safe with these tips:

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Whatever your summertime pleasures, remember the WALK-IN CLINIC when things don't quite go as planned.



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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.

- 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.

professionals (therapists) and together they deliver an outstand-

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

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

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

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

#### **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!
- Uice-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!

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

Because we deal with BOTH the spine and muscles at the same time. We have spine doctors (chiropractors), pain doctors (nurse practitioners) and muscle





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

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?

"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

# From the Front/Classifieds

# County to move forward with utility projects regulation

#### **ORDINANCE** - Continued from Page 1

the town where they can have a say so in it."

Zach James and Jarred Lassiter of Southeast Iowa Regional Planning Commission were on hand at the meeting and said they wouldn't put a timetable on the issue.

"I don't know that I would put a specific timetable out there. It would take quite awhile to put something together," James said.

Lassiter said there was precedent for zoning vs a stand-alone ordinance but said everyone has their own preferences.

"Plus, (an ordinance) doesn't necessarily have to follow the framework of a comprehensive plan.

Seyb said an ordinance can be done without creating anything additional. The board could vote on that and it would be enforceable. He said with the zoning, the county would have to stand up a planning and zoning committee as part of the board to regulate the zoning.

"The additional time involved would be setting up those additional subsets," he said.

Lassiter said there would also be the day-to-day impact of the zoning, which would involve permitting.

Schulz said the county would be building additional bureaucracy.

Lassiter said in addition to appointed boards, there would also have to be an administrator for the county zoning board.

"The planning and zoning would oversee the public hearings and provide technical guidance to supervisors," Lassiter said.

He said the key thing in determining whether to go with a stand-alone ordinance or zoning, the standalone ordinance would have to be geared toward conditions for making the project acceptable.

"We're not saving that the project would be acceptable here or there in particular zones. It's not the same as zoning where you identify (a specific zone or zones), but regulating them wherever they may occur to make sure basic protocols are followed," he said.

Lassiter provided a comparative document looking at zoning vs an ordinance and Seyb said he appreciated that because the two are not the same and it took him two or three read throughs to get an understanding.

County Engineer Ben Hull said the county has not done anything with windfarms like other counties have encountered. He said the county needs to pay attention to setbacks, fencing, and administrative functions.

SEIRPC has done some work helping Des Moines County set up their ordinance. James said the process involved a series of work sessions involving supervisors, engineers, the county attorney's office, auditor's office, and other groups, including labor groups to provide advice along the way.

"We had an initial presentation where we outlined things to get some general direction and, based off that, we put a draft together and then we do another presentation with specific items to talk about it. Many times other items would be discussed that weren't outlined. But it was a series over six to nine months," James said.

Supervisor Chuck Holmes asked if Des Moines County had a planning and zoning function. Lassiter said they do have planning and zoning, but that's specific to the zoning ordinance. Wind and solar he said is enforced through the administrator, which for Des Moines County is SEIRPC, but final decisions go through supervisors.

"I think we should step in carefully and look at the stand-alone ordinance initially," Holmes said.

Fedler referenced Lee County resident Andrew Johnson who has been at most of the meetings supervisors have had around utility projects and possible zoning. Fedler said the county owes it to those residents in rural Lee County.

"They are asking for our protection, the rural people of Lee County, and I think we owe it to them to do something," Fedler said.

Schulz said something like an ordinance could be well received by residents and could offer some protections to land owners and the county as a whole.

"I think it would be a good step for us to start exploring the specifics if we would do it, how we would do it. Getting the process rolling however the board sees fit is probably what we should be doing right now," he said.

Seyb said the county needs to set up that series of workshops James recommended and make those public so groups can be involved and give their opinions on what regulation could look like.

"I want to do a workshop after a meeting that way we can have people from the public that can attend as well now that we're talking about actually doing something. And we are working actively to come up with an ordinance on solar and wind specifically. I would anticipate there would be some participation out there," Seyb said.

SEIRPC has a contract with Des Moines County in establishing and administrating its ordinance. Lee County Auditor Denise Fraise asked James if they could have a proposal in front of the board in the next couple weeks to consider costs associated with the agency's work.





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# **Classifieds/Public Notices**

# PEN CITY CURRENT CLASSIFIEDS

PUBLIC NOTICE FORT MADISON CITY COUNCIL Tuesday, July 16, 2024 5:30 P.M. City Council Chambers City Hall

#### TENTATIVE AGENDA

INVOCATION ROLL CALL VISITORS AND AP-PEARANCE 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) SECOND-ED to approve the consent agenda:

Minutes of July 2,
2024 Special Meeting &
Minutes of July 2, 2024;
Resolution approving
Fiscal Year 2024-2025
Budget Transfers;

• Claims dated July 10, 2024, June Manual Claims, June Financial Report: • Payroll of July 12, 2024.

PUBLIC HEARING Concerning review of an application for a State Revolving Fund Ioan, an environmental information document and the City's project plan for PIP-2024-01, 10th Street Sewer Separation Project.

Close Public Hearing 2. (BLANK) MOVED and (BLANK) SECOND-ED to approve the Mayor's signature on the Iowa State Revolving Fund Environmental Information Document.

SPECIAL EVENTS PERMITS

3. (BLANK) MOVED and (BLANK) SECOND-ED to approve the Special Event Permits and waive the associated fees.

a. Mexican Fiesta, September 12-14, 2024 COMMUNITY RE-

PORTS: Fort Madison Housing Authority, Michael Dear

QUARTERLY TOUR-ISM UPDATE: Chi Eastin, Tourism Director ORDINANCES AND RESOLUTIONS

4. (BLANK) MOVED and (BLANK) SECOND-ED to approve the second reading of an ordinance rezoning properties located in the 2300 Block of Avenue G (2301, 2331 and 2333 Avenue G) from B-2, Business District, General Retail & R-4, One-Family Dwelling Dis-

### **PUBLIC NOTICES**

trict, to R-6, Multiple-Family Dwelling District.

5. (BLANK) MOVED and (BLANK) SECOND-ED to approve the first reading of an ordinance vacating city right-of-way located south of Avenue A and north of Avenue B along 4th Street.

6. (BLANK) MOVED and (BLANK) SECOND-ED to adopt a resolution setting public hearing for August 20, 2024, at 5:30 P.M., on the sale of city right-of-way located south of Avenue A and north of Avenue B along 4th Street.

7. (BLANK) MOVED and (BLANK) SECOND-ED to adopt a resolution setting public hearing for August 6, 2024, at 5:30 P.M., concerning the rezone of property at approximately 48th Street and Avenue H from R-6, Multiple-Family Dwelling District to B-2, Business District.

8. (BLANK) MOVED and (BLANK) SECOND-ED to adopt a resolution providing standing authority for City Staff to communicate on the Council's behalf to remove special assessments when said assessments are determined to be in error.

OTHER 9. (BLANK) MOVED and (BLANK) SEC-ONDED to approve the Mayor's appointment of Denae Rutherford to the Planning & Zoning Commission, term expiring March 31, 2027.

10. (BLANK) MOVED and (BLANK) SEC-ONDED to approve the Mayor's appointment of Madeline Eagan to the Historic Preservation Commission, term expiring March 31, 2027.

#### HELP WANTED

Driver's license preferred. end of season bonus. Contact Kevin @ Bates Sanitation & Asphalt, Inc. 319-372-7838.

Click here toplace your ad online 24/7

#### 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. CITY MANAGER/DE-PARTMENT REPORT COUNCIL COMMU-NICATIONS/MAYOR ANNOUNCEMENTS ADJOURNMENT – The next City Council meeting will be held at 5:30 P.M. on Tuesday, August 6,

2024.

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Got a news tip? Call Chuck (319)371.1670 YOURAD HERE Call Lee

at 319.371.4125

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#### Family Support Specialist

Lee County Health Department is seeking a full-time Family Support Specialist to provide in-home parent education and support services to families enrolled in our Healthy Families America home visiting program model. Knowledge and/or experience in early childhood development preferred, including skills in promoting positive parent-child interactions, and ability to use a family- centered approach with culturally diverse population. Extensive data collection and documentation is required. Please send or email resume to Missy Park, Program Manager at LCHD, PO Box 1426, Fort Madison, IA 52627 or to mpark@leecountyhd.org by July 15, 2024. LCHD is an equal opportunity employer and offers competitive benefits including IPERS retirement.

# Local News/Iowa News

# IUB is now Iowa Utilities Commission

DES MOINES – After 38 years as the Iowa Utilities Board (IUB), the state agency is welcoming a name change today and is now the Iowa Utilities Commission (IUC). In conjunction with the agency name change, Board members will now be known as Commissioners.

Additional changes to legal, physical, digital, and agency branding will be phased in over the next few months. The IUC website — now <u>iuc.iowa</u>. gov — also has been updated. Staff and business email addresses are in the process of being updated.

The name change is the result of legislation in Senate File 2385 and follows state government reorganization in 2023 that removed the IUB from under the umbrella of the Department of Commerce. The law does not impact the Office of Consumer Advocate (OCA), a division of the Iowa Department of Justice.

# 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

# Clydesdales to visit TSR

FORT MADISON - The world-famous Budweiser Clydesdales will "march" into Fort Madison, IA, on Tuesday, September 3, 2024, and will stay at the Tri-State Rodeo grounds until Tuesday, September 10, 2024.

A variety of appearances will be planned at the rodeo grounds as well at the city's new Turn Water Bar & Grill and The Fort Madison Marina for photo opportunities.

The Clydesdales' appearance(s) in Fort Madison, IA are one of hundreds made annually by three teams of traveling hitches based out of operation headquarters located at the St. Louis Brewery in Missouri. Brought to the U.S. in the mid-1800s as draft horsed used for farm work, Clydesdales today are used primarily for breeding and show.

The Clydesdales have been the mascot of Anheuser-Busch since 1933, when a team of these majestic horses was presented to August A. Busch Sr. to celebrate the repeal of Prohibition. Nearly 90 years later, the celebrity horses are staples of fairs, festivals and sporting events. Most notably, the Clydesdales have marched in two presidential inauguration parades.

"We are honored to have the opportunity to bring the Budweiser Clydesdales to Fort Madison, IA for the 76th Tri-State Rodeo" said Crissy Riesenbeck-Spratt of Golden Eagle Distributing.

"We are excited to give the fans of all ages, not only from Fort Madison but the Tri-State Area, an opportunity to see these magnificent animals in all their glory. They are true ambassadors of the Budweiser brand."

In addition to the appearances, they make across the country, the Budweiser Clydesdales can be viewed in St. Louis at the Anheuser-Busch brewery and at Grant's Farm as well as at Warm Springs Ranch, the 300-plus acre Clydesdale breeding farm located in Boonville, Missouri. For more information, visit <u>www. BudweiserTours.com</u>.

# **THANK YOU**



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

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



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