

PEN CITY CURRENT

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

Wednesday, June 9, 2021 | 9 pages | Volume 5 • Issue 115



www.pencitycurrent.com

A successful mix



Photo by Chuck Vandenberg

Shawna Hamilton prepares a protein shake at Riverside Nutrition in downtown Fort Madison. Hamilton opened the business with her husband and is seeing customer traffic above what she had anticipated opening the nutrition club.

RIVERSIDE NUTRITION: Drink line includes shakes, coffees, and boosted teas

BY CHUCK VANDENBERG
PCC EDITOR

FORT MADISON – Herbalife, a dietary supplement popular in the 80 and 90s is making a resurgence in nutrition clubs like Fort Madison's Riverside Nutrition.

The new protein-based drink bar in the former Hope Real Estate building on the southwest corner of 9th Street and Avenue G, is mixing in well with the downtown business culture.

Owners Shawna and Matt Hamilton opened the business

on May 10 and have since seen a remarkable uptick in business that has them considering resetting store hours.

The store is now open 6:30 to 5 p.m. weekdays and then 8 to 1 p.m. on Saturday and 10 to 3 on Sunday.

Shawna said Saturday hours may need to be adjusted because of the heavy business traffic around 1 p.m.

The nutrition club features protein shakes, protein-based iced coffees and boosted teas. Most products are sugar free with the exception of some toppings on the drinks but

See **PROTEIN**, page 8

FMCS D

New London's Fry takes AD spot at FMCS D

Family connection with HTC Principal Craig Huebner

BY CHUCK VANDENBERG
PCC EDITOR

FORT MADISON – Not only is Ben Fry familiar with southeast Iowa's athletic and fine arts programs, he has family in the area.

Fry is set to be approved as the next Fort Madison Community School District Activities Director at the district board of directors next meeting on June 21.

Fry will be replacing outgoing AD Jeremy Swink on July 1. Swink's last day will be June 30.



FRY

The hiring was released Monday afternoon in a statement from FMCS D Superintendent Dr. Erin Slater. Swink announced his resignation 18 days ago.

Fry is the current Activities Director in the New London school district where he has been for the past four years. He is also a 2009 graduate of New London and has high school and collegiate coaching experience, was a four-sport athlete in high school and participated in fine arts programs at the high school, community, and professional levels.

He graduated with a Bachelor of Arts degree in Theatre from Central College in Pella, and then a Master of Education in Athletics/Activities Administration from William Woods University in Fulton, Mo.

A public reception to welcome Fry will be held June 14 from 5:30 to 6:30 p.m. at the FMCS D Central office.

Fry is also the step-son of current Holy Trinity High School Principal Craig Huebner, and his mother Bobbi is the vocal music teacher at Danville High School. Fry said the Holy Trinity Catholic connection will prove valuable in his new role.

See **FRY**, page 7

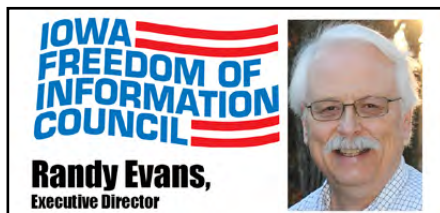
OPINION

U.S. should not treat our friends this way

Too often these days, Americans and our government seem to be incapable of agreeing on what the best course of action is, regardless of the issue. This is especially true when we are talking about immigration and immigrants.

Case in point: Zalmay Niazzy of Iowa Falls.

Before you jump to the conclusion



that Niazzy sneaked into the United States without authorization, scaled a wall at our southern border, or tried to hide from immigration offi-

cials, you should know about him.

Then, I think you will agree it would be a miscarriage of justice to kick Niazzy out of the U.S. and send him back to his native land, where death likely would await.

The U.S. government has bungled his case — first during President Barack Obama's administration,

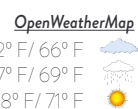
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WEATHER

THU 09 Jan.....Overcast, 82° F/ 66° F
 FRI 10 Jan.....Light Rain, 87° F/ 69° F
 SAT 11 Jan.....Sunny and Warm, 88° F/ 71° F



IOWA LOTTERY

LUCKY FOR LIFE 06/07.....5 7 18 24 34, Lucky Ball: 18
PICK 3 06/07 MIDDAY.....160
PICK 3 06/07 EVENING.....6 2 2
PICK 4 06/07 MIDDAY.....2933
PICK 4 06/07 EVENING.....0988

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Obituaries

OBITUARIES

LOIS SHIRLEY

Lois Shirley, 81 years, of Fort Madison, Iowa and formerly of Grand Junction, Colorado and Salida, Colorado passed away peacefully on Wednesday, June 2, 2021 after a long battle with Alzheimers.



SHIRLEY

She was born on February 26, 1940 in Confluence, Kentucky to Ottis and Wornie (Sizemore) Campbell, Lois was the youngest of 10 children. She was raised by her older sister, Ollie Renner.

In 1957, Lois met Robert Shirley and immediately fell in love. They went on to be married 59 years and they had three children. They resided in Colorado for 58 years. Lois dearly loved her family and built her life around them.

She leaves behind three children: Brenda Stotler of Penrose, Colorado; Russell Shirley, of Elko, Nevada; and Tammy Reynolds of Fort Madison, Iowa; four grandchildren: Jordan Vogelsberg, Cortney Boylan, Brady Reynolds, and Suzanne Shirley; three great grandchildren: Cooper Boylan, Brody Boylan, and Jedd Vogelsberg; numerous nieces, nephews and cousins. She was preceded in death by her parents, husband Robert, nine siblings, a granddaughter Maria Stotler, and a grandson Ryan Shirley.

No formal service will be held. Her ashes will be joined with Robert's in St. Patrick's Cemetery in Beattie, Kansas. A memorial has been established for Alzheimers Research, contributions may be made directly to Barr Memorial Chapel, 1919 Ave F, Fort Madison, Iowa 52627. Barr Memorial Chapel is honored to serve the Shirley family and an online guest book may be found at www.barrmemorialchapel.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

MICHAEL M. MOELLER

Michael M. "Mike" Moeller, 64, of Salem, Iowa, passed away at 11:05 p.m. Monday, June 7, 2021, at his home in Salem.

Mike was born on September 5, 1956 in Fort Madison, Iowa, the son of Clarence and Helen (Merschman) Moeller. On October 14, 1978, he married Linda Mehmert at St. James the Less Catholic Church in St. Paul, Iowa.



MOELLER

He is survived by his wife: Linda; two sons: Adam (Ashley) Moeller of Cedar Rapids, Iowa and Austin (MaryJo) Moeller of St. Louis, Missouri; three grandchildren: Maclan Moeller, Liam and Beckam Moeller; mother: Helen Moeller of West Point, Iowa; one sister: Kathy Orth of Burlington, Iowa; two brothers: Dan Moeller of Phoenix, Arizona and Doug Moeller of Tucson, Arizona; three sisters-in-law: JoAnn (Jim) Boeding, Glorine (Jim) Scharpman and Paulette Kruse; two brothers-in-law: Eugene (Sandy) Mehmert and Kenny (Karen) Mehmert. Also surviving are several aunts, uncles, cousins, nieces and nephews.

He was preceded in death by his father: Clarence; mother and father-in-law: Rita and Joseph Mehmert and brother-in-law: Peter Orth. Friends may call after 12:00 noon Thursday, June 10, 2021, at Schmitz Funeral Home in West Point, where the family will receive friends from 4:00 p.m. to 7:00 p.m. that evening. A Christian wake service will be held at 6:00 p.m. at the funeral home.

A private graveside service will be held Friday, June 11, 2021, at St. James Cemetery in St. Paul with Father Dan Dorau officiating. Burial will be at St. James Cemetery in St. Paul.

A memorial has been established in his memory for Salem Fire and Rescue, Every Step Hospice in Mt. Pleasant or St. James Cemetery.

Schmitz Funeral Home of West Point is assisting the family with local arrangements. Online condolences may be sent to the family at www.schmitzfuneralhomes.com.

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PEN CITY CURRENT
It's Black & White and Read all over

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Opinion

Letter to the Editor

FM Partners rev up annual fireworks fundraising campaign

Fort Madison Community,

I know we're coming off an extremely unusual year and realize many of you have endured hardships when it comes to your business and services, and that expendable fund towards donations has been reduced. As we get closer to our nation's celebration of independence for 2021, I am looking for that continued financial support in sponsoring the Fort Madison fireworks show.

We anticipate this year being another year with reduced travel plans, therefore more citizens will be on hand to see what we come up with. Fort Madison's production has always been one of the area's best shows, which is a testament to your continued support of our community and couldn't happen without it. I have been in contact with J&M Displays, the company we have been using for years, to look at what options we have knowing there may be a reduction in funding this year and they again are working with us to make sure we continue to be the regional show of choice.

This year marks the "Lucky 13th" year that Fort Madison Partners, the combined efforts of the Chamber of Commerce, EDC, and FMSIRRC, will coordinate the event. To say the least, we are excited to keep this event to the caliber you have grown accustomed to from past years. And, yes, the fireworks will once again be shot off from Riverview Park on Sunday, July 4th (approx. start time 9:30), allowing the community to enjoy a wonderful display over the mighty Mississippi.

Approximately \$20,000 is needed each year just for



Photo by Chuck Vandenberg/PCC

As the 4th of July approaches, companies have been coming together to show their support for this community event. Connection Bank & Insurance, Senior VP- Director of Marketing & Communications, Kim Fehseke presents a check for \$1,000.00 toward the 2021 Light Up The Sky this 4th of July fireworks campaign to Tim Gobble, Fort Madison Partners Executive Director.

the fireworks alone, not counting any additional event expenses. It takes the work of many to create this spectacular celebration and we're only a quarter of the way there. We are hopeful you will continue your support with a financial contribution. The fireworks display depends on this type of support, and we encourage each individual or business to please consider contributing to help make 2021's fireworks display the best it can be.

If you're able to make that commitment, please send your contribution to:

Fort Madison Partners
2019 Fireworks
614 7th Street

Fort Madison, IA 52627

All contributions of \$1,000 or more will be featured with a photo in the Daily Democrat and Pen City Current as well as social media. Once the event is over, a listing of all contributors will be mentioned in a final Thank You Letter to the Editor. Thank you in advance for your consideration to the 2021 Light up the Sky this 4th of July fireworks campaign!

Sincerely,

Tim Gobble
Executive Director Fort Madison Partners



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From the front

Niazy has done enough to warrant permanent visa

EVANS - Continued from Page 1

then during Donald Trump's, and now during Joe Biden's. They all are remiss for not formally telling Niazy the U.S. is grateful for his assistance and will give him the special immigration visa to allow him to remain here for the rest of his life.

Zalmay Niazy, now in his 30s, is not just another of the countless foreign-born people who dream of living, working and raising families in the U.S. He is a native of Afghanistan and served our nation during wartime, just as surely as did the hundreds of thousands of American soldiers, sailors, Marines and Air Force personnel who were deployed there over the past 20 years as part of the Pentagon's Operation Enduring Freedom.

Niazy was hired by the U.S. military in 2007, when he was 19, to be an interpreter for American soldiers. This was not a paper-shuffling desk job. Niazy was wounded in the line of duty by bombings and gunfire. His uncle was murdered by the Taliban, the Afghan terrorist group. And he and his family were threatened by the Taliban because he was working for the U.S. military.

After his military job ended, Niazy joined a private company in Afghanistan. In late 2014, during a business trip to the U.S., he learned the Taliban was again threatening his family — and it would not be safe for him to return home.

Niazy traveled to Iowa Falls, where a cousin lives. He applied for political asylum so he could remain here. He waited for the federal government's decision. For six years he waited.

Finally, last month, a letter arrived from the U.S. Department of Homeland Security informing him his request has been denied. The reason: He told immigration officials he had spoken with a member of the Taliban when he was 9 years old.

Niazy explained to the Iowa Falls Times Citizen last month: "They grabbed me by the neck and said, 'You go home and bring bread or we will burn your house.'"

Fearing the consequences if he refused, the boy did as he was told.

Even though he later worked for the U.S. military for a half dozen years, that encounter at age 9 led U.S. immigration officials to conclude he had engaged in terrorist activities.

Niazy's lawyer, Keith Herting of Des Moines, told the Times Citizen the allegation is ludicrous. "It's galling that this person who put his own life in danger on multiple occasions, he had family members who died as a result of him working to support U.S. forces in Afghanistan, and the response the government is giving him is despicable."

Niazy is a familiar face around Iowa Falls and is known by many as "Zee." People there are raising money to help pay for a lawyer to represent him.

He owns his business, Zee's Handyman Services.

He owns his home. He serves as a volunteer on the county's emergency squad. And he has pitched in in other ways, too, from Iowa Falls' yearly Fourth of July parade, to helping his elderly neighbors, the Times Citizen reported.

Niazy's case will be heard on June 28 by an immigration judge in Omaha.

Iowa's U.S. Senator Joni Ernst is one of the leaders of a bipartisan group of senators who wrote recently to President Biden, urging him to increase the number of special immigration visas for applicants from Afghanistan who worked on behalf of the U.S. military during the "War on Terror."

Members of Congress also urged Biden to speed up the visa process, because the last U.S. troops will leave Afghanistan this summer — ending the longest war in U.S. history. There are fears the Taliban will retaliate against U.S. sympathizers once American soldiers are gone.

A bipartisan group of House members, including Mariannette Miller-Meeks of Iowa, wrote a similar letter to Biden last week.

"If we fail to protect our allies in Afghanistan, it will have a lasting impact on our future partnerships and global reputation, which will then be a great detriment to our troops and the future of our national security," their letter said.

And deporting Zalmay Niazy will not make our nation any safer.

Please stop this, Mr. President.

Randy Evans is director of the Iowa Freedom of Information Council and can be reached at DM-Revans2810@gmail.com. Pen City Current is a member of the IFOIC.

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W-2319018

Sports

Wyett Breaks Becerra's Win Streak at Pepsi Speedway

BY BRIAN NEAL
LEE COUNTY SPEEDWAY

DONNELSON – Mother nature finally co-operated with the Lee County Speedway in Donnellson, after two straight weeks of being rained out they were finally able to get a Friday night of racing completed. As Roberts Tire Center presented the MOWA 410 Sprint Car Series, along with the weekly classes of IMCA Modifieds, IMCA Stock Cars, IMCA Northern SportMods, and IMCA Sport Compacts. After the final checkered flag waved two driver's visited victory lane for the first time this season, while three other driver's made return trips.

The 18-lap Roberts Tire Center IMCA Northern SportMod feature was the first to take to the track, with Quinton Shelton and Bob Cowman scheduled to lead the field to green. But when Shelton didn't make the call, this would move Joe Roller up to the pole position. Sean Wyett, who originally started 5th, shot out into the lead on lap 1 over Barry Taft and Joe Bliven. Wyett would

start to pull away from the field, when a caution on lap 6 for Matt Tucker's spin in turn 2 bunched the field back up. On the restart Wyett jumped back out front, with Austen Becerra, who started 11th, Taft, and Adam Birck, who started 12th, glued to his back bumper. While Wyett worked the bottom of the track in turns 1 and 2 and the top in 3 and 4, Becerra would work the top in turns 1 and 2 and the bottom in turns 3 and 4 to challenge Wyett for the lead. Becerra got into the guardrail in turn 2 with 3 laps to go, this allowed Wyett to go on to claim his first win of the season breaking Becerra's four-race winning streak.

Up next was the 16-lap Donnellson Tire & Service IMCA Stock Car feature, with Beau Taylor and John Oliver Jr. making up the front row. Oliver Jr. would take advantage of his starting spot to grab the lead on lap 1 over Abe Huls and Taylor. Huls, who was working the bottom of the speedway, would grab the top spot away from Oliver Jr., who was working the top of the track, on lap 7. Coming off turn



4 to the checkered flag, Oliver Jr. got enough momentum to edge out Huls at the line for his second win of the season at the track. Jason McDaniel was 3rd, Chris Wibbell came from 7th to finish 4th, with Jason Cook completing the top 5.

Jake Neuman and Ayrton Gennetten led the field to green in the 25-lap MOWA 410 Sprint Car feature, with Gennetten jumping out into the lead on lap 1 over Neuman and Chris Martin. The fast pace that Gennetten was setting would quickly put him into lapped traffic. But that didn't slow him down, as he quickly worked his way through the field, leaving everyone else to battle for positions behind him. However one thing that would slow him down was the red flag on lap 18, as Riley Goodno got upside down in turn 4 to bring out the red. He would climb from his car okay.

On the restart Gennetten jumped back out front and would cruise the rest of the way to score the \$3,000 win. Neuman was 2nd, Terry McCarl came from 8th to finish in 3rd, Martin was 4th, with Tasker Phillips coming home in 5th.

Next to take to the track was the 18 lap Sonny's Super Market IMCA Modified feature, with Jesse Belez and Blake Woodruff making up the front row. Woodruff took advantage of his starting spot to lead lap 1 over Belez and Bill Roberts Jr. But Belez would get by him to take over the top spot on lap 2. While those two driver's battled for the lead, Jeff Waterman, who started 6th, and Michael Long, who started 8th, worked their way up to make it a four car battle for the top

spot. Long made some daring moves to go from fourth into second on lap 15, and then coming to the white flag he would use the top of the track coming off turn 2 to grab the lead away from Belez. Which he held onto for his third win of the season at the Lee County Speedway. Belez settled for 2nd, Waterman was 3rd, Roberts Jr. was 4th, with Woodruff rounding out the top 5.

The final feature to take to the track was the 15 lap AVIS Car Rentals IMCA Sport Compacts, with Chevy Barnes and Dyllan Bonk leading the field to green. Bonk would grab the lead on lap 1 over Brandon Reu, who started 5th, and Josh Barnes, who started 10th. These three driver's raced three wide for the top spot on lap 3, with Josh Barnes emerging with the lead. Josh Barnes then looked like he would be heading for his first win of the season, when on lap 10 he pulled into the infield with troubles. This

handed the lead over to Reu, who went on to win his third of the season at the track. Bonk finished a career best 2nd, Chuck Fullenkamp finished 3rd, Kimberly Abbott was 4th, with Chevy Barnes coming home in 5th.

Coming up next Friday, June 11th will be the third round of the Iowa Corn Growers Association and Hinkle Auto Sales "Drive For 5" qualifying nights, presented by Ideal Ready Mix, Floyd's Waste Systems, J.J. Nighting Company Case IH, Triple Seven Trucking, Woodworth Attorney at Law, Triple R Performance Engines, Old Barn Taxidermy, Mike Campbell's Body Shop & Towing, Donnellson Tire & Service, KQ92, and Big Country 103.1. But before this night's action can get started the IMCA Sport Compacts, IMCA Stock Cars, and IMCA Modifieds, which is a "Drive For 5" qualifying feature, have rained out events to run from Friday, May 14th.

Lee County Health Department
COVID Vaccine Clinic
Wednesday, June 9, 2021
LCHD, #3 John Bennett Dr, Fort Madison
8:00am-4:00 ~ appointments encouraged

LCHD will have the Pfizer (12 years & older), Moderna and Johnson & Johnson (18 years & older) available

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Day shift manager is from 9 a.m.- 2 p.m. and 4-5 p.m. Starting at \$15/hour.

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Waitstaff needed from 11 a.m.-2 p.m. weekdays and 11 a.m.- 5 p.m. on week-ends. Evening shifts are from 5-9 p.m. Sun.-Thu. and 5-10 p.m. Fri.-Sat.

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LEE COUNTY SECONDARY ROADS ROAD MAINTENANCE WORKER I (SIGN SPECIALIST)

Lee County is taking applications for a Class I Road Maintenance Worker (SIGN SPECIALIST) to work out of the Sign Maintenance Shop near Donnellson. Duties include ordering, maintaining, installing, mounting and inventorying signs throughout the County. Must have three to five years of experience in the operation of equipment and trucks, heavy and light, to haul materials and will occasionally plow snow and the performance of manual labor as required. Requires a high school graduate or G.E.D. equivalent and must possess a valid Class A commercial driver's license with air brake and tanker endorsements or be able to obtain and maintain one within sixty (60) days of date of hire.

Lee County provides equal opportunity in employment to all persons regardless of age, race, creed, color, sex, national origin, religion or disability.

For a job description and to apply, download an application from our county website, www.leecounty.org, or pick them up at the Engineer's office and return your completed application along with a resume to Lee County Engineer, P.O. Box 158, Fort Madison, Iowa 52627, or email it to bhull@leecounty.org and copy it to shartson@leecounty.org Applications will be accepted until Monday, June 21, 2021 at 3:30 p.m.

If you have any questions please contact Lee County Engineer, Ben Hull at (319) 372-2541 or email him at bhull@leecounty.org.



YOUR AD HERE

Call Lee
(319) 371.4125

Classifieds/From the Front

New AD looking for growth in shared programs

FRY - Continued from Page 1

"It will be incredibly advantageous. Fort Madison and Holy Trinity Catholic have developed a great relationship over the past few years and have sharing agreements in several of their activities," Fry said.

"Our ability to work together will help us to provide more quality opportunities to our student-athletes. On top of that, I see even more room for collaboration and growth in the future of both Fort Madison and Holy Trinity Catholic."

Fry's lack of an education degree has given him a different perspective on teacher relationships as AD.

"To be honest, that was an area I took for granted early in my career as an Activities Director. I was so focused on establishing my relationships with our coaches and athletes, that I neglected the educators that spend time with the students throughout the school day," Fry said.

"Over time I have gained a deeper understanding of the educational process in its entirety. The relationships I can build with the educators will only help to rein-

force all of the work that our coaches and directors are doing in our extracurriculars."

As someone who participated in both athletics and fine arts, Fry said he's impressed with Fort Madison's assembly of extracurricular options and said his job as AD will be to help each coach and director develop and achieve at a high level.

"I look forward to the opportunity to work with each of these individuals and continue to build on the solid foundation of both the athletic and fine arts programs together."

Fry thanked the community, administrators, and educators at New London, including Chad Wahls, Scott Kracht, Todd Palmatier, Jon Munford, Allison Lair, Deb Scott, and Jessica Boyer, for their guidance over the past four years.

Initially, he said he wants to sit down with each athletic and arts program director and discuss the current state of the respective programs, including improvements, plans and wish lists for the future.

"My plan is to work with each coach and director to help create an individualized plan for each program to

help them get to a higher level," Fry said.

"My job is to work with all of our staff members to help them achieve at a high level. Whatever I can do to help them, I'll be jumping at the opportunity."

Fry's wife Morgan grew up in Mt Pleasant and currently works for Great River Health in West Burlington. The two have been married since July of 2013 and have a 3-year-old daughter and are expecting a baby boy in July. They currently live in New London.

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HELP WANTED



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JOB DESCRIPTION: Once fully trained, Correctional Officers can make a lasting impact on an incarcerated person's life while also helping maintain safe and secure correctional facilities. New Correctional Officers earn a full time salary as they go through their training. Starting Salary: (\$20.34/\$30.14 [Max])

Correctional officers are DRUG FREE, SELF CONFIDENT, ASSERTIVE, HONEST, TEAM PLAYERS, FLEXIBLE, DETAIL ORIENTED, QUICK LEARNERS, SAFETY CONSCIENTIOUS, RELIABLE, RESPONSIBLE, RULE FOLLOWERS, SOCIALLY AWARE, OPEN MINDED, AND ACCEPTING OF DIVERSITY.

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Tips for a successful application: Set up an account using current contact information and an email you check regularly. From the menu select "Notify me of Job Openings" select categories you are interested in. Fill out the application completely, attach a resume, and check your account for additional info needed or notices regularly.

LEE COUNTY SECONDARY ROADS HELP WANTED DESIGN ASSISTANT TO ENGINEER

Lee County is taking applications for a Design Assistant to Engineer to work out of our Fort Madison, Iowa office. Duties will include development of projects, preparing engineering plans and specifications for road-related construction or maintenance projects and serving as project lead inspector on construction projects, including directing and supervising contractors and County employees. Wage based on experience and qualifications.

Lee County provides equal opportunity in employment to all persons regardless of age, race, creed, color, sex, national origin, religion or disability.

To apply, download an application from our county website, www.lee-county.org or request one from the Engineer office, and return your completed application, along with a resume to: Lee County Engineer, P.O. Box 158, Fort Madison, IA 52627, or email it to engineer@lee-county.org. Applications will be accepted until position is filled.

If you have any questions please contact Lee County Engineer, Ben Hull, at (319) 372-2541 or email him at engineer@leecounty.org.

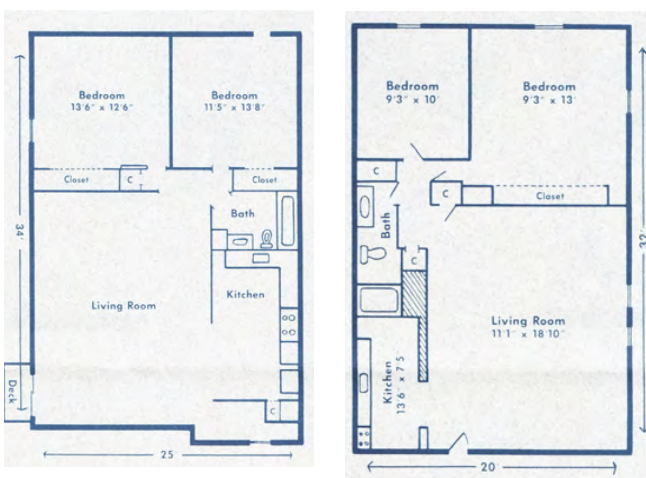


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From the front

New product lines could include waffles, donuts

PROTEIN - Continued from Page 1

those can be left off upon request.

Caffeine free drinks are offered and kids drinks that substitute aloe for the caffeine are also available.

Shawna said the club has been very busy.

“We’re pretty much steady all the time usually. We have a little downtime from 9:30 to 10:30 a.m. and that’s when we restock, then the lunch rush hits. People just come in on lunch breaks to get through the afternoon,” she said.

“I honestly feel like it’s been busier than I expected. I expected us to do well, but the amount of regulars we see coming back every day to get something makes me very happy.”

Customer feedback has shown the flavor is a surprise to people.

“Most of them are telling us they are surprised how good everything tastes,” she said. “When we say things are sugar-free, people tend to think of that funky aftertaste of being sugar-free, but on the protein shake side of things, people say they taste like milk shakes and not the typical protein shake.”

The couple looked at several buildings in town including some on Avenue G, but decided to go with a rental instead. They currently rent from Wes and Jennifer Holtkamp.

The two also own and operate Learning Tree Day Care Center and have four children so buying a building seemed like a lot to take on with both operations, and Matt working full-time at Silgan in Burlington.

Matt and a friend custom built Riverside Nutrition’s service bar as the building was being redone inside.

“We came in when they had everything tore out. We know what it looked like when it was a real estate office as we signed for our first house here. So there’s been a lot of improvements,” Shawna said.

The service bar was custom built by her husband and a friend.

Matt said he was skeptical of the venture at first but has been pleasantly surprised with the reception from customers.

Other nutrition clubs are open in Burlington, Carthage, Quincy, Galesburg and Macomb. Shawna said she reached out to the owner of the Macomb club who has helped her with inventory and has answered questions about getting started.



Photo by Chuck Vandenberg/PCC

Fort Madison’s Chamber of Commerce Ambassadors showed up for a ribbon cutting at Riverside Nutrition on May 28.

“She’s helped make this very easy and answered all the questions I’ve had.”

The basis of the products is Herbalife, a nutrient supplement direct sales company that had its heyday in the late 80 and 90s. Hamilton said the company made a bold shift to allowing distributors to operate clubs.

She said new product lines like protein bites, pudding pies and waffles and donuts could be available soon.

“We have recipes for donuts and waffles where even the icing is made with protein mix,” she said.

With Business 61 being torn up a block south of the club, Hamilton said traffic by the front door has increased and that’s been good timing for brand awareness.

The Hamiltons are also trying to come up with something for downtown parades including the Rodeo Parade in September. Shawna said she may do some pre-made mixes so drinks can be made quickly with ice and water and keep customers moving.

She is also considering offering a “flight” with small samples of drinks to allow customers a chance to try different flavors to find a favorite.

For more information on Riverside Nutrition visit their Facebook page at <https://www.facebook.com/fmriversidenutrition/> and Instagram at <https://www.instagram.com/fmriversidenutrition/>.

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Sheaffer Memorial Golf Course

Schedule of events

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1:00 p.m. Tee Off

5:00 p.m. Dinner

6:00 p.m. Awards

6:30 p.m. Golf Ball Drop

Fireworks to follow.



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