

# PEN CITY CURRENT

It's **Black & White** and **Read** all over

Tuesday, November 26, 2024 | 7 pages | Volume 8 • Issue 195



[www.pencitycurrent.com](http://www.pencitycurrent.com)

## Diggin' dirt for better dirt



Photo by Chuck Vandenberg/PCC

The Mohrfeld family broke ground on construction of a new facility in West Point for sales and distribution of their Holganix 800+ soil microbe Monday morning. The 16,600 square foot facility could be functional by March if weather cooperates with construction being done by Fraise Construction.

### NEW FACILITY: Mohrfelds break ground on new facility for soil microbe business

BY CHUCK VANDENBERG  
PCC EDITOR

WEST POINT – The Mohrfeld family of West Point is investing in fixing your dirt.

The generational farm family in rural West Point has invested in a product that introduces microbes into farm soil to enhance the productivity.

Not only are they investing to increase the availability of the product in Iowa and Nebraska, but they are investing in a new facility just west of South Park across 5th Street to house

and operate sales of a product called Bio 800+ through the Holganix Midwest franchise.

“This is a biological. We put live microorganisms back into farm ground,” said Brian Mohrfeld, president of the West Point company.

“It’s basically a soil health product. Our motto is ‘We’re bringing soil back to life.’”

Mohrfeld bought into the company about three years ago when he heard about the benefits to agronomy.

See **MICROBES**, page 2

### SOUTHEASTERN COMMUNITY COLLEGE

## SCC’s “Great Taste” events raise more than \$60K

WEST BURLINGTON, Iowa - SCC hosted its annual Great Tastes fundraiser on Friday, November 1, at the Catfish Bend Convention & Event Center, raising over \$60,000 for student scholarships and educational initiatives.

The event featured gourmet food and drink tastings and a silent auction featuring items from local businesses. The

evening’s highlight was the live auction, which included unique experiences and packages that spurred spirited bidding.

SCC Foundation President Val Giannettino expressed gratitude for the community’s generosity.

“We know people have options with their charitable giving to support so many worthy causes in our communi-

ties,” said Giannettino. “That’s why every dollar of support counts. The money raised impacts hundreds of students every year.”

The fundraiser is one of the SCC Foundation’s signature events, with proceeds directly benefiting scholarships and other initiatives that support students in achieving their educational and career goals

### COMMENTARY

## EMPTY NEST

By Curt Swarm



## Father loses veteran son to suicide

Ron Buckingham of rural Mt. Pleasant took the call from his son, Steve, of Eureka, California. “Dad,” his son said, “I just want to let you know that you’ve been a better father than most. What I’m about to do is no reflection on you.”

“Steve,” Ron pleaded. “Get help!”

Steve hung up.

A couple of hours later, the coroner called. Steve had killed himself by gunshot. He was 38. He left behind a wife and two daughters.

Steve and his sister grew up in Eureka, California with their mother who was divorced from Ron. Steve was a happy-go-lucky kid, well liked and smart. When he was a senior in high school he bought a 90’s something Mustang GT and proceeded to build it into a muscle car. Upon graduation from high school, he went immediately into the Navy. While in boot camp at Great Lakes, Illinois, the Company Commander, wanting to challenge Steve, talked him into becoming a Medical Corpsman.

Steve asked his father what he thought of the idea. Ron told him that it sounded like the opportunity of a lifetime. Little did Ron know that his son would be assigned to a Marine Company in Iraq. Steve worked in a portable hospital that was three semis hooked together and moved around Iraq. He said very little to his dad about his duty as a Medical Corpsman, but what he did say was painful. “We had to start working on soldiers before the anesthetic took effect, and just let ‘m scream. The helicopters brought in four-or-five at a time, all needing attention at once.”

Steve also helped out with a couple of

See **SWARM**, page 7

### INDEX

Business Directory.....P.6	LCK Roofing.....P.4	Pilot Grove Savings Bank.....P.2
<b>BUSINESS NEWS</b> .....P.2	Lee County Health Department Hospice.....P.5	Pothitakis Dental Group.....P.4
<b>CLASSIFIEDS</b> .....P.6	<b>LEE COUNTY NEWS</b> .....P.2	Pothitakis Law Firm, P.C.....P.3
Complete Rental.....P.3	Mohrfeld Solar.....P.4	Public Notices.....P.6
Fort Madison Family YMCA.....P.7	<b>OBITUARIES</b> .....P.3	Sonny’s Super Market.....P.2
<b>FROM THE FRONT</b> .....Ps.2,7	• Patricia A. Belba, 77	Southeast Iowa Regional Airport.....P.4
Fullenkamp Insurance.....P.4	• Patricia A. Wynn, 83	<b>SPORTS</b> .....Ps.4,7
Hinterland Dairy.....P.4	<b>OPINION</b> .....P.7	Welch’s Insurance.....P.7
James Healthcare & Associates, Inc.....P.7	Pen City Current.....Ps.2-3	
Jim Baier, Inc.....P.6		

### WEATHER

TUE 26 Nov.....Cloudy, 42° F/37° F ☁  
 WED 27 Nov.....Chance of rain, 44° F/25° F 🌧  
 THU 28 Nov.....Mostly sunny and cold, 34° F/17° F 🌞

### IOWA LOTTERY

LUCKY FOR LIFE 11/24.....	71114 26 48, Lucky Ball: 15
PICK 3 MIDDAY 11/24.....	764
PICK 3 EVENING 11/24.....	649
PICK 4 MIDDAY 11/24.....	0190
PICK 4 EVENING 11/24.....	4838

### SUBSCRIBE

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



## From the Front

# New facility will provide for sales and distribution

**MICROBES** - Continued from Page 1

“My dad was talking 60 bushel beans when he was farming and, 20 years into my time farming, we were still talking 60 bushel beans. So we just started looking for new ways (to boost production).”

The product is applied in the fall with a Bio 800 breakdown, and then a spring product that goes on with planting. The product can be applied through planters or through sprayers and comes in liquid form.

It’s stored at refrigerated temperatures at about 38 degrees to keep the more than 800 microbes dormant, and then becomes active when applied to soil above 42 degrees.

Mohrfeld said, in the simplest terms, the Holganix product unlocks the fertilizer in the ground and makes it more readily available to the plant, providing greater yield without additional inputs.

“At Holganix Midwest we are on a mission to build the strength and resiliency of farming communities across Iowa and the Midwest. We know successful farmers are at the heart of every farming community, and great soil is at the heart of every successful farm,” Mohrfeld said.

“Our vision is to give farmers the tools and technology they’ve been looking for to begin rebuilding their topsoil and allow nature to do its job.”

Holganix Midwest is a family-owned and operated business from parents to children working to regionally revolutionize the farming industry. In an era where it’s rare to see families staying local, much less collaborating on a shared project, this tight-knit team is breaking the mold.

“It’s not always easy to keep your kids close to home, let alone working together

toward the same dream,” the Mohrfeld family said in a statement. “But this opportunity has been incredible for all of us. We’re not just building a business; we’re building a legacy.”

Mohrfeld said the expansion of Holganix Midwest, which originally was run out of a building he originally built for farm equipment, is part of his family’s farming legacy.

“My dad, Paul, had spent 43 years doing what he loves most - growing corn. His passion for farming has shaped our family’s story and inspired everything we do,” Mohrfeld said. Now, it’s incredible to show him the impact that Holganix Bio 800+ is having on the farm he’s cared for so deeply.”

Mohrfeld said there’s a deep personal reward for his father, seeing how the product is changing the game for soil health and crop growth.

“It’s proof that innovation and tradition can work hand-in-hand to create something truly special,” he said.

“For us, this isn’t just about improving farming, it’s about honoring the past while building a sustainable future. Seeing my dad’s excitement as he watches his legacy grow stronger is something I’ll always cherish.”

The new facility will be an 80’ x 160’ shop or close to 13,000 square foot, and a 3,600 square foot 60’ x 60’ office and is being built by Fraise Construction.

Mohrfeld said he heard about the biologicals three years ago and found the Holganix brand out of Pennsylvania. After a few emails and some research, the company sent a representative to Iowa to visit with the Mohrfeld family. The family is now a Master Dealer for the brand and the largest provider in the country,” Mohrfeld said.

He hopes to have the facility up and running by March as long as the weather cooperates.

## Making Dreams Come True Since 1911



Meet our loan officers from left to right: Scott Piper, Brett Wrieden, Justin Menke, and Nichole Nagel

Call today to talk to one of our home loan officers & make your dream come true!

— 319-469-3951 —

**Pilot Grove Savings Bank**

Equal Housing Lender Member FDIC

Donnellson | Fairfield | Fort Madison | Houghton | Keokuk | Mt. Pleasant | Packwood | Pilot Grove | West Burlington | West Point | Winfield

[www.PilotGroveSavingsBank.com](http://www.PilotGroveSavingsBank.com)

Follow Us @pencitycurrent



Lunch Specials  
November 25-29  
11am - 1pm

Monday, November 25

Tenderloin, Tater Tots, Baked Beans

Tuesday, November 26

Carved Turkey Dinners!

Wednesday, November 27

Burnt Ends Sandwich, Cheese Potatoes

Thursday, November 28

**CLOSED for THANKSGIVING**

Friday, November 29

**NO LUNCH - Open 7:30am-6:00pm**

**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

Member LION Publishers

[www.lionpublishers.com](http://www.lionpublishers.com)



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

## Obituaries

### OBITUARIES

## PATRICIA A. WYNN

Patricia "Pat" A. Wynn, 83 of Ft. Madison, passed away on Saturday, November 23, 2024 at 11:05 AM at the Klein Center in West Burlington.

She was born on November 21, 1941 in Hemann, MO to James and Gladys Miller Snead. Pat married Marvin Click and they later divorced. She then was married to James Charles "Jim" Wynn for fifty years and he passed away on May 25, 2018. Pat was a paralegal for large law firms in Los Angeles and Sacramento, CA in her early years and retired from the hospital in home health. She also owned and operated Windmill Art Studio in Ft. Madison where she taught art for many years. Pat loved remodeling and fixing up homes, genealogy research and going out to eat, especially her monthly lunches with friends. Most of all she loved art, especially teaching canvas oil painting to many throughout the years.

Survivors include two sons, Steven Click of Ft. Madison and Christian Wynn of Ashland, MO; four grandchildren, Jessie Click, Sara Wynn, Daniel Bauswell and Kristina Wynn; four great grandsons, Zander, Landon, Gage, and Dreydon and one sister, Joyce Lloyd of Leland, NC. She was preceded in death by her parents, husband and one son, James Click.

Per her wishes, cremation has been entrusted to King-Lynk Funeral Home & Crematory. The family will have a visitation from 1-3 PM on Wednesday, December 4, 2024 at King-Lynk Funeral Home & Crematory. A burial of her cremains will be held in Keokuk National Cemetery in the spring of 2025.

A memorial has been established in her memoray and online condolences may be left at [www.kinglynk.com](http://www.kinglynk.com).



WYNN

### OBITUARIES

## PATRICIA A. BELBA

Patricia Ann "Pat" Belba, 77, of Keokuk, passed away on Wednesday, November 20, 2024, at Montrose Health Center in Montrose, Iowa.

Pat was born on June 27, 1947, in St. Louis, Missouri, the daughter of Vernon and Mary Marler. On September 3, 1966, she was united in marriage to Charles David Belba in St. Louis, Missouri. He preceded her in death on January 17, 2011.



BELBA

Pat was a member of the Montrose Church of the Nazarene and was an officer of the Salvation Army. She was also involved with the Lee County Special Olympics. In her free time, Pat enjoyed crocheting, needlepoint and collecting snowmen.

Pat is survived by her son David Belba of Keokuk; three grandchildren: Jesse Belba of Keokuk, Sadie Belba of Tiffin, Iowa, and Abby Belba of Burlington, Iowa; her sister Grace (Robert) Judd of El Paso, Texas; two brothers: Dennis (Kathleen) Marler and Mike (Carol) Marler, both of St. Louis, Missouri; and several nieces, nephews and cousins.

Pat is preceded in death by her parents, her husband Charles, and her daughters Linda and Rebecca Lynn Belba.

Funeral services will be held at 12 pm (Noon) on Tuesday, November 26, 2024, at Montrose Church of the Nazarene, with burial to follow at Oakland Cemetery in Keokuk. Visitation will be held at the church on Tuesday from 10 am to 12 pm (Noon) Tuesday directly before the service. Memorials may be directed to the family.

Tributes and condolences may be left at [www.printyfuneralhome.com](http://www.printyfuneralhome.com). Printy Funeral Home of Keokuk is in charge of arrangements.

### Pen City Current obituary policy

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

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

**#HyperLocalSuperFresh**

HAPPY

THANKSGIVING



In observance of the Thanksgiving holiday, we will not publish an e-Edition Wednesday, November 27 thru Friday, November 29. We'll resume publication on Monday, December 2. Breaking news will continue to be published on our website 24/7.

*We wish you a very warm & wonderful Thanksgiving.*

**PEN CITY CURRENT**

It's Black & White and Red all over

[www.PenCityCurrent.com](http://www.PenCityCurrent.com)

PO Box 366, Fort Madison, IA 52627 • News (319)371.1670 • Advertising (319)371.4125

**Complete Rental  
Price Beat Guarantee**

Show us an advertised price or quote  
**We'll beat it by  
15%**

\*Not valid with any other discounts

5636 Avenue O, Fort Madison, IA

**319-372-8105**

Located right across the road from Jim Baier in Fort Madison



## 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](http://www.PothitakisLaw.com)

# Sports

## Early hoops scrimmages point to exciting winter season

Fort Madison High School's Jakayla Nelson (0) puts up a shot during their scrimmage against West Burlington High School, Saturday, Nov. 23, 2024 at West Burlington. Fort Madison won 48-20.



### LADY HOUNDS WIN: Hall of Pride scrimmage pits Bloodhounds against West Burlington; HTC boys fall at Keokuk event

PCC Staff

LEE COUNTY - If the weekend scrimmages are any indication, it's going to be an exciting basketball season in Lee County.

The Fort Madison Lady Hounds got a win on the road at the Hall of Pride scrimmage at West Burlington. The Bloodhounds won 48-20 behind the 16 points of Dayonna Davis. Reilynn Turnbull turned in 11 for Fort Madison. Jakayla Nelson had eight and Charlie Huebner scored six in the win.

Fort Madison rushed out to a 26-9 first half lead, holding the Lady Falcons to just four first-half baskets.

Turnbull had all 11 of her points in the first half.

The Fort Madison boys had multiple leads Saturday in the boys' Hall of Pride game. The Hounds trailed by 11 with one minute left in the game, but put on a frenzied rally to outscore the Falcons 9-1 over the final 60 seconds. The rally would fall short, however, and the Hounds lost 84-81 in the unofficial kick-off to 2024/25 season.

Nolan Guzman led Fort Madison with 31 points, 21 in the second half. Julian Dear and Kenden Bowie both were in double figures with 18 points for Fort Madison. Quincy Collins had 29 for West Burlington. Mason Watkins led all scorers with 34 points.

At Keokuk, Holy Trinity Catholic boys' team fell 66-61 despite a combined 51 points from Luke Hellige and Layne Rung. Hellige led all scorers with 28 points and Rung added 23.

The Crusaders had a two-point lead headed into the final period, but got hung up at 49 points for about

See **HOOPS**, page 7

# 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](http://www.DrMarkDDS.com)

### Unfortunately, Life Isn't Always Smooth Sailing

**You need an insurance company that provides stability.**

We have a long track record with the companies we represent, including:

- Nationwide - 61 years
- IMT Insurance - 50 years
- Progressive - 40 years
- United Fire Group - 40 years
- Continental Western Group - 40 years
- Auto Owners Insurance - 19 years

**Auto • Home • Health  
Business • Life  
Farm • Crop**

*Serving Southeast Iowa, Northeast Missouri, & West-Central Illinois for 61 years*

307 5th Street West Point | 319-837-6178 or 800-292-2208 | [www.fullenkampins.com](http://www.fullenkampins.com)  
Open Monday through Friday 7:30 - 5:00

# 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](http://www.LeeCountyHD.org)

## Classifieds/Public Notices

# PEN CITY CURRENT CLASSIFIEDS

### PUBLIC NOTICES

**PUBLIC NOTICE  
MINUTES OF THE  
BURLINGTON, IOWA  
CITY COUNCIL  
INFORMAL WORK  
SESSION  
September 9, 2024**

The Burlington City Council met in an informal work session at 4:30 p.m. in the Thomas J. Smith Council Chambers, City Hall with Mayor Billups, Council Members Bailey, Graham-Murray, Scott and Weiss present. Items discussed at the

informal work session are listed on the work session agenda on file in the office of the City Clerk. No action was taken.

Adjournment: 6:10 p.m. Approved: September 16, 2024

Nick MacGregor, Assistant City Manager for Public Works  
Jon D. Billups, Mayor

**PUBLIC NOTICE  
MINUTES OF THE  
PROCEEDINGS  
OF THE BURLINGTON,  
IOWA CITY COUNCIL**

**Meeting No. 18  
September 16, 2024**

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

**BURLINGTON CITY COUNCIL  
COMMENTS FROM  
AUDIENCE:** Fire Lieutenant MacIntyre Walters

presented certificates to the 2024 Citizen Fire Academy graduates. All present had opportunity to speak and nothing additional was filed in the office of the City Clerk.

**CONSENT AGENDA:**  
To the Public:

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

Introduced By: Graham-Murray  
Seconded By: Scott  
**MOTION:** To approve all items listed under Item I., Consent Agenda.

**DISCUSSION:** Mayor Billups reviewed the items listed on the consent agenda to the viewing audience. All present had opportunity to speak and nothing additional was filed in the office of the City Clerk.

(VOTE: 5 - "AYES")  
**CARRIED**

**RESOLUTIONS:**  
Introduced By: Scott  
Seconded By: Graham-Murray

1. Resolution Awarding Contract for the 2024 Dankwardt Park Playground Parking Improvement Project

**DISCUSSION:** Angela Andon, City Planner, stated that the project will construct additional parking spaces and sidewalk connection adjacent to the new playground at Dankwardt Park. She stated that the lowest bid was received in the amount of \$108,672.80 from Four Seasons, Inc. of West Burlington. She stated that funding for the project has been allocated from ARPA funds.

All present had opportunity to speak and nothing additional was filed in the office of the City Clerk.  
(VOTE: 5 - "AYES")  
**ADOPTED**

1 Introduced By: Bailey  
Seconded By: Scott  
2. Resolution Approving an Agreement with McClure Engineering for Planning and Design Associated with the Cascade Bridge Project

**DISCUSSION:** Nick MacGregor, Assistant City Manager for Public Works, stated that McClure Engineering has been chosen for the planning and design of

Cascade Bridge. He stated that the project is funded by a \$1,071,780.00 Scenic Byway grant for these phases. Terry Schnack of 2617 Sunrise Lane stated that the city should make sure that the engineering firm should be given good direction from the beginning, as to not waste time. He stated concerns with cars traveling too fast while entering the park and suggested a T intersection rather than a roundabout. He stated that the walkway in Dankwardt park above the hiking trail is in need of repair. He suggested using material from the current Cascade Bridge to repair the walkway. All present had opportunity to speak and nothing additional was filed in the office of the City Clerk.

(VOTE: 5 - "AYES")  
**ADOPTED**  
Adjournment: 5:57 p.m. Approved: October 7, 2024  
Katie Music, CMC, City Clerk  
Jon D. Billups, Mayor (See recording on file in the office of the City Clerk for complete discussion and documentation.)

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

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



[www.JimBaier.com](http://www.JimBaier.com)  
Click here to visit us online now

## BUSINESS DIRECTORY

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](http://www.YourHeatAndAirGuy.com)

Patrick Profeta  
General Manager

**Keokuk Auto Credit**  
We Tote the Note

No Credit Check Low Weekly Payments

[www.keokukautocredit.com](http://www.keokukautocredit.com)

1728 Main  
Keokuk, IA 52632

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

**YOUR ONE-STOP SHOP  
FOR ALL THINGS PRINTING!**

**DODD PRINTING & STATIONERY**  
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](http://doddprinting.com)

**FREE DELIVERY TO FORT MADISON & SURROUNDING AREA**

Your Neighborhood Hardware and Rental Store!

**KEMPKER'S**

True Value RENTAL

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

Visit us online: [kempkerstruevalue.com](http://kempkerstruevalue.com)

Auto Detailing • Car Wash • Sign Rental



General Insects  
Termites

Mice  
Bed Bugs

**Cullen**  
PEST CONTROL

**(319) 372-1060**

Toll Free 1-888-818-7378  
Email: [cullenpest@hotmail.com](mailto:cullenpest@hotmail.com)  
[www.cullenpest.com](http://www.cullenpest.com)

Residential  
Commercial

"Cause who needs bugs?"

Chat, text or stop by.  
It's called service.

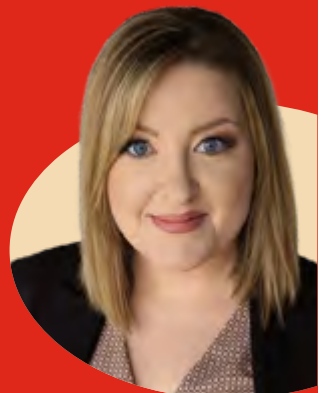
Get a quote today

**State Farm**

Jess Sutcliffe LUTCF®  
Agent

2623 Avenue L  
Fort Madison, IA 52627-3840

Bus: 319-372-5982  
[fortmadisoninsurance.com](http://fortmadisoninsurance.com)



State Farm  
Bloomington, IL

# Sports/From the Front

## War hero had seen enough of life

**SWARM** - Continued from Page 1

tsunamis and an earthquake. With a tsunami he was on the third floor of a hotel. "Dad, we looked out at the carnage and saw nothing but wandering animals, every conceivable animal you can think of. In one direction there was a chicken, a cow, in another direction a dog, animals roaming everywhere."

They say once you leave boot camp you'll never be back. After he was discharged from the Navy, Steve was asked to go back to Great Lakes, Illinois and help with training Medical Corpsmen. Then an opening came up with the Veteran's Administration in Eureka, California and, since that was where he went to high school and had a lot of friends, he went back to his home town. He worked with veterans in a Veteran Clinic. His friends said he had a knack for defusing disgruntled veterans. There are a lot of homeless veterans who live in the mountains around Eureka. The temperature is so mild they can live in tents 12 months of the year and be comfortable.

For Steve's funeral, Ron was asked if he'd like a 21-gun salute. Ron said, "You want my honest opinion? There have been too many guns already." They honored Ron's wish. There were taps and the folding and presentation of the flag.

Steve's mother-in-law called Ron once and talked about how people still missed Steve. He was a person that a lot of people liked, because he would do anything for anyone. Ron, now age 68, found help for himself in a grief support group through his church.

Ron lives alone and is a truck driver for West Liberty Foods. He had a heart attack on February 14 (heart day) this year and had bypass surgery.

Ron has Steve's Mustang GT here in Iowa. It's stored in a trailer. Ron goes out once-in-a-while, opens the trailer, and rubs his hand along the smooth lines of the Mustang's sleek fenders, like petting a cat. He starts the Mustang up and feels the rumble vibrate through the trailer. It reminds him of Steve. Ron doesn't know what he will do with the Mustang, but he can't part with it.

The hot line for suicide prevention is 988, call or text. Have a good story? Call or text Curt Swarm in Mt.

Pleasant at 319-217-0526 or email him at [curtswarm@yahoo.com](mailto:curtswarm@yahoo.com). Curt is available for public speaking.



Photo by John Lovretta/Special to Pen City Current

Fort Madison's Nolan Guzman works the perimeter Saturday night in West Burlington in the Hall of Pride scrimmage. Guzman finished with a team-high 31 points for the Bloodhounds in an 84-81 loss at WB.

## Chief down Crusaders at Keokuk

**HOOPS** - Continued from Page 7

four minutes, allowing the Chiefs to rally. Keokuk went on an 8-0 run over a 60-second period in the final period to take a 58-49 lead they would never relinquish.

The Chiefs had four players in double figures led by Tramell Smith.

The Bloodhound boys open the regular season Dec. 6 in the Southeast Conference with a trip to Fairfield.

Holy Trinity Catholic opens the year on Dec. 2 when they host WACO at Shottenkirk Gym in Fort Madison.

# 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!

**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, RN  
612 MAIN STREET • KEOKUK, IA

**319-524-3339**

**Two Trusted Businesses Have Become One.**

Ramsey Financial Services is now doing business as Welch's Insurance and we offer all lines of insurance. **Call us today!**

**319-835-5000**  
415 Chestnut St., Donnellson, IA 52625

**#BetterTogether**

**REFER A FRIEND** and receive **ONE FREE MONTH** added to your membership!

Memberships Starting at \$14.50/mth

**FORT MADISON FAMILY YMCA**

220 26th St. Ft. Madison, IA  
319.372.2403  
fortmadison.org