Strunk moves operations into former Pioneer Glass facility

BY CHUCK VANDENBERG
PCC EDITOR

FORT MADISON - He says he likes to keep a low profile, but Phil Strunk is taking his heating and cooling business into a bigger home with a bigger sign.

Strunk is moving his Community Heating and Cooling business into the former Pioneer Glass warehouse at the corner of 19th Street and Avenue L.

He said he doesn’t have any additional plans for expansion but wanted to be more visible for customers.

“I’ve been running this business from behind Doc Shannon’s place up by Rodeo Park. You don’t get seen very well up there so I thought it would be good to move down here and be on a main street through the town,” Strunk said Thursday.

Crews are currently renovating the office space of the former glass dealership. The entire office has been completely gutted and opened up. Strunk is building a new wall and is basically cleaning the building, which he said was used to be a car dealership and grocery store, prior to Pioneer and now Community Heating and Cooling. A reception area is also in the works.

“If you’re gonna have a secretary there you might as well sell some parts, filters, etc,” he said. “It’ll just be nice to have a place where people can just come in.”

He said he may look at possibly offering some retail furnace parts, but he plans on just sticking to the what he’s good at which is providing around the clock heating and cooling service and sales. Community Heating and Cooling has been in business for three years with a main service market of Burlington, Keokuk, and Fort Madison.

Strunk graduated from Hawkeye Community College in Waterloo in 2000 and has a low-key approach to his business. “I’m just the most low-profile people you’ll ever see,” he said. “I like showing up at people’s homes and they don’t know I’m the boss.”

Services he offers include all heating and cooling services, duct work and home duct work and humidifiers. He also leases ice machines to clients throughout southeast Iowa and northeast Missouri. Strunk says he can service all brands of heating and cooling systems, but specializes in Goodman systems. He said a Goodman sign is ready to be installed on the building. His crew will also respond to calls 24/7 and said that’s just the way the industry is.

“You have to accommodate for people’s lifestyles. People don’t work normal hours anymore. Used to be most people worked 8-4 but that just doesn’t happen anymore and we need to accommodate them,” he said.

Strunk said he doesn’t really have a grand opening date, but is telling everyone after the beginning of the year.

Higher disease rates due to gaps in rural health care

AMES, Iowa – More than a million Iowans are at an increased risk of dying from heart disease, cancer or a stroke simply because they live in a rural area.

Higher rates of smoking, high blood pressure and obesity among rural Americans, as well as poverty rates and access to health care all contribute to this disparity, according to the Centers for Disease Control and Prevention. National Rural Health Day on Nov. 16 aims to reduce the gap in rural and urban health outcomes – something Iowa State University researchers are directly and indirectly doing through their research and ISU Extension and Outreach initiatives.

Proper nutrition and exercise are necessary for good health, regardless of where you live. Unfortunately, going to a gym or even having a grocery store with healthful foods nearby is not an option in many rural areas. Recognizing these challenges, Francis and colleagues have designed and implemented programs to promote health and wellness.

Latinos Living Well, which offers classes on nutrition and physical activity with the goal of preventing the onset of Type 2 diabetes, is one of her most recent efforts. Latinos are twice as likely to develop diabetes, but many do not know if they have the illness or may be at risk, Francis said. The risk combined with the growing Latino population in rural Iowa has created a need for these culturally appropriate classes (taught in Spanish) to help Latinos develop healthy lifestyles.

Data collected during a pilot of the Latinos Living Well program found participants grew more confident about managing diabetes through lifestyle changes, exercised more and prepared class recipes at home.

“As the Latino population grows, we must respond with culturally appropriate, impactful programming,” Francis said. “The program is research-based, which is especially important in rural areas where limited health care access and fewer physical activity opportunities may exacerbate diabetes risk.”

Francis and a team of Extension nutrition and wellness specialists across the state also offer a Wellness and Independence through Nutrition program. The goal is to improve nutrition and quality of life for older adults.

ISU researchers leading initiatives to improve rural health

Phil Strunk has moved his Community Heating and Cooling business into the old Pioneer Glass building. He said the retail outlet should be open at the turn of the year.
Great River Health Systems plans Nov. 21 groundbreaking ceremony for Keokuk clinic

A public groundbreaking ceremony for Great River Health Systems’ new clinic in Keokuk is scheduled at noon Tuesday, Nov. 21. The 19,000-square-foot facility will be built in the 3200 block of Main Street, between Hampton Inn and Sonic. Estimated to cost $6.85 million, the clinic is expected to open in late 2018.

The health system purchased The Keokuk Clinic Jan. 1, 2012. It has grown from a practice with three internal medicine physicians to 10 health care providers. The new building will be four times larger than the existing clinic at 1603 Morgan Street.

“First and foremost, we’re building a new clinic to increase access to primary-care services for people in southeast Iowa – specifically the Keokuk area,” said Mark Richardson, president and CEO. “It’s part of our strategy to expand the health system’s regionalism, which includes bringing specialty care to areas that don’t have these services.

“In nearly six years, Great River Health Systems has added cardiology, podiatry, rheumatology, sports medicine and women’s health to the clinic’s services. With a larger building, there will be room for more.”

Great River Health Systems last week purchased property to build another clinic in Burlington, near the intersection of Agency Street and Roosevelt Avenue. The clinic will be located between Walgreens and Pizza Ranch. It will provide primary- and urgent-care services. Construction will begin within one year.

The new one-story clinics will resemble Great River Health Systems’ buildings on its main campus in West Burlington. Carl A. Nelson and Company is the general contractor.
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Elks Soup supper fundraiser set for Nov. 17

BY PCC STAFF

FORT MADISON - The Fort Madison Elks Lodge will be once again holding their annual Soup Supper Fundraiser on Nov. 17 to coincide with the downtown Wine and Beer Walk.

The supper will run from 5:30 p.m. to 8:30 p.m. or until the soup is gone and will feature eight soups and a large bread table filled with breads, muffins and biscuits.

This year's senior division will feature Dave Clark preparing a creamy chicken and wild rice soup. Rick Tebbs will bring a creamy vegetable/meat soup. Lori Illner will bring an Italian Wedding soup.

In the junior teams division, Carol Cowles and sous chef Maddy will bring a beef stew. Bridget Link and sous chef Addison will bring back their 2016 winning squash soup. Lynn Parson and sous chef Reya will feature a chili, and Jodie Ried and sous chef Jordyn will bring a potato ham soup with grilled cheese croutons.

Again this year, there will be “Tip” jars out in front of each soup and the soup with the highest amount of money in the jar is the overall winner. The team with the most tips received in their jar will win the team competition.

The money raised supports the Elks Lodge and the Elks Kid's Christmas Party as well as Elks community Projects. Prices for the event are adults-$8.00 kids 3-12-$5.00 and kids under three are free.

Jodie Ried, Deann Niggemeyer and Lin Cramer have organized the event and more information can be obtained by calling the Elks Lodge at 319-372-3724.

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Pen City Current encourages you to play responsibly.
Southeast Iowa fishing report- Iowa DNR

The following is the weekly Southeast Iowa fishing report from the Iowa Department of Natural Resources

Corvallis Reservoir
The lake level is as 686.4’, which is fall pool. Water temperatures are in the low 40’s.

Black Crappie - Slow: Use bright jigs or minnows along rock bluffs or over brush piles. White Crappie - Slow: Try bright jigs or minnows along rock bluffs or over brush piles.

Diamond Lake
The dock stays in round year, but the fish cleaning station is closed.

Black Crappie – Fair: Jigs have been producing fish in Marshall and Tama Counties.

Lake Macbride
All sized motors may be operated at no-wake speed. Water temperatures this week were in the low 40’s. The fish cleaning station is shut down and docks have been removed. Walleye - Fair: Try jigging in 15- to 25-feet of water during the day, and fish windblown rocky banks towards evening. There are a lot of 13- to 15-inch fish with some larger ones mixed in. Black Crappie - Fair: Use jigs and minnows over deeper brush to catch 10- to 12- inch crappie.

Otter Creek Lake
The fish cleaning station is closed and the docks have been pulled. Walleye - Fair: Try jigging on the dam and over the roadbeds. Most fish are 13- to 16-inches.

Prairie Park Fishery
2000 trout will be stocked here this Friday, Nov. 17 at 10 am. You must have a fishing license and trout stamp to fish for or possess trout.

Sand Lake
You must have a fishing license and trout stamp to fish for or possess trout. Rainbow Trout - Fair: Worms work best. Terry Trueblood Lake
2000 trout will be stocked here this Friday, Nov. 17 at 11 am. You must have a fishing license and trout stamp to fish for or possess trout.

For more information, contact the Lake Macbride Fisheries Station at 319-624-3615.

Fisheries Station at 319-624-3615.

Lake Miami
Water temperatures are dropping and few anglers have been out. Bluegill - Fair: Use small jigs tipped with live bait around brush piles. Try also drifting small jigs in the lower end of the lake. Largemouth Bass - Fair: Use rubber worms and crankbaits around the fishing jetties and brush piles. Target structure along the shorelines with rip-rap.

Lake Sugema
Water temperatures are dropping and few anglers have been out. Black Crappie - Slow: Try jigs tipped with live bait in the flooded timber or shallow areas with structure. Sorting is needed for larger fish. Walleye - Slow: Use night crawlers or a minnow and bobber along areas with rip-rapped shorelines. Bluegill - Slow: Use a small jig tipped with live bait around structure along the shorelines. Sorting is needed for larger fish. Largemouth Bass - Slow: Try spinnerbaits along the shorelines and around the jetties. Use a rubber worm or jig n pig com-

December weather, drought outlook updates

NOAA’s December temperature and precipitation outlook has just been issued. This outlook calls for equal chances for either above or below normal December temperatures for most of the corn belt. This outlook calls for above-normal precipitation over the Upper Midwest and Great Lakes and equal chances elsewhere.

December Temperature Outlook

Seasonal Drought Outlook - Through February

Other than isolated spots, drought is not expected to develop over the corn belt through February.

Green = Above Normal Blue = Below Normal
Area fishing spots still hot in late fall

表面温度

Summer temperatures in the Rathbun district lakes are in the low to mid 40s. The district includes Mahaska, Lucas, Wayne, Monroe, Appanoose, Wapello, Davis and Van Buren counties. Contact the Rathbun Fish Hatchery at 641-647-2406 with questions about fishing in south central Iowa.

Mississippi River Pool 19
Tailwater stage is 4.49 feet at Lock and Dam 18 above Burlington and has been fairly steady the past few days. White Crappie - No Report: Use jigs and minnows or minnows or stick baits. Tailwater stages have been fairly steady this past week. Main channel water temperature is around 40 degrees and water clarity has been good. There has been some tailwater fishing for walleyes and saugers. If you have questions on fishing Pools 16-19, call the Ross Marine at 641-251-2551.

Red Hawk Lake Water temperatures are dropping and fishing pressure has dropped with fewer anglers. Bluegill - Slow: Use small jigs tipped with a chunk of nightcrawler along the shoreline and around structure. Largemouth Bass - Slow: Try rubber worms or spinnerbaits in areas with rip rap or other types of structure. Try shallow areas as the water continues to cool down and slow down the presentation. Channel Catfish - Slow: Use nightcrawlers or chicken liver around the fishing jetties.

Public notices

Lee County Bank is looking for a loan officer to join its team. This person will participate in all areas of lending at the bank. Previous experience is preferred. Benefits include a competitive salary, health, dental, and vision insurance as well as 401K eligibility.

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501.10 (IASB model)
501.10R1 - IASB Option III with changes
501.11 - Student Re-enrollment
501.12 - Pregnant Students and Youth
501.13 - Students of Legal Age
501.14 - Open Enrollment
501.15 - Open Enrollment
502.1 - Student Appearance
502.2- Freedom of Expression
502.3 - Exclusion from School Programing or Activities
502.4 - Action of Board of Directors
502.5 - School Property/Vandalism
502.6 - Exclusions from IASB Model
502.7 - Student Attendance
502.8 - Board Member Attendance
502.9 - Classified Employment
502.10R1 - Student Appeal - Unexcused Absences
502.11- Student Responsibility
502.12- Care of School Property/Vandalism
502.13 - Exclusion from School Programing or Activities
502.14 - Action of Board of Directors
502.15 - School Property/Vandalism
502.16 - Exclusions from IASB Model
502.17- Exclusion from School Programing or Activities
502.18 - Rights, Responsibilities, and Limitations
502.19 - Temporarily Disabled Students
502.20 - Student Involvement in Decision Making
502.21 - Student Appearance
502.22 - Care of School Property/Vandalism
502.23 - Exclusion from School Programing or Activities
502.24 - Action of Board of Directors
502.25 - School Property/Vandalism
502.26 - Exclusions from IASB Model
502.27 - Student Attendance
502.28 - Board Member Attendance
502.29 - Classified Employment
502.30R1 - Student Appeal - Unexcused Absences
502.31- Student Responsibility
502.32- Care of School Property/Vandalism
502.33 - Exclusion from School Programing or Activities
502.34 - Action of Board of Directors
502.35 - School Property/Vandalism
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Penn City Current - Friday, November 17, 2017 - 7
Mental health stigma a hurdle to seeking care

HEALTH - Continued from Page 1

adults by helping those who are eligible be more aware of the Supplemental and Nutrition Assistance Pro-
gram. Since 2014, more than 4,500 older adults have participated and 117 were referred to the Food Bank
of the Heartland for application assis-
tance. Access to mental health services
is not the only barrier for people liv-
ing in rural communities. Greder says
cost and distance often prevent people
from seeking help, but stigma is also a
problem. Much of her research focuses
on the mental and physical health of
low-income families in rural communities. Even if

families have the resources for treatment, she says they
are often ashamed or embarrassed.
"In a town of 10,000 residents, everyone is going
to know if your car is parked outside the therapist's
office," Greder said. "The tight, close-knit aspect of
rural communities is a great thing, but it also makes it
difficult to ask a friend or neighbor for help, especially
if it's related to a mental or emotional issue. We need
to help families realize it is OK to seek help or talk
with others when they're not feeling well mentally."

Improving physical health can also benefit mental
health. Through her extension efforts, Greder coor-
dinates the Abriendo Caminos program for Latino
families in Perry, Postville and Ottumwa. Over the
course of six weeks, parents and children learn about
nutrition and physical activity, and work together as a
family to make decisions and set goals
on how to live a more healthful lifestyle.
Greder is working with researchers at the
University of Illinois to collect data
and evaluate the program.

There is also a misconception that
families in rural communities have
ample access to outdoor space for phys-
ical activity. Greder said. However, her research has
found the green space is not always usable or conve-
nient. Low-income, rural mothers interviewed for the
study reported they did not have access to parks with
age-appropriate equipment or safe walking trails.

With a growing number of older adults in Iowa,
many living in rural areas, Margrett is concerned
about the lack of qualified workers, support services
and care facilities for people with dementia. She and
her colleagues are working on solutions to improve
health care access in counties labeled "care deserts" or
classified by the CDC as medically underserved.

Nearly 80 percent of Iowa counties have segments of
the population that are medically underserved, which
affects all aspects of the life span from infant mortal-
ity to care for older adults who want to age in place,
Margrett said. In a medical emergency, people living
in these "care deserts" are miles away from the clos-
est hospital, which might not have specialized care.
Margrett says they may delay or not seek treatment for
mental health or preventative care because distance is
a barrier.

"Our data also looked at whether adults had some-
time to turn to if they needed help. A high
number of Iowans in rural areas felt they had no one
they could rely on," Margrett said. "The concern in
these care deserts is not just formal support, such as
doctors and specialists, but also inform-
mal support from family, friends and
neighbors."

Creating walkable, pedestrian-friendly communities and landscapes provides safe routes for children walking or
biking to school and an avenue for older adults to increase their physical activity.

Greder, in partnership with the Iowa Department of
Public Health, has worked with 50 Iowa communi-
ties to tackle this issue through the I-WALK (Iowans
Walking Assessment Logistics Kit) project. The main
goal was to identify infrastructure gaps where com-
munities need to extend sidewalks or address other
problems.

Greder and colleagues with Iowa State Extension and
Outreach are building upon that work to provide city
and county governments or agencies with data to im-
prove decision-making. The Indicators Portal features
county-specific information from multiple sources,
such as the U.S. Census Bureau, CDC and the Robert
Wood Johnson Foundation. Greder says within the
next few months the site will include health indicators
and data at both the city and county level.

"We want to make sure communities receive real,
unbiased data that is understandable," Seeger said.
"The goal is that if a county government is looking at areas to improve health, the portal has all the infor-
mation in one place to see what areas need improve-
ment."

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5-DAY WEATHER FORECAST

FRI 17 Nov
Moderate Rain
High – 55.7º F | Low – 43.6º F

SAT 18 Nov
Moderate Rain
High – 41.7º F | Low – 24.9º F

SUN 19 Nov
Light Snow
High – 30.1º F | Low – 26.3º F

MON 20 Nov
Clear Skies
High – 47.6º F | Low – 46.0º F

TUE 21 Nov
Light Rain
High – 56.1º F | Low – 31.6º F

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2:00pm in the Fort Madison Pilot Grove Savings Bank
3:00pm at Fort Madison Community Hospital
The public is invited to attend.

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From the Front/Weather

Seeger, in partnership with the Iowa Department of
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