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### **INSIDE TODAY:**

Lee County Health Department looking for Hospice volunteers.

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# Friday, February 16, 2018 | 8 pages | Volume 2 • Issue 54

### FM Library spends afternoon Cooking the Book

BY SARAH **CLENDINENG** 

Fort Madison Public Library Director

FORT MADISON -Cook the Book met at the Fort Madison Public Library Tuesday evening to share food prepared from the cookbook Liddabit Sweets Candy Cookbook by Liz Gutman and Jen King. The sweet treats included Buckeyes, Honeycomb Candy, Bacon Butter Crunch and Pecan Turtle Caramel Corn. Each month, participants sample the recipes and chat about how easy, or difficult, the recipes were to prepare, what worked and what didn't. We also share ideas and suggestions for improving or adjusting the recipes.

Not every recipe is an

overwhelming success and there have been some failures. Some of those less than successful dishes are due to user error, misreading a recipe or getting a substitution wrong. Some errors are because we found actual mistakes in the recipe. One of the most memorable recipe failures was a bread recipe that called for 2 tablespoons of baking soda when the actual amount needed was closer to 2 teaspoons. That was some very salty bread! We've also learned that not all cookbooks are created equal, some are much better put together than others and one of our least favorite cookbooks was published by a very famous cook.

Cook the Book meets

on the second Tuesday of every month at 5:30. While people are welcome to come and check out the program without preparing any food, the cookbook of the month is available in the library and recipes can be photocopied for free. The March program will be a little different. Patricia Steiner, from the Des Moines County Extension office, will be sharing information about the extension office's Spend Smart website. This website includes help and tips for menu planning and meal budgeting. Their website also includes a wide variety of inexpensive recipes that look like they would be very tasty. I haven't tried any myself but, just glancing through,



I'm looking forward to trying the tamale pie and the homemade mac and cheese. If you want to join us on March 13 at

5:30, you can pick a recipe from their website <a href="https://">https://</a> spendsmart.extension. iastate.edu/recipes/ to prepare and share with

the group or just stop by and see what the extension office has to offer.

2018 IHSAA STATE WRESTLING - THURSDAY

### Four of five Hounds ousted on day 1

BY CHUCK VANDENBERG

PCC EDITOR

DES MOINES - It was a rough start for the contingency of wrestlers from FMHS Thursday afternoon as four of the five state qualifiers from Fort Madison lost in opening round action at the IHSAA state wrestling tournament in Des Moines.

The Hounds dropped eight of nine matches on the day in the Class 3A brackets. Senior Harlan Steffensmeier came out on top at 152, when he was able to get Dallas Center-Grimes' Luke Fistler into a cradle quickly into the match. Steffensmeier, who hadn't wrestled Fistler before, took control of the action quickly and had Fistler on the run and on his back in less than :30 before being able to leverage into the pinfall.

"I expected to go out and put my best effort forward and finish him as fast and hard as I could," he said.

Up next for Steffensmeier is Class 3A's top-seed at 152 Grant Stotts out of West Des Moines Valley. Stotts is 27-1 with his only loss coming to Steffensmeier, who now stands at 40-2 in his senior year. The two will square off as part of the Class 2A - 3A quarterfinals session which starts tomorrow at 9 a.m. with Class 2A up first.

"Tomorrow I just go out and fight my butt of and come out on top," he said.

At 120 lbs, Dayne Cordray suffered the first loss of the day in a 0-8 decision against 33-7 Keegan Schultschik, a senior out of Cedar Rapids Xavier.

Tomorrow I just go out and fight my butt off and come out on top."

> -Harlan Steffensmeier FMHS Wrestler

Schultschik got a takedown in the first period and was able to ride the two points through the first period. Schultschik was warned for stalling in the 2nd period, but no points were scored by either wrestler. Cordray got more aggressive in the final period trying to make up the points, but Schultschik was able to spin on a shoot by Cordray and leverage him to the ground for a 4-0 lead with just 1:27 left in the match.

Schultschik then was able to twist Cordray under him to the mat and got two near falls for four additional points, before recording the pin right before the final buzzer at 5:59.

In the consolation round, Cordray was pitted against Cole Kraklio (24-17) from Linn-Mar Marion. Kraklio got a takedown and a near fall in the first period for five points which is all he would need in the 5-3 decision. Kraklio was warned for stalling in the final period and Cordray was able to get an escape with 1:26 left in the match and then scored a takedown before time ran out

"I needed to come up here and wrestle like I did all season and I just didn't get that done today," Cordray said. "It was nobody else but me. I wasn't wrestling like

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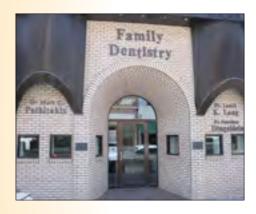
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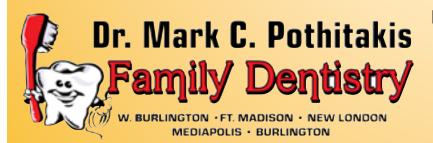
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### **Area News/For the Record**

# held Feb. 17th



Join a Lee County Conservation naturalist for an Owl Prowl adventure! This all-ages program will take place from 6 p.m. to 8 p.m. on Feb. 17 at Pollmiller Park located just east of West Point, Iowa on County Road J40.

There will be a short presentation in the Pollmiller Cabin about Iowa owls, and then we will venture outside to try and find some of these amazing nocturnal creatures! Dress for the weather.

Pre-registration required by calling 319/463-7673.

### For the Record

#### **Fort Madison** Police Report

02/14/18 - 10:57 a.m. - Fort Madison Police responded to a report of a hit-and-run in the 400 block of 24th Street. 02/14/18 - 11:59 a.m. - Fort Madison Police responded to a report of a shoplifter in the 1800 block of Avenue H, 02/14/18 - 2:16 p.m. - Fort Madison Police responded to a report of a stolen vehicle in the 1500 block of 10th Street. 02/14/18 - 3:15 p.m. - Fort Madison Police responded to a report of larceny/theft in the 4600 block of Avenue J. 02/14/18 - 5:00 p.m. - Fort Madison Police responded to a report of vandalism in the 2500 block of 180th Avenue. 02/14/18 - 6:51 p.m. - Fort

Madison Police responded to a report of a larceny/theft in the 620 block of Tammy Lane. 02/13/18 - 10:01 a.m. - Fort Madison Police responded to a report of a vandalism in the 400 block of 33rd Street.

#### Lee County Sheriff's Report

02/12/18 - 2:06 p.m. - Lee County Sheriff's deputies arrested Tanner Martin White, 20, of Keokuk in the 1200 block of Ridge Street on a charge of possession of drug paraphernalia. 02/15/18 - no news was reported

All persons in these listings are presumed innocent until proven guilty in a court of law.

## Owl Prowl to be LCHD starts hospice volunteer training

SUBMITTED ARTICLE

Volunteering can be defined in many ways. A volunteer assists an organization with projects. A volunteer cares enough for the organization to help without pay. Lee County Health Department Hospice volunteers are an essential piece of their hospice program. They care for patients and their families during the last stages of life's journey.

"Families are dealing with so many emotions and making difficult decisions that they just need to take a moment for themselves, and that is where our volunteers make a difference," remarks Jeri Geibelhausen, LCHD-Hospice Support Services Coordinator. LCHD-Hospice is preparing for their 2018 Volunteer Training, and is looking for new trainees.

During the training process it is explained to the volunteer trainees that we are in need of office volunteers and volunteers who sit with clients and their families. There are plenty of opportunities that need a volunteer like office work, imaging charts, bereavement newsletter mailings, putting admissions packets together, helping with health fairs, the Tree of Love events, Mystery Ride event, trainings, community education to name a few. All of these tasks are vital to LCHD-Hospice to provide quality services to our communities.

Not only does LCHD-Hospice see that volunteers are an important component to the Hospice program, but Medicare does as well. "To be honest there is not a way that we could do Hospice services without our volunteers whether Medicare required them or not," add Geibelhausen. "Volunteers are an intricate part of how Hospice is able to accomplish all the services they provide to families."

The volunteers themselves have many reasons for volunteering. "If you want to find something in retirement years LCHD-Hospice is a great place to volunteer. They make you feel very appreciated," says Pat Stinson, 2017 LCHD-Hospice Volunteer of the Year. "I know I look forward to coming in and working. The staff also lifted some of the worry and frustration while my mom was in hospice which was so helpful."

Like Stinson, some have had relatives in hospice, and decided to give back to the program. That is the case with Anita Hunold. "After all the love and support my family and I received, I just wanted to return the favor,"



Anita Hunold, Lee County Health Department-Hospice volunteer, works on assembling admission packets.

states Hunold.

For Mable Posz, 93, a LHCD-Hospice volunteer for almost seven years, it's just about giving back to the community. "I feel like volunteering is my way of helping others out," says Poz. "Helping others could be sitting with a patient or working on an office project. No matter what it is I feel like I'm giving back."

For those interested in learning more about hospice and volunteering LCHD-Hospice will hold their Hospice Volunteer Training from March 6 through March 27, on Tuesday evenings from 6:00-9:00pm at the LCHD office (#3 John Bennett Drive, Fort Madison). Interested volunteers will learn from LCHD staff and current volunteers about the hospice experience, and how to help families in this final stage of life. Volunteers are needed from Lee, Henry, Van Buren, and Des Moines counties in Iowa, and Hancock and Henderson counties in Illinois. If you have questions about the training or would like to register call (319)372-5225 or (800)458-6672 by March 2.

### **5-DAY WEATHER FORECAST**

### FRI 16 Feb



Clear Skies High- 16.3° F | Low - 2.4° F

#### SAT 17 Feb



Light Snow High- 29.7° F | Low - 14.7° F

#### SUN 18 Feb



Clear Skies High- 39.5° F | Low - 31.1° F

#### MON 19 Feb -



**Moderate Rain** High - 49.0° F | Low - 36.2° F

#### TUE 20 Feb



Clear Skies High- 28.9° F | Low - 16.8° F

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### **IHSAA STATE WRESTLING – THURSDAY**

### Harlan gets pin just 1:08 into round

### WRESTLING - Continued from Page 1

I know I can. I wasn't taking shots and was just getting stuck on the bottom," Cordray said.

At 126 lbs, senior Ryan Steffensmeier dropped a 2-9 decision to Evan Yant of Waverly-Shell Rock. Most of the points were scored in the first period when Yant scored a takedown at 1:21, but Steffensmeier got a reversal with :51 seconds left in the period.

Yant got out of the reversal for a 1-point escape, then scored another quick takedown with :40 left in the first period and recorded a near fall right before the buzzer to be up 7-2 Yant got another takedown with 1:04 left in the third period after a scoreless second and then was able to hold on for the win.

In the consolation bracket against Tanner Higgins of Lewis Central, Steffensmeier recorded two takedowns in the first period that Tanner was able to slip out of to set the score at 4-2 after one period. The two both carded reversals in the second period with Steffensmeier leading 6-4 going into the final period. Then Higgins went on the offensive in the third with a reversal and two nearfalls to overtake Steffensmeier, ending his tournament.

"Last year went a lot better than this year. I think I just came out flat and wasn't ready to go, I don't know really what else to say." he said.

He said last period of the second match was just a matter of one move.

"He got a me in a turn and I should've got better hand control but I didn't."

Aaron Steffensmeier was shut out in his first match with Gabriel Kjelsgaard. Kjelsgaard scored a takedown with just :35 left in the first period to hold a 2-0 lead going into the second period. The senior from Lewis Central put up six on Steffensmeier in the second period with an escape, a takedown that almost became a pin, and set the score at 7-0 going into the final period of action. Steffensmeier couldn't get anything going in the third period as Kjeslgaard went into a defensive



FMHS senior Harlan Steffensmeier records a pin over Luke Fistler just 1:08 into his first round match Thursday. Steffensmeier was the only Hound to advance in the state tournament as four others were eliminated on the first day.

posture and both wrestlers went scoreless.

In the 145 lb consolation, Steffensmeier went up against Elijah Demmer of West Dubuque. Steffensmeier had the match tied in the first period 2-2 when he recorded an escape at the 1:44 mark and then again just before the buzzer after a Demmer takedown. The two were locked up for most of the third period, but Demmer was able to escape just before the two rolled out of the mat on the right side for 1-point and then

locked up with Steffensmeier before releasing and playing stay away.

Steffensmeier said he was disappointed in the loss, but hoped he wasn't done wrestling, saying he's spoken with a couple of colleges.

"I just didn't score any points, to put it bluntly, I just couldn't get anything going," he said, "Going into the period we were tied and then he went down and got out and I couldn't score on him. But I really hope



Senior Aaron Steffensmeier tries to roll over Gabriel Kjeslgaard in his first round match of the tournament on Thursday. Steffensmeier lost the match 7-0.

Junior Dayne Cordray tries to get the upper hand in his first match of the day against Keegan Schultschik. Cordray lost 0-8 and moved into the consolation bracket where he lost again, ending his tournament







### IHSAA STATE WRESTLING – THURSDAY

### FMHS wrestling team focuses on positive season

#### **WRESTLING** - Continued from Page 4

it's not over, I'd like to go on to wrestle in college."

Danen Settles, who made the tourney with a dramatic run at state where he upset two wrestlers from Burlington and Muscatine, who had previously pinned him, dropped his first round match to North Scott senior Zach Peterson 33-8. Peterson and Settles measured each other up for about a minute before Peterson was able to get a hip in and muscle Settles to the mat and squeezed his shoulders to the mat at 1:26 in the first period.

In consolation, Settles battled back in the third period against Cam Jones of Cedar Rapids Kennedy. Jones had a 6-2 lead in the first after Settles put Jones on the mat early in the period, but Jones was able to escape, then flip Settles over and get a near pin for 5 points. Settles, who won at districts with back to back 5-4 upset wins had another dramatic win on his mind as he pulled a 4-2 second period to close the gap to 8-6. Settles scored an escape six seconds into the third period to make it 7-8 after a caution on Settles and stalling on Jones. Jones was able to get a takedown with just :12 seconds left to seal the win.

"He just got the best of me," Settles said of the last match. "I don't know - right when he got me in a headlock, I got wore out, I was fighting and fighting and trying to get the win, but I just didn't get there. I mean its not too bad of a season, but I just have to come back next year and work even harder.

Head Coach Ryan Smith was saddened with the first day's action.

"It's tough...when they lose I lose." The Hounds brought five to the tournament for the first time since the 2014-15 season.

"I don't know if that's a consolation prize or not," he said. "It's rough, I'm not going lie. It hurts for them not to get farther than they are capable of. It hurts for me to see them go through that. And when that happens four times it's not a good feeling, when they lose I lose."

With both Ryan and Aaron Steffensmeier wrestling in their final tournament, Smith said he was hoping for more."

"They're great kids but you hope to see it end in better fashion. But that doesn't take away from everything they've accomplished."



Photo by Chuck Vandenberg/PCC

FMHS junior Aaron Steffensmeier tries to get leverage on Lewis Central's Gabriel Kjeslgaard during his first match of the day on Thursday at the Iowa High School Athletic Association State Wrestling Tournament in Des Moines.



Photo by Chuck Vandenberg/PCC

Hound senior Ryan Steffensmeier works for better position against Evan Yant. Steffensmeier lost a 2-9 decision and was forced into the consolation bracket where he finished the season with his second loss of the tournament.



Photo by Chuck Vandenberg/PCC

FMHS's Danen Settles (220 lbs) works on top of Cam Jones in the consolation bracket Thursday afternoon. Settles worked his way back from a 6-2 deficit but fell 7-10 in the final 90 seconds of the third period to end his run at the tournament.

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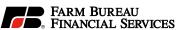


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### Pheasants Forever raffle tickets available now

LEE COUNTY – Raffle tickets for Lee County Pheasants Forever 25 Gun Raffle are available from any club member or at the banquet. Tickets are \$10 each and are limited to 3,000. The raffle will be held during the chapter's annual banquet on February 24, 2018. Proceeds from the raffle are used to support the Tri-State Young Guns and Fort Madison Clay Crushers High School Trap Shooting Teams. For more information about the raffle, go to <a href="http://www.leecountypf.org/raffles/">http://www.leecountypf.org/raffles/</a>.

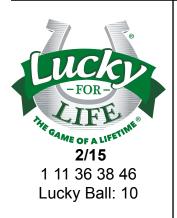




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Lotto America	Wed & Sat	8:59 pm	10:00 pm
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Volunteers are needed in Iowa counties of Lee, Henry, Van Buren, Des Moines and in Illinois counties of Hancock & Henderson.



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