

# PEN CITY CURRENT

It's Black & White and Read all over

Thursday, July 25, 2024 | 8 pages | Volume 8 • Issue 126



www.pencitycurrent.com

## Herren enters Dist. 1 race

**RETIRING:** FM Fire Chief to challenge Fedler, Fraise for Supervisor seat

BY CHUCK VANDENBERG  
PCC EDITOR

LEE COUNTY – The 2024 local election landscape got a little more interesting Tuesday when Fort Madison Fire Chief Joey Herren announced his candidacy for the Lee County Board of Supervisors.

Herren will be wrapping up a 27-year career with the Fort Madison Fire Department, 18 in his current role as Fire Chief. He plans to retire in April of 2025 and, if elected, would be sworn in in January.

Herren told Pen City Current Tuesday that he isn't done working and thinks he can bring a fresh look to the board as an independent on the ballot.

He will be challenging Democrat incumbent Ron



HERREN

Fedler and Republican challenger Denise Fraise, the county's current Auditor.

Herren, who's spent most of his life in emergency services, aside from a stint at Exide in Burlington, said that experience has exposed him to many aspects of local government critical to elected office including finance, leadership, and collaboration.

This is the first time he's ever had his name on the ballot.

I didn't want to run in the primaries and I wasn't 100% sure. But after that, I think I want to give them a

See CANDIDATE, page 7



Courtesy Image

The 57th annual Western Illinois Threshers' Bee and Antique show kicks off in August near Hamilton, Illinois with three days of events planned.

### ILLINOIS NEWS

## Thresher Bee & Antique show kicks off next weekend

PCC Staff

HAMILTON - The 57th annual Western Illinois Threshers Bee and Antique Show will begin on Friday, Aug. 2, near Hamilton, and continues with three days of demonstrations and activities on Aug. 3 and 4.

Throughout each day demonstra-

tions and exhibits are planned. Steam engines are used to power threshing machines and the large and small saw mills. A large collection of rail hand-cars is exhibited, and rail motor car rides are available on the track around the grounds.

This year's show highlights the lesser-known Graham Bradley trac-

tor line and Sears engines. Parades of antique cars, trucks, tractors and steam engines brought by exhibitors will run through the grandstand at 3 p.m. on Saturday and Sunday afternoons.

A full dinner is offered each evening at 6 p.m. for \$10. Friday night is a

See ILLINOIS, page 3

### PUBLIC LIBRARY NEWS

## FM library wraps up summer reading program

BY SARAH CLENDINENG  
FM Public Library Director

FORT MADISON - The Fort Madison Public Library had a great summer reading program this year thanks to many people in our community.

Thank you to United Way of the Great River Region for providing funding to help pay for performers and supplies for the summer reading program. If you have donated to United Way, thank you for helping to provide quality summer programming for kids and adults. Additional funding for library employees and supplies was provided by the City of Fort Madison and Lee County through property tax funds. Bent Oak Books also donated a gift card to one of our prize baskets for the adult and teen program.

In addition to providing incentives to keep reading through the summer, we hosted 39 programs, attended by almost 900 people. Programs included crafts, insects, stories, dinosaurs, a foam party and Minecraft. In addition to programs, we had 257 people register for the reading program. Together, they have read more than 140,000 hours (about 2400 hours) as of July 22. Adults can still turn in reading minutes for our prize basket drawing and kids 18 and younger can still earn prizes by reading through August 22.

1000 Books Before Kindergarten

In March, we launched the 1,000 Books Before Kindergarten program. In the four months since we started, we have 45 young readers registered and, so far, they have read 1,747 books. Nine of those readers have at least hit the 100 mark and had their book-worm placed on our chart, crawling its way up to 1,000.

As a reminder, this is a simple program, and a fun, free way to start your child on the path to success. Set a goal to read 1,000 books to, or with, your child before Kindergarten and then record your progress at the library or through the Beanstack app. 1,000 books may seem like a lot, but if you read one book each night, you'll reach your goal in less than

See LIBRARY, page 2



CLENDINENG

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### WEATHER

THU 25 Jul.....Patchy fog then sunny & warm, 81° F/ 62° F  
FRI 26 Jul.....Sunny & warm, 83° F/ 63° F  
SAT 27 Jul.....Mostly sunny & warm, 84° F/ 68° F

### IOWA LOTTERY

LUCKY FOR LIFE 07/23.....14 15 25 31, Lucky Ball: 17  
MEGA MILLIONS 07/23.....3 9 14 26 51, Mega Ball: 21 Megaplier: 4  
PICK 3 MIDDAY 07/23.....4 8 8  
PICK 3 EVENING 07/23.....4 7 1  
PICK 4 MIDDAY 07/23.....2 6 0 9  
PICK 4 EVENING 07/23.....6 5 0 7

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# Obituaries/From the Front

## Library still has summer activities left

**LIBRARY** - Continued from Page 1

3 years. Additionally, you don't have to read 1000 different books. If your child has a favorite book, you can count it each time you read it together. Repetition is an important part of early literacy.

Children from birth to 5 years old can participate. Stop by the library front desk to register and pick up a reading log to record your first 100 books with your child. When you register, you will also get a bag to hold your library books and a free board book. For each 100 books you read, come back to the library to let us know and pick up another reading log. You can also track your reading using the Beanstack app. As you reach different milestones in the program, your child's name can be added to our 1000 Books Before Kindergarten progress chart and there are additional prizes for reaching the 250, 500 and 750 book milestones, including free books and a Rhythm and Songs kit. At 1,000 books, your child will get a washable tote bag and have their name put in the front of one of their favorite books at the library.

**Summer's Not Over Yet**

Library summer reading activities are just about finished but there is a lot of summer left. Check out one of these outdoorsy books from the library.

- The Great River: The Making and Un-making of the Mississippi by Boyce Upholt (508.77 UPH)
- Camping and Hiking Encyclopedia by Kathryn Hulick (YA 796 HUL)
- The Last Caretaker by Jessica Strawser (F/PB STR)
- Wilderness Tales: Forty Stories of the North American Wild by Diana Fuss (F FUS)
- Catch a Crayfish, Count the Stars: Fun Projects, Skills and Adventures for Outdoor Kids by Steven Rinella (J796.5 RIN)
- Outdoor Kids in an Inside World: Getting Your Family Out of the House and Radically Engaged with Nature by Steven Rinella (508 RIN)
- Forest Walking: Discovering the Trees and Woodlands of North America by Peter Wohlleben (582.16097 WOH)
- The Wildlife Watching Encyclopedia by Laura Perdue (YA 508 PER)

### OBITUARIES

## PATRICIA A. STATON

Patricia Ann Staton, age 74 of Folsom, CA, passed away on Tuesday, June 4, 2024 at 7:42 a.m. at Kaiser Foundation Hospital in Roseville, CA.

She was born August 6, 1949, in LaHarpe, IL, to Donald Preston and Augusta Myers



STATON

Griffiths, Sr. Patricia was a 1967 graduate of Nauvoo-Colusa High School, and after graduating, she attended University of Illinois in Champaign for two years, where she studied dance and moonlighted as a singer in local bands. She met Joseph Michael Staton at University of Illinois, and, on October 12, 1969, they were married in Colusa, IL. Their first child, Sean Christian Staton, was born in 1970. Patty, as she was fondly known, worked as an aerobics instructor, among other jobs while Joe finished his degrees and joined the US Air Force. Off to see the world, the family was stationed at Lakenheath AFB near London, England for close to four years, and shortly after the birth of their second child, Sunny Kristen Staton, in 1976. Upon return to the States, the family relocated to Northern California, where Patty would remain for almost two decades. Racquetball was a passion of hers for sometime. She and Joe divorced in the mid-1980s. She finished her Bachelor's degree in Sociology from California State University Sacramento, and held various jobs working with contracts and editing. Her writing skills were quite notable, assisting colleagues with thesis writing and editing as well. An avid reader and lover of words, she enjoyed a gripping Steven King novel almost as fiercely as a competitive game of Scrabble. She shared a keen sense of humor with her brother, Bill, and wrote clever poetry and prose that can still be discovered today amongst her most cherished possessions. Patty moved to Colorado in the late 1990s to be closer to more of her family. She devoted many years to caring for her mother. Her favorite role, and one that she was most proud of, was that of Mother. She was caring and nurturing, and loved her children and her family beyond measure. She was quick to help out friends and neighbors in any capacity that she possibly could, and she often looked for opportunities to do so. In her later years, she moved back to California to reconnect with old friends and to be closer to Sunny and her west coast grandchildren. She purchased a house in Orangevale, CA, and renovated it from top to bottom, just as she had always wished to do - design a house just the way she wanted, with many photographs that reminded her of Colusa, IL, and family throughout the years. Patricia's final residence was a memory care development in Folsom, CA.

Survivors include her son, Sean Staton of Virginia, and his three children, Sean, Jr. of Maine, and Austin Joseph and Savannah of Virginia; her daughter, Sunny Mitchell, her husband Jeff, and her two children, Hannah and Lukas, of Folsom, CA; and two brothers, Donald and his wife, Meredith Griffiths of Nauvoo, IL, Ruth Griffiths, wife of her brother, Allan, and William and his wife Becky Griffiths of Ft. Madison, IA.

She was preceded in death by her Father and Mother; her brother, Allan Griffiths; and her maternal and paternal grandparents

The family will receive friends from 10:00 a.m. until 11:00 a.m. Saturday, July 27, 2024 at Schmitz-Banks & Beals Funeral Home in Nauvoo.

A graveside service will be held at 11:30 a.m. Saturday, July 27, 2024 at Meyers Cemetery, rural Niota.

A memorial fund has been established for the Wounded Warriors Project. To leave an online condolence for the family, please visit Patricia's obituary at [sbbfuneralhome.com](http://sbbfuneralhome.com).

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Pen City Current, [www.PenCityCurrent.com](http://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.

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



## Illinois Threshers

# Fun, food, and fellowship at 57th Threshers event in Hamilton

**ILLINOIS** - Continued from Page 1

ribeye steak, potato salad and baked beans. Saturday features smoked pork chops, au gratin potatoes and green beans. Food vendors are set up all around the grounds during the day with many kinds of foods.

Entertainment Friday night is an antique tractor pull in the grandstand, followed with music by Bocephus Wayne on the stage at about 8 p.m. On Saturday evening hear music by Hearsay Band during and after the pork chop supper. The quilt auction is at 8 p.m. Saturday, followed with more music.

Friday's schedule starts with tractor games at 9 a.m. in the grandstand. A kids' pedal tractor pull is planned at 3 p.m., and an antique tractor pull at 6 p.m. in the grandstand.

Saturday begins with a pancake breakfast from 7 to 10 a.m. There will be pony pulling at 8 a.m. at the grandstand, and an antique tractor pull at 10 a.m. In the afternoon, see tractor games at noon in the grandstand, and horse plowing at 1 p.m. in the field. The antique tractor and car parade begins at 3 p.m.

Sunday begins with a pancake breakfast at 7 a.m. and worship in the country church at 8:30 a.m. There is another antique tractor pull at 9:30 a.m. and horse plowing at 1 p.m. Keith Yex and crew offer fun and games for kids at the grandstand at 1:30 p.m. before the second antique tractor and car parade at 3 p.m.

The raffle tractor is an Allis Chalmers WD. Winners of the antique tractor, handmade quilt, pedal tractor and other prizes will be announced after Sunday's parade. The 50th show history book, dedicated to

Fred Buckert and outlining the origin and growth of the Western Illinois Threshers, is still available at the show.

Again this year are sessions of Bingo throughout the weekend in the large shelter house

Work continues on the 1850s circa Bolton Barn, that is being rebuilt on the grounds. The barn from rural Nauvoo was disassembled by Bolton family descendants and other volunteers

See sheep shearing, rock crushing, corn shelling and corn meal grinding, pony-powered threshing, small gas engines, quilting and rug weaving. The growing village on the 80-acre grounds includes two log cabins, a church, one-room school, a print shop, blacksmith and a post office.

There is an antique gas station, two large museum buildings, and two renovated TP& W depots. Many of the buildings have histories of their own, being moved onto the grounds from the region. A flea market fills the northeast end of the grounds during the show.

Fun for kids includes a petting zoo, hands-on corn shelling, playground at the school yard, the pedal pull on Friday afternoon, and old time games at the grandstand on Sunday.

Camping hook-ups of 20 and 30 amps are available. Golf carts/ATVs are not rented on the grounds, but are allowed. Owners must register their vehicles, and pay a \$20 fee at the headquarters building upon arrival at the show.

A \$5 commemorative button allows admission for all three days to those 12 years and older. Children under 12 are admitted free. Buttons are now on sale at

Harnetiaux Farm Store just east of Hamilton and are sold at the gate during the show.

To find the Western Illinois Threshers Show, turn north at the signs in Hamilton, IL, at North 19th Street, and continue on the blacktop two miles north. Parking is free.

For more information about this summer's event, call President Ed Hartweg, 319-795-2982, or go to [www.westernillinoistreshers.org](http://www.westernillinoistreshers.org).

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**Classifieds/Public Notices**

**PEN CITY CURRENT CLASSIFIEDS**

**PUBLIC NOTICES**

**PUBLIC NOTICE  
NOTICE OF PUBLIC  
HEARING**

Notice is hereby given that a public hearing will be held by the Fort Madison City Council at 5:30 P.M. on Tuesday, August 6, 2024, in the Council Chambers of City Hall, 811 Avenue E, Fort Madison, Iowa, at which time and place a hearing will be conducted concerning the rezone of property approximately located at 48th Street and Avenue H from R-6, Multiple-Family Dwelling District to B-2, Business District.

You may appear at the hearing to express your views concerning the

above. Written statements may be submitted to the Fort Madison City Clerk at 811 Avenue E, Fort Madison, Iowa, 52627 or [cityclerk@fortmadison-ia.com](mailto:cityclerk@fortmadison-ia.com) no later than 4:30 PM on August 6, 2024 or delivered before the hearing is closed. A copy of the ordinance is available for review at the City Clerk's office.

Justina M. Cullen  
City Clerk

**PUBLIC NOTICE  
MEETING MINUTES  
West Burlington  
Regular City Council  
Meeting Minutes  
Wednesday,  
June 26, 2024**

The West Burlington City Council met in regular session on Wednesday, June 26, 2024, at 6:00 p.m. at West Burlington City Hall, 122 Broadway Street, West Burlington, Iowa, with Mayor Ron Teater presiding.

**MEMBERS PRESENT:**  
Ron Teater, Ringo Covert, Andy Crowner, John Johnson, Therese Lees, and Melanie Young  
**MEMBERS ABSENT:**  
**ALSO PRESENT:**  
Public Works Director Mike Brissey, City Clerk Kelly Fry, Finance Manager Angela Moore, City Administrator Gregg Mandsager, and Police Sergeant Nathan Dunham  
**CALL TO ORDER**

**PLEDGE OF ALLEGIANCE**  
**ROLL CALL**  
**PERFECTING & APPROVAL OF AGENDA**  
Moved by Lees, seconded by Young, to approve the agenda as presented. Motion carried by the following votes:  
Ayes: Covert, Crouner, Johnson, Lees, and Young  
**CONSENT AGENDA**  
• Minutes from the Regular City Council meeting on June 5, 2024  
• Clerk's Monthly Financial Report for April 2024  
• Liquor License Renewal for Wal-Mart  
• Payment #8 to Jones Contracting for work com-

pleted on Phase 2 of the Gear Ave. Trail Extension  
• Tobacco Permit Applications for Westland Fast Break, Hwy 34 Truck Stop, Casey's (W. Mt. Pleasant), Murphy USA, Walmart, MK Mini Mart Inc., Casey's (NEW - Agency Rd.)  
• Payment to Mississippi Valley Pump for repair - \$7,645  
• Accept Officer Brueck's resignation from the Police Department  
• Payment of Claims as listed on the Expense Approval Report - \$453,623.22  
Moved by Lees, seconded by Young, to approve the Consent Agenda items as present-

ed. Motion carried by the following votes:  
Ayes: Covert, Crouner, Johnson, Lees, and Young  
**COUNCIL & STAFF REPORTS**  
• ADMINISTRATOR:  
• PUBLIC WORKS:  
• POLICE DEPARTMENT:  
• FIRE/BUILDING DEPARTMENT:  
• CLERK/FINANCE/IT:  
• OTHER STAFF REPORTS:  
• COUNCIL REPORTS:  
• COMMUNITY REPORTS: Update from Burlington Public Library Liaison  
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# Classifieds/Public Notices

## PUBLIC NOTICES

### NEW BUSINESS

Consider a Resolution adding Matthew Heckert to the Fire Department Moved by Crowner, seconded by Lees, to approve a Resolution adding Matthew Heckert to the Fire Department. Motion carried by the following votes:

Ayes: Covert, Crowner, Johnson, Lees, and Young

Consider the final reading of an Ordinance amending the City Code to include a new zoning district titled "R-6 Recreational Vehicle Park District" and establishing regulations for said district

City Administrator Mandsager informed Council that two clarifications were made to address setbacks for the district and referenced the specific section of the NFPA Code that would regulate RV parks. There were no objections to the clarifications.

Moved by Lees, seconded by Young, to approve the final reading

### VEHICLES FOR SALE

Dodge 2014 Grand Caravan SXT 3.6LVVT for sale. New tires, newer battery. Includes working dvd player for rear seats. AC. Asking \$7k OBO. Call 435-251-0052. Located in Keokuk.



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of an Ordinance amending City Code to include an R-6 Zoning District. Motion carried by the following votes:

Ayes: Covert, Crowner, Johnson, Lees, and Young

Consider the final reading of an Ordinance amending the Official Zoning Map to establish the boundary lines for a new R-6 Residential Vehicle (RV) Park District

Moved by Crowner, seconded by Lees, approved the final reading of an Ordinance amending the Official Zoning Map to establish the boundary lines for a new R-6 Residential Vehicle (RV) Park District. Motion carried by the following votes:

Ayes: Covert, Crowner, Johnson, Lees, and Young

Consider amendments to the Beaverdale, Westwood Hills, and Woodsman Subdivision Water Contract Agreement

City Administrator Mandsager presented a revised contract between the City of West Burlington and the Beaverdale, Westwood Hills, and Woodsman Subdivision to provide water to three subdivisions located outside of the city limits. The current contract expires June 30, 2024. City Administrator Mandsager has proposed updates to the agreement, which have been reviewed by the Subdivision Trustees. Two major issues that need to be addressed are the subdivision's responsibility to maintain their water mains within each of the subdivisions. The City is responsible for the main leading up to the three main water meters. The subdivisions are each responsible for the water mains after the main meters. The subdivisions have repeatedly been notified that the water mains within the subdivisions need to be

improved due to their age and poor condition.

According to the Trustees, they have been working with an engineer and intend to improve the infrastructure, but they have no scope of work, estimate, or plan to pay for the necessary upgrades. The Trustees would like to remove the section of the proposed agreement that states the purchaser shall replace water mains, internal water service pipes, shut-off valves, and faulty connections to the subdivision's common mains and premise service lines by the end of the said Water Purchase Agreement, which is June 30, 2027. City Administrator Mandsager feels it is important to leave the deadline in the agreement.

The Subdivision Trustees are also suggesting a billing rate of 130% for the term of the new agreement rather than the proposed 150%, which is included in the new agreement.

City Administrator Mandsager recommended keeping the rate at 150% which is what the City is currently being charged by Burlington and is common practice for other cities in Iowa. Crowner said he would be willing to consider a stepped rate. There was no interest in reducing the rate by any other council members.

Moved by Lees, seconded by Young, to approve the amended agreement between Beaverdale, Westwood Hills, and Woodsman Subdivision as presented. Motion carried by the following votes:

Ayes: Covert, Crowner, Johnson, Lees, and Young

Consider a Resolution closing certain streets for the 4th of July Celebration

Council considered a Resolution authorizing

the temporary closing of the following streets to vehicle traffic from 5:00 a.m. July 3, 2023 to 8:00 a.m. July 5, 2023.

- Broadway Street from Mt Pleasant Street to Huston Street

- Swan Street from Mt. Pleasant to Wheeler Street

- Glasgow Street from Leffler Street to Broadway Street

- Wheeler Street from Leffler Street to Swan Street

- Leffler Street from Wheeler Street to Mt Pleasant Street

- The 100 and 200 blocks of the North/South alleys between Swan Street and Leffler Street

- Autumn Ln. from Huston St. to Van Weiss St. (from 7:00 a.m. to 11:00 a.m. on July 4th only, for the Kids Bicycle Races)

- Huston Street from West Burlington Ave. to Autumn Ln. (from 3:00 p.m. to 6:00 p.m. for the 4th of July Parade)

Moved by Crowner, seconded by Covert, to approve a Resolution closing certain streets for the 4th of July Celebration. Motion carried by the following votes:

Ayes: Covert, Crowner, Johnson, Lees, and Young

Consider a Resolution authorizing End of Year Transfers for FY23-24

Moved by Lees, seconded by Young, to approve a Resolution authorizing End of Year Transfers for FY23-24 as presented. Motion carried by the following votes:

Ayes: Covert, Crowner, Johnson, Lees, and Young

Consider a three-year Right-of-Way Permit for LISCO

Council considered an application from LISCO for a three-year Right-of-Way Permit to install 1,176 linear feet of infrastructure in the City's Right-of-Way along W.

Mt. Pleasant to serve their customer at 2610 W. Mt. Pleasant. Public Works Director Brissey has reviewed the application.

Moved by Crowner, seconded by Covert, approve a three-year Right-of-Way Permit for LISCO. Motion carried by the following votes:

Ayes: Covert, Crowner, Johnson, Lees, and Young

Consider hiring Service Master to provide janitorial services for City Hall and the Public Works Department

Finance Manager Moore presented a proposal from Service Master to provide weekly janitorial services for City Hall and the Public Works Department. Five quotes were received, with Service Master being the lowest bid at \$1,286.71 per month. Service Master has adequate insurance coverage, and all employees cleaning the building must pass a background check.

Moved by Lees, seconded by Johnson, to enter into a contract with Service Master to provide janitorial services for City Hall and the Public Works Department for \$1,286.71 per month. Motion carried by the following votes:

Ayes: Covert, Crowner, Johnson, Lees, and Young

Consider a Resolution amending positions and setting wage for swimming pool managers

Council considered a request to add an additional manager position at the swimming pool. At the beginning of the season Kelly Benz was hired as the Pool Manager at \$18.00 per hour. Audrey Kirby was hired as the Assistant Pool Manager for \$14.00 per hour. Kelly and Audrey have done a great job and are each taking on equal parts managing the pool. Audrey is taking on more

of the role of managing the pool during open hours, with Kelly handling scheduling and inventory and working with Audrey on staffing issues as they arise. Kelly has another work commitment with her other job in July and will be out of town for two weeks. This will leave Audrey taking on even more responsibility during that time. Kelly feels Audrey has already taken on more responsibilities day-to-day and she considers her more of a co-manager than an Assistant Manager. The employee we hired to run swim lessons and certify lifeguards quit two days before lessons were to begin. Audrey is our fourth-year lifeguard and has taught lessons at the Burlington Y for several years. She was able to step in and take over the swim lessons in addition to her other responsibilities.

We would like to create a Co-Manager position for Audrey Kirby at an hourly wage of \$18.00 and move Bethany Kirby to the Assistant Manager position for the remainder of the season. Bethany is also a fourth-year lifeguard and assisted Audrey with swim lessons.

Moved by Young, seconded by Crowner, to approve a Resolution amending positions and setting the wage for swimming pool managers Motion carried by the following votes:

Ayes: Covert, Crowner, Johnson, Lees, and Young

### CITIZEN INQUIRIES ADJOURN

Moved by Young, seconded by Lees, to adjourn at 7:10 p.m. Motion carried by the following votes:

Ayes: Covert, Crowner, Johnson, Lees, and Young

Approved  
Ron Teater, Mayor  
Kelly D. Fry, City Clerk

# VROOM. VROOM. Get Pre-Approved in Seconds.

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



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# WARNING SIGNS OF T1D

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- Extreme Thirst
- Frequent Urination
- Increased Appetite
- Fruity Breath Odor
- Fatigue and Weakness
- Rapid Deep Breathing





## Election 2024

# Herren to challenge Fedler, Fraise from the center

### CANDIDATE - Continued from Page 1

third choice," he said.

"I am kind of independent. I've never declared a left party or a right party. There's probably good on both sides and I'm kind of a run-in-the-middle kind of guy."

Herren said the parties are so polarized now that having someone in the middle provides voters a fresh option outside of the current political climate.

"The way the parties are right now it seems they are way separated. I don't see things that way, I see it in the middle. That's why I'm independent," he said.

He said communication is one of his top priorities and politicians today aren't very good at it.

"They counter so extreme to one another, and they can't talk to each other. Communication, you can ask my guys, sometimes we forget to communicate - to sit down and talk things through," he said.

One of the issues that stands out to Herren is the current lawsuit the board of supervisors has voted to file against the City of Fort Madison over 302nd Avenue near the P.O.R.T. trail.

"I would never have voted to sue people that voted me into office," he said.

Herren said Fraise jumping parties from Democrat to Republican to run, and then Fedler changing his mind at the last minute to seek another term, points to the sporadic nature of the current political system.

"That's also why I'm kind of in the middle here," he said. "I think there needs to be a change. Someone on that board that understands emergency services better. I don't think we have that."

He said communication is paramount to getting to the right decisions as a city department head, and that goes for elected officials as well.

"I like to solve problems by digging into them. I've been through the bad part of Fort Madison's budget when I first became chief. We learned to multi-task and put on different hats to make the budget work," Herren said.

He said when he took over the fire department in 2006, staff was cut to 13 full-time and he had to cut EMS services because he didn't have the people to do it. The community got upset with that change and the city put 5-man shifts back in place.

"I've been through the bad budget thing and I think the county is getting ready to go through the same thing, so my experience there can be helpful in the process," he said. "Going through those tough times will bring some ideas to the table. I'm not sure I'll have answers for everything. I will dig into it and try to find the best outcome."

Herren said he's been following county board meetings, and it seems as though the board isn't asking a lot of questions of people or digging into all of the issues.

"I think I would dig into stuff deeper than what seems to be being done. Maybe they're doing it in the background. They just don't show it publicly and they don't seem to have a lot of people in the



FEDLER



FRAISE

meetings."

Transitioning into a supervisor role doesn't intimidate Herren with the different tasks he'll have as a supervisor compared to the day-to-day fire operations. He said wearing different hats is not new to him.

"I do that now," he said. "I'm the maintenance man, oversee the building department, I do vacant property inspections and rentals. How many hats do you want me to tell you I wear?"

He said that gives him name recognition and exposure to more moving parts in the city than in the county.

"We have water, sewer, roads, public safety. I get to see it all, and the way we've done it the last 10 or 15 years is we have staff meetings once a week and we all kind of help each other. We run it as a team. I've learned so much about water, sewer, streets and roads having conversations with these other department heads. We work a lot together."

Herren said he doesn't really have a feel for how his independent candidacy will impact the District 1 race. Fraise and Fedler both have decades

of service to the county and he's had close to three decades within the City of Fort Madison.

"I don't know, I've talked to a lot of people and I really don't know how this will all shake out."

The general election takes place on Nov. 5 with absentee voting beginning on Oct. 16. The first day to file an absentee ballot request with the county auditor is Aug. 27. Monday, Oct. 21 at 5 p.m. is the deadline to request an absentee ballot be mailed. In-person absentee voting deadlines Monday, Nov. 4.

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# BACK PAIN?

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

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

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

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



Dr. Jason James, D.C.

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

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

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



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

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

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

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

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

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

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

**MYTH #3: Your Back is "Out"!**

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

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

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

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

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

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

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

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

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



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

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

**WOULDN'T YOU RATHER:**

Turn over in bed without pain waking you up?

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

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

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

SCIENTIFIC BREAKTHROUGH:

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

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

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

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