



# Pen City Current

Sunday, November 3, 2019 | 7 pages | Volume 3 • Issue 230

## HTC's Hellige breaks top 25

BY CHUCK VANDENBERG  
PCC EDITOR

FORT DODGE – To see him after the race, it was just another one.

But for Holy Trinity Catholic's Matt Hellige, his 24th place finish at the state cross country meet Saturday afternoon at Kennedy Park in Fort Dodge was a culmination of about six years of training.

Hellige came home from school in seventh grade and told his family he wanted to run cross-country and his dad, John Hellige said his first hope was that his son wouldn't finish last.

The senior has done anything but finish last. He missed the cut for state as a freshman by two spots, with only the top 15 at each qualifier earning a trip to the state meet.

As a sophomore Hellige made it to the state meet and finished 90th with a time of 18:04. As a junior he jumped 32 spots to 58th in Class 1A with a time of 17:49 and this year, with some cool, blustery conditions on the back of the course, raced to a 17:14 time, cutting 35 seconds off his best course time.

Nodaway Valley's Josh Baudler won the event with a time of 16:11. Wapello's Aiden Housman took 12th place overall with a time of 16:44. The fastest time of the day went to Max Murphy of Pleasant Valley in Class 4A with a 15:29.3, just .2 seconds in front of West Des Moines Dowlings' Sam Hall at 15:29.5.

The start of the race is spread out as runners sprint to a narrowing path about 150 yards into

See **STATE**, page 7



Photo by Chuck Vandenberg/PCC

Hellige settles in for the last 1/2 mile about six paces in front of Nodaway Valley's Ben Breheny (787). Hellige would finish with a time of 17:14, good enough for 24th place in Class 1A.

## EMPTY NEST

By Curt Swarm



## This Veteran's Day – Give a Vet a hug

The little green sign at 18th and Main Street, in downtown Keokuk, doesn't really do it justice. One of the oldest National Cemeteries in the United States, older than Arlington National Cemetery, is located in Keokuk, Iowa. It is perhaps one of Iowa's, or the Tri-State area's, best kept secrets, serving an estimated 61,000 veterans. Fact: If you're a veteran with an Honorable Discharge, you and your spouse and underage children can be buried at the National Cemetery, free of charge, with full Honor Guard, 21 Gun Salute, Taps, and Presentation of Flag, if desired. Situated on 23 acres of beautiful, rolling Iowa countryside, approximately 100 burials are conducted each year at the Keokuk National Cemetery.

Keokuk's location at the confluence of the Des Moines and Mississippi Rivers, made it an ideal hub for the transportation of men and supplies to and from the Civil War. The Mississippi River was the Interstate 80 of the 1860's. Five hospitals were located in Keokuk to care for the wounded soldiers, both Union and Confederate.

The first burial was in 1861, with the cemetery officially recognized in 1862. The City of Keokuk donated the land from its Oakland Cemetery to the U.S. Government. In 1908, the frontier post of Fort Yates, North Dakota was abandoned, and the remains of soldiers buried there were reinterred at Keokuk. Therefore, there are remains of soldiers from the Battle of the Little Big Horn, the Spanish-American War, World War I and II, Viet Nam, all wars, including the Revolutionary War. There is one Medal of Honor recipient buried there. Chief Keokuk has a son-in-law buried in the area, as well as a soldier who charged up San Juan Hill with Teddy Roosevelt, and two "Buffalo Soldiers." Buffalo Soldiers were Afro-American soldiers in the Ninth and Tenth Cavalry Regiments from 1866 to 1952. They were so named by the Cheyenne Indians because of their ferocity in battle and their hair and dusty coats that reminded the Indians of a buffalo's mane. The Buffalo Soldiers considered this name a badge of honor.

Originally, only soldiers who died in a war could be buried at the National Cemetery. It was soon opened up to all veterans, whether they died in a war or not.

See **SWARM**, page 7

## HTC senior finds pace in the joys of running

With the final results being tallied and most everyone at the Lakeside Municipal Golf Course at Kennedy Park in Fort Dodge heading for their car, a kid in a blue windbreaker, and blue and white stocking cap complete with the fuzzy ball, was doing a cooldown run.

Holy Trinity Catholic senior Matt Hellige was in a fluid jog down the



## Beside The Point

Chuck Vandenberg,  
Pen City Current - Editor

golf course, like he'd just stepped out of the house for an early morning workout.

But Hellige had just finished his final cross country high school state meet. It was just another

day...and probably just another run.

I'd worn shorts because for the past two years, being November and all, I had come to this state meet in blue jeans and boots. This year I put on

the photographer shorts and Brooks running shoes.

Covering high school sports gives you a chance to chronicle the ups and downs of some who'll finish competing as seniors, some who'll compete at a college level, and the occasional person who exceeds on a national scale.

As a hyperlocal outlet, it's more rare to see the

See **HELLIGE**, page 6

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# Obituaries/Lottery Numbers

## OBITUARIES

### VIOLA M. RAMSEY

Viola M. Ramsey, 81, of Fort Madison, IA, passed away at 12:55 a.m. on Saturday, November 2, 2019 at the Danville Care Center in Danville, IA. She was born on October 28, 1938 in Fort Madison, IA to Lloyd & Dorothy Logan Dodson. She was a homemaker & babysitter most of her life. She loved the Chicago Cubs and collecting swan figurines.



RAMSEY

Viola is survived by: 3-sons: Michael (Debbie) Moehn of McLeansboro, IL, Patrick (Claudia) Moehn of Fort Madison, IA & William (Patty) Moehn of Burlington, IA; 2-daughters: Wanda (Gary) Ball of Burlington, IA & Tina Moehn of Cedar Rapids, IA; numerous grandchildren, great grandchildren & great great grandchildren; 2-brothers: Lloyd Dodson, Jr. of Fort Madison, IA & Donald Dodson of Keokuk, IA; 2-sisters: Alberta (Dale) Fullhart of Fort Madison, IA & Marilyn (Thomas) Gilman of Farmington, IA and several nieces & nephews. She was preceded in death by: her parents, 3-daughters, 1-sister & 1-grandson.

The family will receive friends from 9:30 to 10:30 a.m. on Wednesday, November 6, 2019 with the funeral service to immediately follow at 10:30 a.m. at King-Lynk Funeral Home & Crematory with Rev. Les Featheringill officiating. Burial will be in Oakland Cemetery. A memorial has been established in Viola's memory. Online condolences to Viola's family may be left at the King-Lynk Funeral Home & Crematory website: [www.kinglynk.com](http://www.kinglynk.com).

## OBITUARIES

### LEONARD D. ANDERSON

Leonard D. Anderson, 87, of Fort Madison, IA, passed away at 12:20 a.m. on Friday, November 1, 2019 at his home after a long battle with Alzheimers.

He was born on April 15, 1932 in Mt. Pleasant, IA to Willis & Ina Maude Ensminger Anderson. He married Carolyn McCarl on June 22, 1955. They later divorced. He then married Phyllis Eicher Sargent on December 14, 1974 in Fort Madison, IA. He graduated from Mt. Pleasant High School in 1951. He served in the U.S. Army during the Korean War & spent 1 year in Iceland. He worked at the State Mental Health Institute while attending Iowa Wesleyan College. He was a school-teacher in Bonaparte, IA & coached girls basketball. He left teaching and was hired at McKesson Robbins Drug Company for the next 28 years. He was a member of the First Christian Church, the American Legion, Kiwanis Club, Eagles Club and the Moose Lodge. He enjoyed fishing, golfing, camping, traveling, wintering in Florida & family gatherings.



ANDERSON



Leonard is survived by: his loving wife, Phyllis Anderson; daughters: Teresa (Don) Petersen of Miami, FL, Vickie Carter of Nauvoo, IL & Angela (Gary) Fowler of Batavia, IL; son: Lennie (Robin) Anderson of Hamilton, IL; step daughter: Angela (Kurt) Eaves of Grinnell, IA; step son: Doug (Kay) Sargent of Fort Madison, IA; 11-grandchildren: Donal, Cory, Shaeli, Bryan, Jim, David, Josh, Mandy, Brandy, Erica & Alyssa; 9-great grandchildren; brother: Ron (Nancy) Anderson of Citrus Heights, CA & cherished his many nieces, nephews & extended family. He was preceded in death by: his parents, 2-sons in infancy: Richard, with wife Carolyn, Andrew, with wife Phyllis & a brother: Larry from Englewood, CO.

Per his wishes, cremation has been entrusted to the care of King-Lynk Funeral Home & Crematory. A memorial service will be held at 11:00 a.m. on Saturday, November 16, 2019 at First Christian Church in Fort Madison, IA with Rev. Leslie Dalstra officiating. A luncheon will immediately follow the memorial service at the church. Burial will be held at 3:00 p.m. at the Grant Cemetery in Rome, IA with military rites. A memorial has been established for First Christian Church or the Hope Haven Ertz Home in Burlington, IA. Online condolences to the Anderson family may be left at the King-Lynk Funeral Home & Crematory website: [www.kinglynk.com](http://www.kinglynk.com).

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## Join us as we Celebrate 30 Years of Hospice

Lee County Health Department Hospice was established in 1989, and was the **First Medicare Certified Hospice in Southeast Iowa**. We pride ourselves on providing quality and comforting care to residents in Lee, Des Moines, Henry, and Van Buren Counties in Iowa, and Hancock and Henderson Counties in Illinois.

**30 Years of Hospice Open House**  
Thursday, November 14, 2019  
3:00pm-6:00pm  
**Special Presentation at 4:30**  
Lee County Health Department  
#3 John Bennett Drive  
Fort Madison, Iowa

Staff, past and present, will be on hand to share on how hospice got started, and the services we provide.

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## IOWA LOTTERY WINNING NUMBERS

### Lotto Drawings

Game	Draw Days	Sales Cutoff Time	Approx. Drawing Time
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Mega Millions®	Tues & Fri	8:59 pm	10:00 pm
Powerball®	Wed & Sat	8:59 pm	9:59 pm
Lotto America™	Wed & Sat	8:59 pm	10:00 pm
Pick 3 - Midday	Daily	Noon	12:20 pm
Pick 3 - Evening	Daily	9:40 pm	10:00 pm
Pick 4 - Midday	Daily	Noon	12:20 pm
Pick 4 - Evening	Daily	9:40 pm	10:00 pm

**11/1**  
9 20 36 41 54  
Mega Ball: 22  
Megaplier: 2

**11/1 MID-DAY**  
8 3 4  
**11/1 EVENING**  
3 8 4

**11/1 MID-DAY**  
8 5 2 6  
**11/1 EVENING**  
7 6 1 4

**Pen City Current encourages you to play responsibly.**

**Charles Vandenberg, Editor**  
(319).371.1670  
[editor@pencitycurrent.com](mailto:editor@pencitycurrent.com)

**Lee K. Vandenberg, Sales Manager**  
(319).371.4125  
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## Pen City Current

Founded in 2016

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# Classifieds

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Patrick Profeta  
General Manager

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1135 Ave. E - Wednesday-Saturday - 6:00pm

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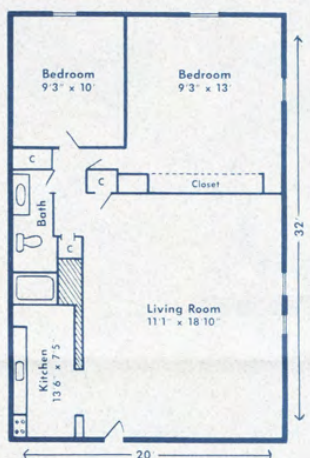
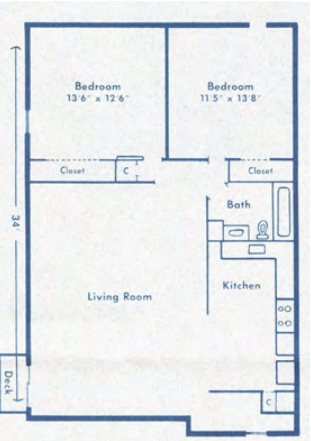


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The ideal candidate will possess a degree in information technology, computer science, or a related field. ACMT (Apple Certified Mac Technician) highly desirable. Experience with classroom technology equipment including projectors, document cameras, audio, etc. a plus. Requires exceptional customer service, oral and written communication skills, and the ability to work in a team environment.

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### PUBLIC NOTICES

**PUBLIC NOTICE**  
 Lee County, Iowa  
 Board of Supervisors  
 Agenda  
 DATE: TUESDAY,  
 November 5, 2019  
 MEETING  
 CONVENING TIME:  
 9:00 A.M.  
 LOCATION:  
 Correctional Center  
 2530 255th Street,  
 Montrose, IA

**AGENDA**

Pledge of Allegiance  
 Approve Agenda  
 9:01 a.m. Public Hearing for Proposed Sale of Proper-

### PUBLIC NOTICES

ty Located in the 900 Block of 15th Street to the City of Fort Madison

Consider Approval of Resolution Approving Sale of Property Located in the 900 Block of 15th Street to the City of Fort Madison

Consider Approval of Resolution Abating Property Taxes for Property Located in the 900 Block of 15th Street in Fort Madison

Consider Approval c,f Resolution Assigning Tax Sale Certificate for Property Located in the 900 Block of 15th Street to the City of Fort Madison

Approve Tuesday, October 22, 2019 Board Minutes

Consider Approval of Claims Public Input Consider Awarding Bid for Farm Lease on Property Located Next to Correctional Center Consider Approval of Class C Beer Permit for Denmark Jet Stop

Consider Approval of Tax Abatement Resolutions (3)

Consider Approval of Resolution Abating Taxes for Parcels Owned by the City of Keokuk Consider Approval of Homestead, Military and Disabled Veteran Tax Credit

Consider Appointment to Veteran Affairs Commission Consider Replacing Two Part-time Correctional Officers

- Personnel Actions:
- A. Step Increase-Secondary Roads
  - B. Transfer from Part-time to Full-time-Sheriff's Office (2)
  - C. New Hire-Veteran Affairs Commission (Replacement)
  - D. New Hire-Sheriff's Office (Replacement)

- Reports:
- A. Manure Management Annual Report-JWC Swine in Des Moines Township
  - B. Minutes of Meeting for Veteran Affairs Commission
  - C. Manure Management Annual Report-Sandy Bottom Swine in Des Moines Township
- Commission or Committee Reports  
 Adjourn

Workshop to Follow

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County Website:  
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### PUBLIC NOTICE FORT MADISON COMMUNITY SCHOOL DISTRICT

### BOARD OF DIRECTORS WORK SESSION November 4, 2019 6:00 P.M. Central Office

#### AGENDA

- I. Call meeting to order and determination of a quorum
- II. Approve the agenda
- III. Data Session
- IV. Facility Committee Update
- V. Announcements
  - November 5, 2019 - Board Elections
  - November 18, 2019 6:00 PM - Regular Meeting, Board Room, Central Office
  - November 20-21, 2019 - IASB Annual Convention
- VI. Adjourn

### PUBLIC NOTICE ORDINANCE NO. D-55

#### AN ORDINANCE ENACTING A NEW CHAPTER 15, TITLE 9 OF THE CITY CODE OF THE CITY OF FORT MADISON ENTITLED "GOLF CARTS, ATVs AND UTVs"

Be It Ordained by the City Council of the City of Fort Madison, Iowa:

Section 1. The City Council of the City of Fort Madison, Iowa, does hereby enact a new Chapter 15 of Title 9, Traffic, of the Fort Madison City Code, which reads in full, as follows:

#### Chapter 15

#### OPERATION OF GOLF CARTS, ATVs AND UTVs

##### 9-15-1: PURPOSE:

The purpose of this chapter is to permit the operation of golf carts, ATVs and UTVs on the streets in the City, as authorized by Section 321.247 of the Code of Iowa, as amended.

##### 9-15-2: DEFINITIONS:

"Golf Cart, ATV, UTV means a self-propelled vehicle as defined by Chapter 321 of the Code of Iowa. These terms shall be used interchangeably throughout this ordinance.

##### 9-15-3: OPERATION OF GOLF CARTS, ATVs AND UTVs PERMITTED:

Golf carts, ATVs, and UTVs may be operated upon the City streets of Fort Madison by persons possessing a valid operator's license, and who is at least eighteen (18) years of age, or any person

# Classifieds/Public Notices

## PUBLIC NOTICES

with a valid, State issued "instructional permit" and accompanied by an adult possessing a valid driver's license in accordance with Iowa law(s). All golf cart, ATV and UTV operators shall observe all State and local traffic control regulations and devices.

### 9-15-4: UNLAWFUL OPERATION

No golf cart, ATV or UTV shall be operated on or parked upon City sidewalks or any City park property (except park roadways and parking areas). No golf cart, ATV, or UTV shall be operated while under the influence of intoxicating beverage, narcotics, or habit-forming drugs, and open alcoholic beverage containers are not permitted in or on such vehicles. No person shall operate a golf cart, ATV, or UTV in a careless, reckless, or negligent manner which endangers the person of another or causing injury or damage to same. No golf cart, ATV, or UTV shall be operated upon that portion of the street located between the curb line and the sidewalk or property line, referred to as the "right-of-way", except for the purpose of crossing the same to a public street upon which operation is authorized by this article. No golf cart, ATV, or UTV shall be operated upon private property without the express consent of the owner thereof. No golf cart, ATV, or UTV shall be operated in a manner which violates Chapter 23 of the Code of Iowa, which shall be, and is adopted as applicable to the operation of golf carts.

### 9-15-5: EQUIPMENT:

Golf Carts, ATVs, and UTVs operated upon City streets shall be equipped with a minimum of the following safety features:

A. A safety flag, the top of which shall be a minimum of five feet from ground level and/or a standardized slow-moving vehicle placard.

B. Adequate brakes and operational brake lights.

### 9-15-6: OPERATION REGULATIONS:

The following regulations apply to the operation of a golf cart, ATV or UTV within the City limits of the City of Fort Madison:

A. Any operator of a golf cart, ATV, or UTV must have a valid operator's license and be at least eighteen (18) years of age.

B. All riders in the golf cart, ATV or UTV must remain seated at all times.

C. No more than two adult persons may ride in the front seat of a golf cart, ATV, or UTV and not more than two adult persons may ride in the back seat of a golf cart, ATV, or UTV, if said seat exists.

D. While operating a golf cart, ATV, or UTV, any rider must be seated on the seat and no part of the body of any rider will extend beyond the sides of the vehicle.

E. Children must be accompanied by an adult driver and must follow all the requirements of this subsection except the capacity limits as long as all children are seated on the seat and no part of the body of the child extends beyond the sides of the golf cart, ATV or UTV.

F. Notwithstanding the foregoing, no golf cart, ATV, or UTV shall be operated upon a city street which is a primary road extension through the city. Said vehicles are permitted to cross a city street which is a primary road extension through the city, if necessary to reach City roads where legal operation is permitted.

### 9-15-7: HOURS OF OPERATION:

Golf carts, ATVs, and UTVs may be operated on City streets only between sunrise and sunset.

A. Golf carts, ATVs, and UTVs are prohibited on City streets during inclement weather when visibility is reduced or impaired by weather, smoke, fog, or other conditions or at any other time there is insufficient light to clearly see a person or vehicle on a roadway at a distance of five hundred (500) feet.

### 9-15-8: SPEED:

No golf cart, ATV, or UTV shall be operated on any street at a speed greater than the posted speed limit.

### 9-15-9: PENALTIES:

A person who violates this Chapter is guilty of a simple misdemeanor punishable as a scheduled violation or as otherwise provided under Iowa Code.

### 9-15-10: ACCIDENT REPORTS:

Whenever a golf cart, ATV, or UTV is involved in an accident resulting in injury or death to anyone, or property damage amounting to two hundred dollars (\$200) or more, either the operator or someone acting for the operator shall immediately notify a law enforcement officer and shall file an accident report within forty-eight (48) hours, in accordance with State law, under Section 321G.10 of

the Code of Iowa.

### 9-15-11: REGISTRATION REQUIREMENTS

1. Individuals who operate on roadways in Fort Madison must register the golf cart, ATV or UTV with the Iowa Department of Natural Resources. (IDNR). The following conditions apply:

a. The owner of each golf cart, ATV or UTV shall be required to provide proof of ownership including but not limited to, bill of sale, IDNR registration or registration from appropriate out-of-state authority and proof of liability insurance with the minimum coverage of \$50,000 bodily injury per person, \$100,000 bodily injury per accident and \$50,000 property damage.

b. Golf carts, ATV's and UTV's shall be required to be properly registered with the IDNR and display their current registration decal. The current registration certificate shall be carried on board.

c. Golf carts, ATV's and UTV's registered in another state are required to display their current registration decal and carry their certificate on board.

2. No person shall operate a golf cart, ATV/UTV on Fort Madison roadways unless the owner possesses a Lee County Permit issued by the Lee County Recorder. The fee for this permit will be set by the Lee County Board of Supervisors by Resolution.

a. Golf cart, ATV/UTV owners may apply for a permit by application at the County Recorder's Office.

b. The County Recorder shall issue a permit only when the owner has provided the following:

1. Proof that the operator is 18 years of age or older.

2. Proof that the golf cart, ATV/UTV is currently registered with the IDNR.

3. Proof that the owner and operator have liability insurance covering the operator of the golf cart, ATV/UTV on Fort Madison

roadways in the amount as described in Lee County Ordinance Section 5(1).

c. All permits shall be issued to a specific golf cart, ATV/UTV and receive a specific decal for that vehicle. The decal shall be affixed to the rear of the vehicle along with the current DNR decal so that it is clearly visible.

d. The current DNR registration certificate must be carried on board.

e. Permits will be good for 1 year and valid January 1 through December 31.

Anyone purchasing a permit for the first time in the last quarter of the current calendar year may purchase the permit through December 31st of the next calendar year for an additional \$5.00.

f. If the owner/operator has violated the conditions of the permit or abused the privilege of being a permit holder, the Chief, or the Chief's designee, may communicate said information to the Lee County Recorder and request suspension or

revocation of the permit. If the permit is suspended or revoked by the Recorder, there will be no refund for that permit fee.

Section 2. If any section or part of this ordinance shall be adjudged invalid or unconstitutional, such adjudication shall not affect the validity of the ordinance as a whole or any section, provision or part thereof not adjudged invalid or unconstitutional.

Section 3. This ordinance shall be in effect after its final passage, approval, and publication as provided by law.

PASSED AND APPROVED this 15th day of October, 2019.

/s/Bradley A. Randolph, Mayor

ATTEST:  
/s/ Melinda L. Blind, City Clerk



# ★ VETERAN'S DAY ★

## HONORING ALL WHO SERVED

Honor your family members that answered the call to serve in our special Veterans Day edition on Monday, November 11th.

**It is our honor to publish this information. There is no charge for this service.**

Submit your photos and information using the form on our website or email it to [sales@pencitycurrent.com](mailto:sales@pencitycurrent.com) or mail it to Pen City Current, PO Box 366, Fort Madison, IA 52627.

Please include photo (color or black & white), veteran's name, branch of service, tour(s) of duty, your name and contact information in case of questions. A brief personal message is also welcome.

**Submissions are due by the end of the day Friday, November 8th.**

**SAMPLE LISTINGS**  
(NOT SHOWN ACTUAL SIZE)



**Leonard Anderson**  
US Army  
Korean War





**SSGT Ezekiel "Zeke" James Ross**  
Iowa National Guard  
Charlie Company 224th Engineer Battalion,  
Operation Iraqi Freedom 2004-2005  
A Brother in Arms





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**From the Front/Weather**

# Cross-country started in junior high for senior

**HELLIGE** - Continued from Page 1

state champions, but it's still fitting, we believe, to talk about the high school successes at a myriad of levels.

Whether Matt Hellige excels at college or on a national level doesn't matter. This kid doesn't get bothered by anything...at least he doesn't show it.

"Oh... once in a while, I get revved up. I get pumped up, but I'm really quiet about it," he said after garnering a 24th place finish at the Class 1A State cross-country meet.

It was the third state meet he'd participated in, finishing 90th as a sophomore and 58th as a junior.

It's kind of hard to get comments out of Matt as he's as humble as the course at Kennedy is long. He'll have a smile, whether he's first or last because he knows one thing. He always runs his race.

Running is a love for a kid who told his parents as a seventh grader that he wanted to run cross country. Matt's dad John said he and his wife Amy, Matt's mom, just hoped their son wouldn't finish last.

"Mike Schneider was his first coach and he said Matt's doing very well," John said. "And then the next time he said, 'Matt's legit'. We hadn't seen him run yet and we're like - 'This guys puttin' us on'."

John said the first meet Matt went to was in junior high and was at Van Buren High School.

"We get to the first meet at Van Buren, and I ran state cross country in high school, but hadn't been to a meet in 20 years, so we didn't expect him to do really well," John said.

"We just hung around the start and finish and here he comes around and he's right behind the gator and we're like, 'did he jump on the Gator?, did he take a wrong

turn?... and he ended up taking second. And we're like, holy cow, what have we got here."

Matt said running is now a priority in his life. Not just competing, but for the joy and happiness it brings him.

"It's pretty high up there," Hellige said. "There's other things like school and religion, family, and friends, too. All those things are pretty important."

"In races and in practice it's kind of nice to be by myself at times. But then then with dad and Jairo (Scruggs) running with me or bicycling with me, we have good talks. With my dad we just getting into some really good chats and I'll always enjoy that."

Scruggs is one of many coaches that have influenced Hellige throughout high school. FMHS track co-coaches Mike Schneider and Chad Hannum have spent time with Hellige as has his father, HTC boys cross country coach Matt Mohrfeld, and even his brother and sister, Luke and Mary.

"I would just thank everybody. My dad especially... Jairo and Matt, they've been with me for so long. And my mom for making all those meals. My siblings have even kept things interesting and fun," Matt said.

But John said his son has been a student of the game since he first brought up running in junior high. John said Matt had a desire to play basketball and played AAU events.

"At the events we would go to, he would say, 'Dad, let's go for a run', and we'd go out and run a couple miles between practices and games," John said.

"He's done all the hard work. He just has a tremendous work ethic, hasn't had a soda in six years, watches his nutrition, gets plenty of sleep, and he's kind of a student of the game."

Scruggs came along from Mt. Pleasant during Matt's sophomore year and has helped with some of Matt's mechanics. John called him a Godsend.

"He was at a Mt. Pleasant meet and was telling me Matt's doing this wrong and that wrong, and I asked him to come help us and he started running with us and volunteered at HTC," Hellige said.

"He's been a Godsend for Matt technically, inspirationally, and motivationally. Along with Matt, Mike, and Chad and all those guys have played a big role in it."

Mohrfeld said the transition over the years has been something special.

"I'll watch him and you'll send him off on those six and seven mile runs and the miles just melt away. The other kids, they mentally just don't like that... he likes

See **SCRUGGS**, page 6

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**5-DAY WEATHER FORECAST**

**SUN 03 Nov**  Overcast  
High- 49.4° F | Low - 42.0° F

**MON 04 Nov**  Overcast  
High- 51.2° F | Low - 35.5° F

**TUE 05 Nov**  Clear  
High- 43.6° F | Low - 37.2° F

**WED 06 Nov**  Light Rain  
High- 46.4° F | Low - 34.3° F

**THU 07 Nov**  Overcast  
High- 34.1° F | Low - 25.5° F

*OpenWeatherMap*

**From the Front**

# Hellige to run in Senior All-Star meet next Saturday

**STATE** - Continued from Page 1



Photo by Chuck Vandenberg/PCC

HTC senior Matt Hellige, right center in blue, sprints out at the start of the Class 1A boys cross country state meet Saturday afternoon in Fort Dodge. Hellige finished 24th in the race.

the run. Hellige sprinted out toward the front, but then throttled back and settled into a pace.

Head Coach Matt Mohrfeld said the start was very fast. "They got out hot today. They really got out hot and at about 3/4 of a mile, I could see his pain," Mohrfeld said.

"But I'll give him credit, he locked in to where he needed to be and fought to hang on to that throughout the race."

At about the mile mark, Hellige said he felt the burn of the quicker start, but then was able to get back into his stride and work on catching other runners.

"I felt pretty good during warmups and was a little worried about the cold coming up here, but it wasn't too bad," Hellige said.

"So I felt good. The start was very crowded and boxy this year for the first half mile and it was hard to get positioning, but then after a mile or so it kind of lengthened out a bit and there was more room. Then I just settled in to see how many I could pass. I was happy with where I finished."

During the spring Hellige runs 1600s and 3200s and anchors some medley relays for the Fort Madison Bloodhound track team. Hellige said you have to have a different mentality running cross country.

"Sometimes during a 5K you gotta realize it's not a 1600, it's not a race to the first mile so sometimes you just have to say wait a little bit, get settled in, and get ready for that final push."

Hellige did just that on Saturday, where he was unofficially in 28th place hitting the final 1/2 mile and then worked his way passed four runners, with the last two

coming on the 150 yards downhill into the timing chute.

After dealing with some media interviews, Hellige found his family outside the finish area and exchanged hugs.

"I thought he ran good today, I think he was 17:05 or so, he probably dropped 30 to 45 seconds," John Hellige said. "But there were some kids in that field ahead of him that beat numerous times this year. You always want more, but that's the nature of running. I'm just super proud of him whether he's first or last."

Hellige said he still has to acclimate a little to having a pack of runners in front of him. During the season he rarely finished outside the top 5, unless at larger group runs like the Steve Johnson Invitational that brings in runners from all over the upper Midwest.

"I just try to run my race. I'd say the first year it was a big shock to see all those runners in front of me," he said.

"But now I just know my race and how I run and so these last two years I didn't really worry about that."

Mohrfeld said Hellige's success has come from a dedication to the craft.

"He looks a lot more like a runner than he did as a freshman. He's leaner and a lot more fluid," Mohrfeld said.

"There are runners out here today that are gifted with talent, but Matt's talent came from hard work. He trains like a machine. If there were seven kids that would train like Matt, we'd have a team here."

Hellige will run in the Senior All-Star meet in Ankeny next weekend and then will take about a week off before starting training for his final track and boys basketball seasons.

# Keokuk National Cemetery is one of nation's oldest

**SWARM** - Continued from Page 1

Another fact: you do not have to be an Iowa resident to be buried at the National Cemetery. In 1997, the Keokuk National Cemetery was listed on the National Register of Historic Places.

Confederate tombstones are pointed at the top while Union tombstones are rounded. Mixups did occur. An interesting detail, like snow on a roof—the tombstones for Union soldiers are rounded at the top, while tombstones for Confederate soldiers come to a point. The joke is that Confederate soldiers didn't want a Union soldier sitting on their stone. This may or may not be true. However, it was discovered that three Confederates were buried under Union stones. It was changed around this year so that all could rest in peace.

There are 15 mass graves with 76 unknown soldiers. About 5,000 veterans are buried at the Keokuk National Cemetery—that's 5,000 individuals, including spouses. There is a whole section for Black Soldiers, a lot of whom were slaves. The first woman veteran to be buried in the Keokuk National Cemetery was Sarah Thompson, an Army nurse during the Civil War.

Specific gravesites can be found using an automated gravesite locator near the administration building, or go to [www.cem.va.gov](http://www.cem.va.gov) for internet location nationally.

This Veterans Day, think of the price of freedom, and the sacrifice veterans and their families made. Go ahead, hug a vet.

Have a good story? Call or text Curt Swarm in Mt. Pleasant at 319-217-0526, email him at [curtswarm@yahoo.com](mailto:curtswarm@yahoo.com) or visit his website at [www.empty-nest-words-photos-and-frames.com](http://www.empty-nest-words-photos-and-frames.com).

# Hellige narrows college choices

**SCRUGGS** - Continued from Page 7

that."

Scruggs said Hellige has brought about the changes with his own dedication.

"Matt's really good to work with and trains really hard and he's dedicated," Scruggs said. "It's been a pleasure to work with him over these last three years."

Running will almost assuredly be part of the Hellige's continuing education. He said he's still looking at colleges, but his dad said he thinks the decision has been made.

But win or lose at the next level, you can be sure he'll leave it all on the course and be wearing a smile during the cool down - But that's Beside the Point.

Chuck Vandenberg is editor and co-owner of the Pen City Current and can be reached at [editor@pencitycurrent.com](mailto:editor@pencitycurrent.com).



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