

# PEN CITY CURRENT

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Friday, March 21, 2025 | 6 pages | Volume 9 • Issue 61



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

## Cottontail run set for April 19

**TEST KITCHEN:** YMCA's annual fun run set for Riverview Park next month

FORT MADISON – The YMCA Test Kitchen is thrilled to announce its upcoming event, the Cottontail Dash Fun Run/Walk, scheduled for Saturday, April 19, 2025. This exciting community event promises a morning of fun, fitness, and family-friendly activity along the scenic Fort Madison Riverview Park trail.

The Cottontail Dash is a free will donation event, welcoming individuals of all ages and fitness levels to join in the fun. Participants are invited to sign in starting at 7:30 AM, with the run/walk officially commencing at 8:00 AM. The first 100 participants will receive a long-sleeved event t-shirt to commemorate their participation in this memorable event.



the jetty wall. “We’re excited to offer a more laid-back approach to our community for this run event,” said

The route for the fun run/walk will follow the same scenic path as the Fort Madison YMCA’s 2024 Turkey Trot. The event will begin at Turnwater Bar & Grill and showcases the beauty of the riverfront, including the marina and

See **FUN RUN**, page 5

### COMMENTARY



## NIL will be factor for next Iowa coach

I had to laugh when I saw that “Blue Chips” was available this month as one of the free-with-ads movies on YouTube.

The 1994 movie about corruption in college sports was well received when it first came out, yet seems obsolete these days.

The movie centers on fictional Western University, where legendary college basketball coach Pete Bell (played by Nick Nolte) is suffering through the first losing season of his career. Bell, a Bob Knight-like coach — Nolte actually shadowed Knight to prepare for the role — follows the rules of recruiting but is losing players to schools that aren’t.

Bell knows that to get back on top, he needs to find the nation’s best players. He finds Butch McRae (played by Penny Hardaway), a point guard from inner-city Chicago, and Ricky Roe (played by Matt Nover), a Larry Bird-type player from French Lick, Indiana. Bell also finds Neon Boudeaux (played by Shaquille O’Neal), a 7-foot-4 center in a small town in Louisiana.

It doesn’t take long for Bell to find out the cost of his recruiting. McRae’s mom wants a well-paying job and a house. Roe wants a bag of cash for himself and a tractor for his father. Boudeaux doesn’t want anything, he just needs help getting into college because his test scores are so bad.

Bell, against his better judgment, authorizes booster Happy Kuykendahl (J.T. Walsh) to give the players what they want — Boudeaux gets a Lexus that he didn’t ask for — and all three come to campus.

Troubles begin when McRae wants to quit to go back home, but Bell, after

See **BOHNENKAMP**, page 4



Photo by Chuck Vandenberg/PCC

A motorist drives by the new Lee County Health Department/EMS facility in Fort Madison Wednesday evening. The North Lee County Community Foundation is still accepting tax deductible donations for the county project prior to tax deadlines.

### IOWA NEWS

## Pate’s office finds 227 noncitizens who voted in 2024

DES MOINES—Iowa Secretary of State Paul Pate announced today that his office has completed additional audits of Iowa’s voter registration lists and identified 277 confirmed noncitizens who have voted or are registered to vote. After gaining access to the

federal SAVE (Systematic Alien Verification for Entitlements) program, the agency compared its data with the self-reported noncitizen data received from the Iowa Department of Transportation last fall. Access to the SAVE program has allowed the Iowa Sec-

retary of State’s office to significantly reduce the former estimate of 2,176 potential noncitizens to 277 confirmed noncitizens. That is approximately 12% of the 2,176 individuals.

Further review found that 35 non-

See **VOTERS**, page 4

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### WEATHER

**FRI 21 Mar** .....Partly sunny, scattered showers later, 61° F/ 31° F  
**SAT 22 Mar** .....Cool with increasing clouds, 55° F/ 43° F  
**SUN 23 Mar** .....Breezy, rain likely, 61° F/ 34° F

### IOWA LOTTERY

**DOUBLE PLAY 03/19** .....715 36 40 56, Powerball: 8  
**LOTTO AMERICA 03/19** .....4 8 26 34 36, Star Ball: 6 All Star Bonus: 2  
**LUCKY FOR LIFE 03/19** .....17 21 36 40 45, Lucky Ball: 3  
**PICK 3 MIDDAY 03/19** .....0 8 3  
**PICK 3 EVENING 03/19** .....2 5 4  
**PICK 4 MIDDAY 03/19** .....8 6 3 3  
**PICK 4 EVENING 03/19** .....4 9 3 8  
**POWERBALL 03/19** .....8 11 21 49 59, Powerball: 15 Power Play: 2

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# Obituaries/Health News

## OBITUARIES

### JARED LEGGETT

Jared Leggett, 41 of Wayland, MO passed away Monday, March 17, 2025 at his home.

He was born August 18, 1983 in Keokuk, IA the son of Dennis and Karla Lorentzen Leggett. He graduated from Revere High School with the class of 2001. After high school Jared enlisted in the United States Marines and proudly served his country from 2001-2005.



LEGGETT

Jared had been employed by Waggoner Solutions, Griffin Wheel, and most recently by Jim Bash.

He attended First Baptist Church of Wayland.

In his younger years, Jared enjoyed riding horses. Jared had a knack for fixing anything that was broken. He was mechanically inclined and loved tinkering on cars and trucks, until they ran like new.

He is survived by one daughter, Jailyn Leggett of Kahoka, MO, his mother and step-father, Karla Lorentzen-Wixom (Carl) of Kahoka, MO, five brothers, Chuck Copeland (Heather), Joshua Payne, Richard Payne, Justus Berquam and Travis Wixom (Leslie), four sisters, Ashlee Burnett (Boe), Jayna LeMaster (Landon), Nora Birky and Amanda Malone (Justin) and several nieces and nephews and aunts and uncles.



He was preceded in death by his father, Dennis Leggett, step-mother, Lesa Leggett Job, sister, Dacia Nicole Fry, grandparents, Ralph and Sharon Lorentzen and Wayne and Norma Leggett.

A funeral service will be held at 1 p.m., Monday at the Vigen Memorial Home in Keokuk, IA with Pastor Daniel Fox officiating.

Visitation for family and friends will be held from 11 a.m. - 1 p.m., Monday at the funeral home.

Memorials may be made to the family, in care of his daughter, Jailyn.

Online condolences may be left for the family at [www.vigenmemorialhome.com](http://www.vigenmemorialhome.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.

## OBITUARIES

### DAISY S. HENSON

Daisy Sue "Susie" Henson, 81 years, Niota, Illinois died unexpectedly Tuesday, March 18, 2025 at the Southeast Iowa Regional Medical Center, West Burlington, Iowa. Susie was born August 29, 1943 at Dallas City, Illinois, a daughter of Jacob



HENSON

Zeh and granddaughter of Carl and Daisy Zeh, of Niota, Illinois. On April 10, 1976, she married Kenneth Henson at La Harpe, Illinois.

She was a graduate of Dallas City High School and Southeastern College. She lived around the area and worked in area hospitals and nursing homes from 1965 to 2001.

She is survived by her husband Kenneth Henson of Niota, Illinois; two children: Maurice Tod (Joy) Henson, of Lomax, Illinois and Brandy Lynn (Doug) Smith of Marion, Iowa; two siblings: Barbara Black of Farmington, Iowa and Pam Zeh of Niota, Illinois; five grandchildren: Nicole, Rose, Alana, Brady and Conor; six great grandchildren; and many nieces and nephews. She was preceded in death by her father and three brothers: Gary, Brennen and Jackie.

A private burial will be held at Myers Cemetery, outside Pontoosuc, Illinois. Barr Memorial Chapel is honored to serve the Henson family and an online guest book may be found at [www.barrmemorialchapel.com](http://www.barrmemorialchapel.com).

## Kids' health clinic March 27 in FM

FORT MADISON - Lee County Health Department will be holding a Children's Immunization Clinic Thursday, March 27th from 1:00 pm until 4:30pm at Lee County Health Department, #3 John Bennett Drive in Fort Madison, IA.

The clinic is open to children who have no insurance, are insured by Iowa Medicaid (MCO) or those who have private health insurance that does not cover the cost of vaccines. Written parental consent is required for minors to receive vaccinations when in the care of another adult. (Please visit our website for a consent form.)

Free lead testing is available for all children ages 6 months to 6 years who reside in Iowa. Please call for appointment.

Please call 1-319-372-5225 with questions or visit our website at [www.leecounty-hd.org](http://www.leecounty-hd.org).

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## Nunn puts up bill to secure rural water supplies

DES MOINES — U.S. Representatives Zach Nunn (IA-03) and Don Davis (NC-01) introduced bipartisan legislation to help rural communities defend against cyber attacks that could shut off the water supply to Iowa homes, businesses, and farms. The Cybersecurity for Rural Water Systems Act of 2025 would update and expand the U.S. Department of Agriculture's (USDA) Circuit Rider Program to include robust cyber training and technical expertise for rural water systems.

"The reality is that Iowa's water supply is vulnerable. A single cyber attack would have a devastating impact across our rural communities, making it a priority to safeguard our water systems and deliver security for Iowans," said Rep. Nunn. "This bipartisan bill would provide critical resources to prevent cyber attacks and bolster cyber defenses so that all Iowans can rest easy at night knowing our water supply is safe."

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# Obituaries/Sports

## OBITUARIES

### BARBARA A. CLARK

Barbara Ann Clark, 76, of Macomb, Illinois, formerly of rural Blandinsville, Illinois, passed away at 6:10 a.m. Tuesday, March 18, 2025 at Barnes-Jewish Hospital in St. Louis, Missouri.



CLARK

Barbara was born June 3, 1948 in LaHarpe, Illinois, the daughter of Chester E. and Hazel Marie (Pendry) Gittings. On July 12, 1966 she married Leroy "Lee" Clark in New Burn, North Carolina. He preceded her in death June 1, 2010.

Mrs. Clark was a 1966 graduate of Dallas City High School. She worked for many years at the Bank of Blandinsville and later worked in registration for McDonough District Hospital in Macomb. She enjoyed sewing, crocheting, fishing, gardening and especially enjoyed the time spent with her family. Following her passing, she gave the gift of life by being an organ and tissue donor.

Survivors include three children: Sherrie (Travis) Weaver of Blandinsville, Stacie (Gary) Campbell of Good Hope, Illinois and Matthew (Kari) Clark of Kewanee, Illinois; eleven grandchildren: Victoria (Adam) Kordyaczny, Morgan Weaver, Carter Weaver, Regan Weaver, Hunter (Megan) Mynatt, Brody (Bailey) Mynatt, Dawson (Madison) Mynatt, Sydney Mynatt, Addison Clark, Brady Clark and Laini Clark; two great-grandchildren: Luke and Briar; two sisters: Roberta Eschman of Fort Madison, Iowa and Beverly (Melvin) Krogmeier of Salem, Iowa; two brothers: Mike (Lora) Gittings and Marvin (Terri) Gittings both of Lomax and her companion: Carl Rhoads of Bushnell, Illinois.

Besides her husband, Lee, she was preceded in death by her parents and two brothers: Larry and Leland Gittings.

The services for Mrs. Clark will be held at 3:00 p.m. Saturday, March 22, 2025 at Banks & Beals Funeral Home in LaHarpe. Burial will follow at Crane Cemetery, near Lomax.

The family will receive friends one hour prior to the service at the funeral home.

A memorial fund has been established for the Blandinsville-Hire Library. To leave an online condolence for the family, please visit Barbara's obituary at [banksandbeals.com](http://banksandbeals.com).

## HTC's Hellige named to IPSWA 1st-team All-State

BY JOHN BOHNENKAMP  
PCC SPORTS

ORT MADISON - Luke Hellige added another all-state award to his high school basketball resumé on Tuesday.

The Holy Trinity senior was named to the Iowa Print Sports Writers Association Class 1A boys basketball first team, his second first-team honor of his career.

Hellige, an all-substate selection and a first-team Southeast Iowa Super Conference South Division pick this season, finished his career with the Crusaders with 1,792 points, including 238 3-pointers. He scored 639 points this season, ranking 12th among all players in Iowa and seventh among Class 1A players. He averaged 26.6 points per game, ranking fifth in Class 1A and 10th overall.

"I'm really excited and humbled to be first-team all-state again this year," Hellige said. "It's amazing to be mentioned with the best players in the state. It's been an honor to wear the Holy Trinity Catholic uniform throughout my career and help put the program in a really good position. My teammates, coaches and parents helped me become the player I am today."

"Luke's had an incredible high school basketball career," said Holy Trinity coach John Hellige, Luke's father. "He and his teammates were able to help turn a struggling Holy Trinity Catholic boys basketball program around and put together a couple of 19-win seasons in his junior and senior years and put us in a position to compete in a district final and a substate final. He has worked countless hours in the gym and weight room as well as competing in other sports to put himself in a position to be one of the state's best players. None of that comes easy and also comes with a lot of personal sacrifices."

Luke Hellige finished his career with 706 rebounds, 223 assists and 110 steals.

Several other southeast Iowa players made the all-state teams.

Keokuk's Jaxon Clark was a first-team selection in Class 3A. West Burlington's Mason Watkins was a first-team pick in Class 2A.

Louisa-Muscatine's Finnegan Cline and Mediapolis' Max Griffin were third-team selections in Class 2A. Notre Dame's Shay Stevens was a third-team selection in Class 1A.

West Des Moines Valley's Trevin Jirak was named the state's Mr. Basketball.

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## From the Front

# With NIL it's all on the table

**BOHNENKAMP** - Continued from Page 1

talking to Happy, makes sure that McRae knows his mom will lose everything if he does leave. Roe is given a new car by Happy that Bell didn't authorize, and during an argument with Happy, Bell finds out that one of the players on his team shaved points in a game a couple of years earlier.

Western opens the season by defeating Knight and his top-ranked Hoosiers, but Bell, knowing that he had lost control of his program and feeling guilty over the breaking of the rules, confesses to everything in a press conference after the game and resigns.

What is funny about the movie is, today, almost everything is now acceptable.

McRae could buy his mom a new house with the money he makes from the new name-image-likeness (NIL) collectives that colleges are allowed to have today. Roe could get a bag of cash for doing some charity work, and could do a commercial for

a John Deere dealership in exchange for a new tractor. Boudeaux wouldn't have to turn down a new Lexus, or whatever car he wanted.

The success of college teams is now based on the resources they have to acquire players, and the numbers are climbing, something Fran McCaffery talked about last Thursday at the Big Ten Tournament, a day before he was let go as Iowa's head coach.

"I think the numbers this year, you'd probably need \$6 million, and we were nowhere near that," McCaffery said. "I think you know that. Those numbers (next season) are going to go north of that."

It's what will impact Iowa's ability to find McCaffery's replacement — any coach interested in the job is going to ask what is the NIL commitment, and how much money will be coming to men's basketball players with the new revenue-sharing agreement that is expected to be settled in court this spring as a result of a lawsuit against

the NCAA.

The subplot, though, is still one of the NCAA's biggest concerns. Federal and NCAA authorities are looking into several mid-major programs as part of an investigation into a gambling ring allegedly linked to point shaving in NBA and college basketball.

Players at mid-major programs don't get nearly the money that power-conference players get, and thus are easy pickings for gamblers looking for an edge. The emergence of prop bets make it easy for players to shave points without costing their team the game — a player could control his or her scoring output in the first half, or their team's scoring, and then play well in the second half. If it's not a problem now, it will be.

It's about the only plot a "Blue Chips" reboot could have these days, because everything else is now acceptable.

*John Bohnenkamp is an award-winning sports reporter and a regular sports contributor for Pen City Current*

# Sec. of State audits voters

**VOTERS** - Continued from Page 1

citizens cast ballots that were ultimately counted in the 2024 General Election and 5 noncitizens attempted to cast ballots that were rejected.

18 noncitizens cast normal ballots at the polls on Election Day; these votes were counted.

15 noncitizens returned absentee ballots; these votes were counted.

2 noncitizens cast provisional ballots at the polls on Election Day; these votes were counted.

2 noncitizens returned absentee ballots that were rejected by the Absentee and Special Voters Precinct (ASVP) boards.

3 noncitizens voted provisional ballots on Election Day that were rejected by the ASVP boards.

22 noncitizens registered to vote in 2024 but did not vote.

All of these noncitizens will be turned over to the Iowa Attorney General's Office and Iowa Department of Public Safety for investigation and next steps.

The Iowa Legislature is currently considering proposals from the Secretary of State's office on voter list maintenance. This legislation allows the office to verify citizenship at the point of registration.

"The federal government reviewed our data and verified the citizenship status but refused to share who the noncitizens were," said Secretary Pate. "Only eligible Iowa voters should participate in Iowa elections. We are working with the Iowa legislature on solutions to verify citizenship at registration rather than as ballots are cast, and we're confident both chambers will recognize the importance of this legislation. Our proposed solutions will be crucial next steps in confidently balancing voter participation with election integrity."

The United States Citizenship and Immigration Services (USCIS) field office in Des Moines reviewed the set of 2,186 self-reported noncitizens last fall and confirmed with the Iowa Secretary of State's office that approximately 12% of those individuals were noncitizens. The Washington, D.C. office later denied the Iowa Secretary of State's office access to that clarifying data. Secretary Pate issued directives to affected counties to require potential noncitizens to cast provisional ballots and later provide documentary proof of citizenship for the ballots to be accepted.

In addition to legislative proposals, Secretary Pate is pursuing legal action against USCIS. The lawsuit asks the federal government to provide valuable information that would streamline citizenship verification and allow election officials to compare voter registration lists with the SAVE program data using social security numbers.

"Maintaining election integrity is a team sport, and we need cooperation from multiple agencies, including the federal government," said Secretary Pate. "We are hopeful that between our legislative proposals and this lawsuit, we will have the tools we need to verify voter eligibility during the voter registration processes, allowing us to ensure in the future, only eligible Iowa voters are participating in Iowa elections."

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## Health News/Classifieds

# Charity fun run to take place along beautiful Mississippi River

**FUN RUN** - Continued from Page 1

Karen Siefken, YTK Administrator. "The Cottontail Dash is all about enjoying a leisurely stroll or jog along the beautiful Fort Madison Riverview Park trail while supporting the YMCA Test Kitchen's vital food, music, and educational programs."

In addition to the run/walk, participants can enjoy complimentary muffins, hot chocolate, and water. Participants can register for a chance to win a gift basket featuring three Test Kitchen cookbooks, a commemorative Elliott Test Kitchen apron, and YMCA Test Kitchen t-shirt, and more.

This event is made possible through the generous support of the Fort Madison community, including the Fort Madison Rotary Club, Fort Madison Kiwanis Club, and Fort Madison Lion's Club, as well as our esteemed sponsors: Menke & Co., Shottenkirk, Two Rivers Bank & Trust, Connection Bank, Making Stitches, Edward Jones (Corey Kelch & Tony Fullenkamp), Assured Partners, and Jess Sutcliff State Farm Insurance.

"We are so appreciative of our sponsors and their unwavering support," added Siefken. "Their contributions ensure the success of the Cottontail Dash and help further the YMCA Test Kitchen's mission of serving the youth of our community."

For more information and updates on the Cottontail Dash Fun Run/Walk, please visit the YMCA Test Kitchen or Fort Madison YMCA Facebook pages.

# Great River Health System offers Medicare seminars

WEST BURLINGTON – The Senior Health Insurance Information Program (SHIIP) will present the following Welcome to Medicare seminars at Great River Health locations. The seminars will cover:

- Medicare Parts A and B benefits
- Prescription drug benefits (Part D)
- Medicare Advantage plans
- Medicare supplement insurance
- Identifying Medicare fraud, errors and abuse

The seminars will be offered at these times and locations:

Southeast Iowa Regional Medical Center, Fort Madison

Monday, April 7, 2025

Registration deadline: Friday, March 28, 2025.

10 a.m. to 12 p.m.

Willard and Canella Conference

Room(s)

5445 Avenue O, Fort Madison (lower

level-east side of building)

To make a reservation, call 319-768-3342.

Southeast Iowa Regional Medical Center, West Burlington

Tuesday, May 20, 2025

Registration deadline: Monday, May 12, 2025.

5 – 6:30 p.m.

Maple/Walnut Rooms

1221 S. Gear Avenue, West Burlington (lower level-use Main Lobby) elevators)

To make a reservation, call 319-768-3342.

Henry County Health Center

Tuesday, June 17, 2025

Registration deadline: June 9, 2025 6:30-8 p.m.

Health Education Center

407 S. White Street, Mount Pleasant

To make a reservation, call 319-385-6774.

# PEN CITY CURRENT CLASSIFIEDS

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**Ameriprise Financial**

## Fishing News

# Spring trout releases coming soon at area ponds

DES MOINES - The following is the weekly DNR report of local fishing holes in the southeast part of the state.

### Big Hollow Lake

Water temperatures are fluctuating, but staying mostly in the mid-40s. A few boats have been out on the warmer days. Channel Catfish - Fair: Try cut bait floated under a bobber just over top of the rip-rap on a warm afternoon when the waves are hitting the face of the dam.

### Discovery Park Pond

The spring trout release will be at noon on Friday, March 21. You need a valid fishing license and pay the trout fee to fish for or possess trout.

### Emma Young Pond

The spring trout release will be at 10:00AM on Friday, March 21. You need a valid fishing license and pay the trout fee to fish for or possess trout.

### Lake Belva Deer

Water temperature is in the low 40s.

### Lake Darling

Surface water temperature is in the low to mid-40s. Watch for ice on the boat ramps early morning. The boat docks are not in yet.

### Lake Geode

Water temperature at the surface is in the mid-40s.

The docks are not in; won't be in for a little while yet. Black Crappie - Slow: On the warmest of days try along the shallow water ledges that run parallel to the deeper water habitat where crappies spent the winter.

### Lost Grove Lake

Watch for ice on the boat ramps from the waves. The gate on the road going to the boat ramp at the dam is still locked. Docks will not be in for a little while longer.

### Vista Park Pond

Vista Park Pond in Kalona (South Town) will be stocked with trout on Friday, March 21 at 10:00AM as part of the Community Trout Stocking Program. You need a valid fishing license and pay the trout fee to fish for or possess trout.

For more information on the above lakes and rivers call the Lake Darling Fisheries Office at 319-694-2430.

### Cedar River (Cedar Rapids to Moscow)

Channel Catfish - Slow: Use cut bait. Walleye - Slow: Try fishing jigs in current seams; few fish caught.

White Bass - Slow: Try fishing current seams and eddies; few fish caught.

### Cedar River (La Porte City to Cedar Rapids)

Channel Catfish - Slow: Use cut bait; few fish caught.

Walleye - Slow: Try fishing jigs; few fish caught.

### Central Park Lake

Largemouth Bass - Slow: Shore anglers have caught a few bass.

### Coralville Reservoir

Black Crappie - Fair: Reports of a few fish around brush piles and docks. Channel Catfish - Fair: Try cut bait on bottom or below a bobber along wind-blown shorelines or neck down areas at bridges.

### Diamond Lake

The fish cleaning station will be opened in April when the water is turned on for the park.

### Iowa Lake (Iowa Co.)

Black Crappie - Fair: Anglers are catching a few crappie around brush piles. Largemouth Bass - Fair: Anglers are catching a few bass around brush in the afternoon.

### Iowa River (Coralville Lake to River Junction)

Channel Catfish - Slow: Few fish caught. Walleye - Slow: Few fish caught.

### Iowa River (Marshalltown to Coralville Lake)

Walleye - Slow: Use jigs; few fish caught.

### Lake Macbride

Black Crappie - Slow: Anglers are catching a few crappie around brush piles in 8-12 feet of water. Bluegill - Slow: Anglers are catching a few bluegill around brush piles in 8-12 feet of water. Channel Catfish - Slow: Anglers are catching a few channel cats on cut bait in the upper arms of lake. Muskellunge - Slow: Anglers are catching a few muskie near green aquatic vegetation.

### Liberty Centre Pond

2000 rainbow trout will be stocked this morning. You need a valid fishing license and pay the trout fee to fish for or possess trout.

### Pleasant Creek Lake

All docks are in. Largemouth Bass - Slow: Anglers are catching a few bass near brush. Muskellunge - Slow: Anglers are catching a few muskie near brush piles.

### Prairie Park Fishery

2000 rainbow trout will be stocked on Saturday, March 22nd at 10:00AM. You need a valid fishing license and pay the trout fee to fish for or possess trout.

### Wapsipinicon River (Troy Mills to Oxford Junction)

The boat ramp at Pinicon Ridge Park is open. Black Crappie - Slow: Anglers are catching a few crappie around brush piles. Channel Catfish - Slow: Anglers are catching a few catfish. Northern Pike - Slow: Walleye anglers are catching a few pike. Walleye - Slow: Anglers are catching a few walleye

# 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 even our 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, ARNP  
612 MAIN STREET • KEOKUK, IA

**319-524-3339**

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